

AL LEE

CO-AUTHOR OF "*PERFECT BREATHING*"

Transform Your Life One Breath at a Time!



- ◆ Learn how to combat the effects of chronic stress
- ◆ Elevate the energy, creativity, and effectiveness of your team
- ◆ Boost your health and reduce sky rocketing health care costs
- ◆ Improve your emotional intelligence and leadership skills

International author and speaker Al Lee draws on real-world experience, humor, and cutting-edge science to deliver timely solutions to difficult challenges.

His keynotes and seminars are entertaining and engaging and leave audiences empowered with a new "secret weapon" for dealing with life's toughest obstacles!

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