



MEET

Dr. Amir Rashidian

Author | Speaker | Healer

Reach out to Dr. Rashidian today to discover the secrets to a happy, healthy, fulfilling life. Learn how to utilize your stress to reach maximum potential and feel great doing it.

To learn more please visit
DrRashidian.com

TURN STRESS INTO STRENGTH

DR. AMIR RASHIDIAN is a dynamic, inspiring speaker who will transform the way you and your group think about stress. Rather than eliminating stress from our lives, we must harness our stress as natural fuel for growth. In truth, how much we achieve depends on how much stress we can safely handle. Stress is the secret to success. He is the founder of Mid Atlantic Chiropractic Center where he and his team host 20,000 patient visits annually, combining high-tech diagnostics with drug-less health solutions, working with patients

to eliminate the causes of disease, rather than merely suppressing symptoms. He serves on the board of directors of Habitat for Humanity of Frederick County, Maryland, and is the chairman of the Elder Leadership Team at Grace Community Church. He has been named Business Leader of the Year and Philanthropist of the Year, and is a dynamic, inspiring speaker at corporate events, conventions and churches. A lifelong learner, he holds bachelors degrees in chemistry and human biology, and a doctorate in chiropractic.

LEARN WHY STRESS ISN'T A BAD THING AND HOW TO TURN IT INTO STRENGTH

“A masterpiece guide that will help you transform your daily stresses into unlimited health, wealth and happiness.”

—**ROBERTO MONACO**, co-founder of Influenceology

“A dynamic 10-step strategy to effectively cope with the rapidly changing world we find ourselves in today.”

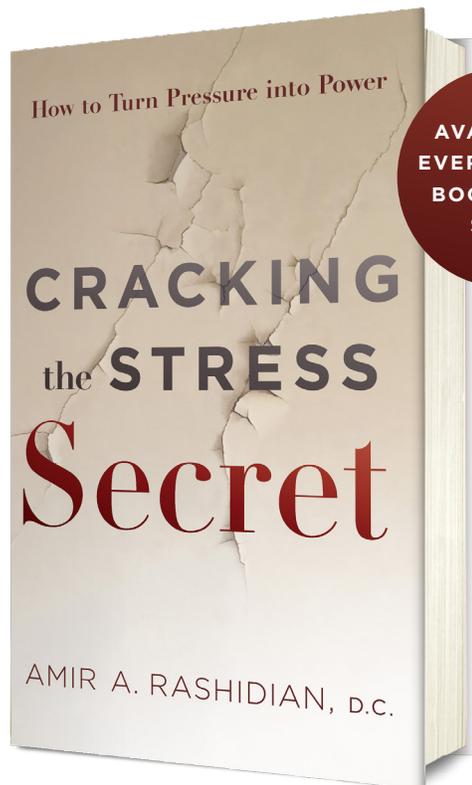
—**BRIAN LUKE SEAWARD, PhD.**, author of *Stand Like Mountain, Flow Like Water: Reflections on Stress and Human Spirituality* and *Managing Stress: A Creative Journal Book*

“Dr. Rashidian’s story is not only inspiring, but it is also useful. I am a prime example of how his approach to wellness can change a life markedly for the better. Listen to him—it works!”

—**ED ROBINSON**, president of Capacity Building Solutions, CEO – Coach at Vistage Chair

When we seek advice on health and wellness, we are commonly told to reduce or eliminate stress in our lives. *Cracking the Stress Secret* takes a different stance. In this book, Dr. Rashidian explains that striving to accomplish goals and improve ourselves inherently comes along with obstacles and stress, so it’s unrealistic—even undesirable—to cut stress from our lives. How much we achieve depends on how much stress we can safely handle. In fact, stress can become a natural source of fuel for success.

Geared toward professionals, entrepreneurs and anyone who has a busy daily life but also big aspirations,



Cracking the Stress Secret demonstrates how health comes from the inside out and why it’s best to intentionally and gradually increase (not decrease) stress to improve adaptability and resilience. Dr. Rashidian provides 10 steps that you can use to prepare yourself physically, biochemically and psychologically for whatever pressures life might throw at you. Using compelling stories from his life and practice and drawing from his decades of experience in studying the human body’s response to stress, Dr. Rashidian illustrates how you can learn and adapt during stressful times, overcoming the challenges you face and, through the process, becoming better, stronger and happier.

THE STORY BEHIND THE BOOK

“If you take your health seriously and invest in your well-being, you’re not doing it just for yourself. You’re doing it for your kids and your parents. You’re doing it for your spouse and those who love you. The way you take care of your health has just as much to do with others as it does with you.

“In this book, I hand over the keys to becoming the kind of person who can handle the stresses that you will surely face on that road to building a great life. I reveal to you the secret to health, wealth and happiness. So if you have great aspirations, this book is for you. If you dream of a better life or want to start and build a business, be a more effective leader or set a positive example for your family members, this message is for you.”

—**DR. AMIR RASHIDIAN**

WHAT DR. AMIR A. RASHIDIAN BRINGS TO YOUR ORGANIZATION:

An engaging and dynamic speaker, Dr. Amir Rashidian brings energy, enthusiasm, and actionable insights to keynote presentations. His passion for healing and helping audiences live healthier, happier lives shines through in interactive and informative talks. Equally at home in front of a packed lecture hall or intimate board room, Rashidian's extensive experience provides an authoritative and welcoming presence that is sure to impact your organization.



PAST SPEAKING ENGAGEMENTS INCLUDE:



Dr. Rashidian's refreshing perspective on mental and physical health resonates with audiences of all backgrounds. His unique methodology and focus on the power of stress is designed to help people improve all facets of their lives.

In addition to *Cracking the Stress Secret*, Dr. Rashidian can personalize his presentation for your organization and tailor each talk to focus on the following subjects:

- **How to accept stress and thrive under pressure**
- **Compelling stories from his life and chiropractic practice**
- **Overcoming stressors and challenges for a better, stronger, happier state of being**
- **Preventing common sports injuries through proper structural support**
- **The three rules of being a champion**
- **... and many more!**

For media inquiries, please contact media@greenleafbookgroup.com

TURN STRESS INTO STRENGTH | Learn more at: DrRashidian.com