



**STRESS RELIEF EXPERT \* BESTSELLING AUTHOR \* INTERNATIONAL SPEAKER**

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## ABOUT LAUREN

Microwave Stress Solutions CEO, Google's #1 stress-relief expert and world-renowned personal peacemaker, Lauren E. Miller has overcome life-threatening cancer and a devastating divorce to show millions around the globe a pathway of peace and a life without stress.

With 10 years of proven experience and 18 years of intensive extended education in the areas of anxiety relief and stress reduction, Lauren offers one-on-one coaching, teleseminars, workshops and keynote speeches, empowering men and women worldwide with techniques and skills to live a stress-free life.

Her first book - *Hearing His Whisper - A Journey through Cancer and Divorce* - is an Amazon bestseller and Indie Book Award Winner. Her other titles include: *Release the Stress - 5 Minutes to Stress Relief around the Craze of Life at Work and at Home* and *Release the Stress around Breast Cancer - With Methods and Mantras for the Mastectomies of Life*, the latter written during her journey through stage three breast cancer. Her fourth book - to be released Spring 2011 - is the life-changing *99 Things You Wish You Knew Before Stressing Out!*

Lauren has received national recognition on TV, radio and in print, including *Redbook*, *Ladies Home Journal*, *CNBC*, *Lifetime* and *Discovery* along with *the International Journal of Healing and Care*. A Dale Carnegie graduate, an international speaker, Lauren has spoken at Hay House's "I Can Do It" events, as well as share the stage with some of today's most inspirational speakers, including Peggy McColl and Bob Proctor.

Far beyond a momentary "uplift," Lauren's dynamic message leaves an indelible imprint that inspires audiences to go on to experience lasting, positive change in their lives. Audiences not only receive life-changing skills that empower them to live a stress-free life, but the depth of knowledge and insight Lauren has gained through two decades of study and practice.

## TESTIMONIALS

*Lauren Miller is a fantastic speaker and inspiration. Her programs are filled with real-life tactics, and her style makes it easy to follow.*

**- Betsy Wiersma, CampExperience**

*Lauren Miller is a dynamic and engaging speaker. She has the ability to grab a crowd, and warm their soul. She delivers, she cares and more importantly, she brings tremendous value to any venue.*

**- Peggy McColl**

**New York Times Bestselling Author**

*There's a 6-letter word that is an emotional curse. It wrecks havoc on our health - both mentally and physically. That word is STRESS. Author Lauren Miller had more reasons than most to suffer from this affliction. And she came out as a victor not a victim.*

**- Ellen Levine**

**Editorial Director Hearst Magazines**

*TO BOOK LAUREN FOR SPEAKING ENGAGEMENTS, PLEASE CONTACT AMY SAMPSON AT:*

***AMY SAMPSON\_2004@HOTMAIL.COM OR (720) 891-3137***

## SPEAKING TOPICS

### WALKING THROUGH THE FIRE WITH FAMILY, FRIENDS AND FAITH

In her signature speech, Lauren shares her touching and uplifting personal story in which she faced pain, disease and loss to be lead to a higher place through support of her faith. Be present as she moves you from fear, doubt and worry into a state of love, joy and gratitude.

- *Live life from an inner confidence, knowing that no matter what unfolds, you can handle it*
- *Embrace vulnerability to make meaningful connections in life*
- *Hold faith the size of a mustard seed in order to move mountains*



### THE WINNING CONNECTION

#### SHIFTING RELATIONSHIPS AND TEAMS FROM COMPETITION TO COLLABORATION

You are guided to hold positive perceptions and to take powerful action in order to enhance interpersonal communication and connection. This talk holds immense value for leaders and those working on teams.

- *Maximize job performance*
- *Increase productivity, innovation and team building*
- *Increase positive communication with feelings of connection, validation and appreciation*

### RELEASING LIFE'S STRESS IN LESS THAN 5 MINUTES

You learn and apply universal stress relief practices that can be accomplished in under five minutes. With tested, tried and true tips, you release daily stress in order to experience individual and organizational empowerment.

- *Decrease stress related illnesses; improve overall enjoyment of life*
- *Release the fears and phobias that hold you back at work and at home*
- *Going for what you want in life without being attached to the outcome*

### KEEPING YOUR HEAD WHILE LOSING YOUR HAIR

#### RELEASING THE STRESS AROUND BREAST CANCER

Lauren shares her journey through stage-3 cancer in order to inspire audiences with a great comeback story and the tools she used to thrive while trying to survive. Targeting cancer survivors, this talk also uplifts any who face life's major stressors.

- *Rediscover your sense of humor*
- *Gain insight and tools into the "Art of Instant Stress Relief" with or without cancer*
- *Utilize 3 tips that will enable you to dance through any storm in life*

## BOOKS

- **HEARING HIS WHISPER**
- **RELEASE THE STRESS**
- **RELEASE THE STRESS AROUND BREAST CANCER**
- **99 THINGS YOU WISH YOU KNEW BEFORE STRESSING OUT!**

