



Sandy Brewer, Ph.D., a Human Behavior and Relationship Expert, author, speaker, and therapist in private practice for over 30 years, has helped and inspired thousands of people to move beyond their own personal challenges in order to explore and embrace the possibilities in their lives.



A cancer survivor with firsthand experience as a severely abused child, Sandy has always faced life head on. She teaches how to bring out the best of every situation with compassion, wit that will make you laugh out loud, and heart opening personal insight. She inspires, delights, and educates using effective tools that help meet and balance the demands of today's world.

Sandy teaches from the perspective of practical personal experience and shares this journey in her award winning bestselling memoir *Pursuit of Light, An Extraordinary Journey*.

"I do not normally read self-help books. But then Pursuit of Light came across my desk ... The points of light that Sandy brings and the points about putting your baggage in place and letting it support you and letting you grow through it... It's a wonderful read. It's part memoir, part self-help. It's inspirational and it's something that once you start it you will not be able to put it down. From page one!"
- Antoinette Kuritz, Founder, La Jolla Writers Conference

PURSUIT OF LIGHT

Here's the good news: *"It really doesn't matter how difficult personal backgrounds and situations may have been or may still be. The facts surrounding us don't have to change in order for us to embrace ... the peace that is inherent within us. Personal reality is created by personal attitude. Bottom line? Attitude – the way we frame the conversations in our head – is everything."*

Sandy Brewer, from *Pursuit of Light*

Part memoir, part self-help, and completely inspirational, Sandy Brewer's *Pursuit of Light* provides real tools for getting past our past; for finding the nuggets and gems in our baggage and putting them to use; and for moving on to a better, more productive today and tomorrow.

THE COST OF STRESS & DEPRESSION

- ◆ **\$300 billion, or \$7,500 per employee, is spent annually in the United States on stress-related compensation claims.**
- Center for Disease Control
- ◆ **Stress-induced depression is predicted to be the leading occupational disease and responsible for more days lost than any other single factor.**
- Nat'l Institute for Occupational Safety & Health

What are leading FACTORS that drive STRESS & DEPRESSION?

Job insecurity and loss • Longer hours, lower pay • Finances
Increased responsibility • Difficult Personal Relationships
Bad Jobs & Bosses • Poor Work Environments • Etc..

When the challenges of our lives, past or present, begin to inundate us, the resulting stress changes the hormonal balance in our bodies and the experience of stress becomes like the troll under the bridge that we keep giving our lunch money to. Learn how to live stress free (or at least stress-reduced) even in tough times.

Sandy Brewer, dynamic and inspirational, opens hearts!

"...I've been thinking about you since you were on our set. There was a presence about you. A warmth, as if you 'knew' more about me than I could ever say. Just by being in the same room for awhile. The aura you have is powerful and reassuring. So, before I even read your book, I knew you were special."

Lynda Martin, Anchor, Channel 6, The CW Network, San Diego

To interview Sandy or have her speak for your organization, contact: John@PeachTreeHouse.com, (760)230-8123, www.PursuitOfLight.com

SUGGESTED INTERVIEW TOPICS:

- ◆ **HOW ENCOUNTERING THE WORST CAN BRING OUT THE BEST**
- ◆ **HOW TO DISCOVER TRANSFORMATION IN CANCER AND OTHER DASTARDLY EVENTS.**
- ◆ **HOW TO DEAL WITH FINANCIAL STRESS IN TODAY'S UPSIDE DOWN WORLD**
- ◆ **HOW TO DE-STRESS YOUR MOST STRESS-FULL PERSONAL RELATIONSHIPS**
- ◆ **HOW TO GET OFF THE STRESS EXPRESS IN THE WORKPLACE**
- ◆ **5-STEPS FOR HOW TO STOP BEING A VICTIM (EVEN IF YOU'VE BEEN DONE WRONG)**
- ◆ **WHAT TO DO WHEN THINGS SEEM TO GET WORSE.**
- ◆ **LESSONS IN COMPASSION: WHAT HAPPENS WHEN THE DOCTOR BECOMES THE PATIENT**