



ENDORSEMENTS for Aimee Bernstein

Stress Less Achieve More

“Aimee has a way of thinking that brings new insight into what seems like every day events, but is really the essence of a modern life. Her book on bringing positive energy into living is worth a wide audience.”

Peter Block, Author, Consultant

Stewardship: Choosing Service Over Self-Interest

“Stress Less, Achieve More by Aimee Bernstein offers a rich blend of inspiring stories, principles, and profoundly practical skills that affirm our capacity to live and work with greater ease, strength, wisdom, vitality, and peace of mind. The world needs leaders equipped with such r/evolutionary wisdom!”

-

Joel and Michelle Levey, Founders, Wisdom at Work.
Authors, *Living in Balance: A Mindful Guide for Thriving in a Complex World*

“Aimee is one of a small group of new thinkers who are making themselves known to those open to ancient wisdom. She provides a map to reunite oneself with universal energy. Ms. Bernstein demonstrates that this reconnection can bring harmony, reduce stress and help eliminate conflict in our lives. Her work is both progressive and practical.”

James W. Jordan, Pennsylvania Regional Director

National Association of Mental Illness

There's all that other stuff out there and there is this. If I had not experienced this wise advice personally, I would not believe it. In this world of spin, it is refreshing to read such powerful and genuine words that can drive major positive change in your busy and stressful life. Aimee's holistic view is the key to the effectiveness of the approach. My only regret is that I didn't read this decades ago.....

Peter McHale, Sr. V.P Research & Development/Quality Control

World-class Beauty Company

That "big-heart" manifestation of Aimee's being transcends throughout this book, which will shine like a light in the darkness for many who seek psychological explanations and solutions for managing stress triggers.. My personal take from her book is that the journey of change begins with the "self," and the better one increases awareness of one's weaknesses with an aim to improvement from mediocrity to significance, the better one will navigate the materialistic world. Ultimately, one can be a "master of self" when one consciously and consistently submits to the greater good and with humility."

FongTze Wong

Group Chief Corporate Communications Officer

National Healthcare Group, Singapore

"If you are looking for a way to live and work in the energetically positive, then Stress Less, Achieve More is the book for you. It is full of ideas and practical exercises to flip your life from stressful to successful."

Diana Whitney, PhD

Founder, Taos Institute

Author, *Appreciative Leadership: Focus on What*

Works to Drive Winning Performance and Build a Thriving Organization

In Stress Less Achieve More, Aimee Bernstein has provided just what the doctor should have ordered for our busy and often overwhelmed lives. This book goes beyond the standard recommendations of eating well, meditating and getting enough sleep and looks at how to transform our underlying consciousness and body awareness. If you apply the practical actions and allow yourself to be inspired by Bernstein's stories, you will find yourself easily and gracefully standing on your leading edge.

Judi Neal, Ph.D., Chairman and CEO, Edgewalkers International

Author of *Edgewalkers: People and Organizations that Build*

Bridges, Take Risks, and Break New Ground

Research has (surprisingly) shown that too LITTLE pressure in our lives can actually lead to poor performance. Pressure is not always a bad thing. In fact, in this well-crafted book, Aimee Bernstein teaches you how to actually maximize on pressure you may be feeling - how to turn anxiety into an ally, using time-honored techniques. Let this book completely transform how you handle pressure!

-Brian O. Underhill, Ph.D. Executive coach and CEO,
CoachSource. Author, "Executive Coaching for Results"

Aimee Bernstein is the foremost expert on how to use pressure-- the energy of change--to empower you and upgrade your performance. This book demonstrates in simple terms how to deal with stressful pressures in your professional and personal life by letting go of your resistance and opening and aligning to pressure. Become the person you've always wanted to be - more energetic, powerful, and dynamic!

Nancy Zentis, Ph.D.
CEO, Institute for Organization Development

This illuminating book takes a holistic approach to dealing with pressure and stress at both the individual and organizational levels. Sharing both personal experiences and great stories as well as practice exercises and reflective questions, Aimee prepares us to befriend the pressures in our lives with conscious presence and skillful embodied action. I learned a lot personally and look forward to continuing the personal practices I discovered here.

Juanita Brown PhD
Co-Founder, The World Cafe