



Murray Grossan, M.D. is a pioneer in Biofeedback and its use in patient treatment since 1970. Many of your health problems are a result of, or made much worse by stress. Whether you have Tinnitus, Headache, Jaw Problems, Sinusitis, Allergy,

Hypertension, or other conditions, learning to control the “stress effect” can give you a healthier, more productive, and longer life. His Actions Program has helped hundreds of his patients to a stress free life style. Follow his program so that stress no longer damages your arteries, muscles, and organs.

- Learn how to handle stressors so they don't have a negative effect on your health. This will free you to be more productive, creative, and happy, while you remain healthy too.
- This book will teach you how to use “Color Triggers”, a system that will allow you to effectively combat stress in everyday real-life situations.
- This book will take you through Dr Grossan's program as it applies to your problem. With each step there is feedback to tell you when you do it right. It's like working with a personal stress coach.
- Join Dr. Grossan's de-stressed, more energetic, creative, and happy patients.

Don't let stress ruin your life and age you. When feedback shows you how to do it right, then stress no longer affects your health. What are you waiting for? You have the power to cure yourself and smile! All it takes are the exercises in this book, a mirror, and the decision to change your life.

Peace and joy.



Stressed? Anxiety? Your Cure is in the Mirror Murray Grossan, M.D.

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Your Cure is in the **Mirror**



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