

Ready for positive behavior change?

Permanently eliminate the root causes of unwanted behaviors that lead to health issues in just a few weeks.



47% Reported lower stress levels
LivingEasy (Stress)

52% Reduced levels of alcohol consumption
LivingSmart (Alcohol)

33% Quit smoking tobacco
LivingFree (Tobacco)

77% Increased physical activity
LivingFit (Fitness)

53% Reduced BMI more than 5 percent
LivingLean (Nutrition)

All programs contain a unique structured cognitive behavioral training designed to break down self-defeating beliefs, thought patterns and resulting emotional dependencies that drive unhealthy behaviors, replacing them with empowering beliefs, rational emotional responses and healthy behavior patterns.

This process evolved from Dr. Lou Ryan's collaboration with, and under the guidance of many different experts, including:

- The late **Albert Ellis Ph.D.**, developer of rational emotive therapy
- **Diane Hambrick MD**, current medical Director at St. Helena Hospital Center for Health and practitioner of addiction psychiatry for over 37 years
- **Dr. Mary Steinhardt**, Professor at University of Texas at Austin, a national authority on resilience
- **John E. Martin**, Professor of Psychology at San Diego State University and Director of its Behavioral Medicine Clinic

With over 30 years of success in live programs, these courses use a highly engaging interactive multimedia format that simulates live coaching seminars. The sessions are centered around graphics-enhanced HD video of real instructors and everything is intuitively sequenced to provide a user-friendly experience without any guesswork.



LET'S TALK ABOUT HOW WE CAN HELP

Toll-Free 877.662.7286 | Sales Inquiries sales@bravowell.com

LivingWellRested

4 weeks

Address destructive sleep patterns or insomnia.

- Continually learns the person's ongoing sleep challenges and delivers personalized coaching and unique methods for instilling lasting behavior change for insomnia
- Led by Dr. Michael Grandner, one of the nation's top sleep experts



LivingLean | 6 weeks

Gain power over food and lose weight naturally.

- Designed to end food cravings and unhealthy eating habits
- Attacks the root of the problem, transforming the way participants think and feel about food and how they eat
- 14 online videos, quizzes, exercises, and other support tools and activities

LivingFree | 3 weeks

Break free from tobacco addiction.

- Designed to eliminate cravings and end physical and emotional dependence on tobacco
- Exposes and transforms the core beliefs and emotions that cause a person to smoke (or chew) and empowers participants to quit in as little as 5 days
- 12 online videos, quizzes, exercises, and other support tools and activities

LivingSmart | 3 weeks

Manage alcohol use and gain control.

- Designed to control alcohol consumption by ending the urge to drink
- Works to expose and transform the core beliefs and emotions that cause a person to crave alcohol
- 12 online videos, quizzes, exercises, and other support tools and activities

LivingEasy | 3 weeks

Create a sense of calm and resilience.

- Designed to teach participants how to turn emotionally overwhelming disruptions into events that help them thrive
- Helps prevent persistent and unrelenting stress that often leads to anxiety, depression, and unhealthy behaviors such as overeating and drug or alcohol abuse

LivingFit | 90+ days

Learn to love exercise one step at a time.

- Designed to help sedentary people make exercise a regular, and enjoyable, part of their lives
- Breaks down self-defeating beliefs and emotions that cause people to avoid exercise, replacing them with empowering beliefs and emotions

LivingWell | 3 weeks

Manage diabetes in a new, empowering way.

- Designed to teach participants how to truly transform the way they think about and manage diabetes, physically and emotionally
- Taught by Registered Dietician & Certified Diabetes Educator
- Help master the 3 critical areas of successful diabetes management: emotional, physical and educational