



Top 5 Reasons to Hire Joel Schwartz, M.D., The Stress Less Shrink

- 1) You want to think of your job and smile.
- 2) You want to handle your stress with a smile.
- 3) You want to teach your kids to smile.
- 4) You want to think of your life and smile.
- 5) You want to rid yourself of ADHD, Adult Deficient Humor Disorder.

Joel Schwartz, M.D., Will Help You

- Discover how reducing stress saves money and increases productivity
- Recognize the signs and consequences of stress on the job and in your life
- Familiarize yourself with the physiology and psychology of humor
- Realize that stress and humor can't co-exist
- Learn how humor turns helpless into hopeful
- Look for humor in all the usual and unusual places
- Understand that you don't have to be a comedian to add humor to your life
- Discover the shortest distance between two people
- Stop ADHD without drugs
- Gain Perspective, Perspective, Perspective!

Contact Joel

1315 Cinnamon Drive
 Fort Washington, PA 19034
 215-498-6333
 joel@stresslessshrink.com
 www.stresslessshrink.com



Suffering

from

ADHD

(Adult Deficient Humor Disorder)



If you feel run down and blah, experience daily boredom, lower your head when you meet a co-worker in the hall, never smile, not even at yourself in the mirror, or feel that your purpose in life is to be a test site for stress, then you are suffering from ADHD.

Has your sense of humor dried up, dissolved, disintegrated, dispersed or disappeared? Are you laughing 10 times a day? 5 times? Never? Then your life, your job, your relationships and your health are suffering under the pressures of ADHD.

The cure: My Workshop. Learn how to turn "stressed" into "desserts," how to put "fun" back into dysfunction, how to lighten up the workplace and use humor as the secret interview tool.

You can also prevent ADHD before it starts.

The prevention, for parents, families and teachers: "Noses Are Red: How to Nurture Your Child's Sense of Humor." Learn what child development is necessary for humor to flourish with examples of ways to promote it at home and at school.

Clients

- Tenacity Group
- The Little Gym
- Congregation Keneseth Israel
- St. Mary's Hospital
- Blair Senior Center
- Penn State
- Temple University
- Abington Parenting Center

Target Groups

- Corporations
- Any business with stress or change
- Hospitals

What People Have Said About Joel Schwartz, The Stress Less Shrink:

"Dr. Schwartz has been a real asset to Abington Memorial Hospital's speakers' bureau. He is well prepared for each audience and his talks are engaging and humorous. As important, he is a pleasure to work with."

— Beth Ann Neill, Director, Public Relations and Marketing, Abington Memorial Hospital

"Dr. Schwartz is amazing! His message about how to create a better work environment was right on target. His delivery was so funny that he provided more laughs than the best stand-up comedian."

— Robert R. Bingham, President, CEO, The Little Gym International Inc.

"Dr. Schwartz's talk on using humor to deal with stressful situations was both informative and entertaining. I highly recommend him and personally enjoyed the session very much."

— Rabbi Stacy Eskovitz Rigler, Director of Religious Education, Reform Congregation Keneseth Israel