

# ANATOMY OF STRESS WITH SUNANDAJI



## *How can we achieve success without stress?*

There is an urgent need to address the growing problem of stress within our communities.

Despite increases in our general standard of living, stress adversely affects youth and adults alike.

Decision-making is impaired, relationships come under strain, and health and well-being suffer.

Vedanta philosophy attributes the cause of stress to the neglect of individual development.

It presents a comprehensive program of self-management, ensuring peace and progress in life.

Wed. 20<sup>th</sup> Sep. 2017  
6:00 – 7:30pm

La Jolla Country Day School,  
9490 Genesee Ave, La Jolla

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5:50	Intro to Sunandaji
6:00	Anatomy of Stress
7:00	Q&A

### **RSVP:**

[Glen@VedantaLA.org](mailto:Glen@VedantaLA.org)

(310) 871-5840



*Learn more with Sunandaji, Vedanta scholar.*