

Dr. Ganz was the closing speaker at our International Convention in 2014. The overwhelming feedback from the attendees was that he should have presented on the first day of the convention, instead of the last day. The feelings of empowerment that everyone felt from his session would have allowed them to gain much more from all the other sessions they attended as their minds would have been more prepared and open to learning.

Dr. Ganz's presentation reminded everyone that in order to do our best for our clients and our families everyday we have to look after ourselves first. He gave us practical information about how to recognize the need for boundaries and how to employ them. He taught us that coping better with stress is, at best, a band-aid solution. Instead, minimizing the opportunity for stress leads to better health, productivity, and more joy in all parts of our life; whether it be physical, mental, emotional, financial, or sexual. Who doesn't want that?! My own experience with employing Dr. Ganz's strategies can certainly be quantified with increased wealth; but more importantly, I have experienced a major reduction in anxiety; an increased belief in myself and what I am capable of; and an increase in the joy I experience in my everyday life. This includes finding joy in the challenges I face because I know they are opportunities for growth and will only make me better.

Sincerely,

Karen Pollock
Event Organizing Committee Member