

# De-Stress for Success®



**THE WORKBOOK**

**Includes  
DVD!  
& CD!**

Ken Vanderlip, Ph.D.  
Susie Vanderlip, CPAE, CSP

**Intuitive Wisdom Publications**  
2942 E. Chapman Ave, #112, Orange, CA 92869

**De-Stress for Success®:  
The Workbook**

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The DVD and CDs included are designed as an integral part of the workbook. However, they are also great reviews and “stand alone” tools for you once you have completed the workbook or De-Stress for Success® seminar. Use them as often as desired, but remember to use in appropriate settings; they are not intended for use while driving or operating machinery.

Both authors and the publisher holds that the contents of this workbook may or may not be suitable for your personal needs and are not offered as a substitute for seeking professional advice.

Neither this workbook (including the DVD and CDs) nor De-Stress for Success® Seminars/presentations are intended to replace any ongoing self-help group, counseling or psychotherapy, although they can be an excellent adjunct to professional therapy.

**ISBN: 978-0-9744624-8-6**

**Senior Editors Ken & Susie Vanderlip**  
**Cover design by Les is More Printing & Graphics, Leslie Sears**  
**Inside layout/design by Ken and Susie Vanderlip**

**First Edition**  
**10 9 8 7 6 5 4 3 2 1**

**Printed in United States of America**

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<b>DVD</b>	<b>Length</b>
1. Yoga for the Office	51 minutes 54 seconds
2. Progressive Muscle Relaxation	14 minutes 24 seconds
3. Emotional Self-Defense	8 minutes 24 seconds
<b>CD</b>	<b>Length</b>
1. "One Minute Breathing"	4 minutes 53 seconds
2. Guided Visualization	17 minutes 18 seconds
• Relaxation (e.g. mountain setting)	
• Sports Enhancement/Peak Performance (e.g. baseball/skiing)	
• Illness or Injury (e.g. headache)	
3. Guided Meditation - Ken	13 minutes 12 seconds
4. Guided Meditation - Susie	23 minutes 27 seconds
<b>Bonus CD - "Inner Advisor"</b>	30 minute process

# Endorsements



***"Your stress workshop literally transformed my life!"***

***"Both entertaining and effective. Our staff truly appreciated the experiential nature. Participants praised the practical information and that the exercises can easily work into a daily schedule. All left feeling energized and equipped."***

Nancy Waite-O'Brien, Ph.D., Vice President, Clinical Services  
Betty Ford Center

***"I found De-Stress for Success®: The Workbook easy to follow and enjoyable. De-Stress for Success® is a great program to help you find new and effective ways to deal with the stress of life and focus on the path to success and happiness. The tools in the workbook help at multiple levels. I would recommend it to anyone who wants or needs to 'de-stress,' reduce worry, and calm their mind."***

Dr. Carmine Filice, D.C., CSCS

***"Ken and Susie have excelled in what others have struggled to accomplish. They have provided us, in a user friendly format, a step by step program of healthy techniques to "De-Stress." This book is both easy to follow and enjoyable to read as it guides the reader through technical yet personal and engaging information. I strongly recommend this book for both the novice and experienced individual who want practical tools to enhance the quality of their lives."***

Gary Ruelas, D.O., Ph.D.

Clinical & Neuropsychology • Integrative & Preventive Medicine

***"I have sent business professionals to Dr. Vanderlip and the stress management work he has done with them has helped them both personally and professionally. Businesses and their employees would definitely benefit from Dr. Vanderlip's knowledge and expertise. There is no better therapist in the area of stress management. Dr. Vanderlip ranks at the top."***

Dr. Susan Debin, M. D., Board Certified Family Practice

***"Dr. Vanderlip has "an excellent ability to present information in a format participants can readily utilize. My professional staff has benefited greatly from his suggestions."***

Cindy A. Shaw, PT,OCS,CPT,Owner  
Orthopedic and Spine Care Physical Therapy

***"The best speaker I have ever seen! Susie Vanderlip is motivated and really speaks to the heart and spirit. Her strength marveled me. I've never related like that before!"***

Teens at Massachusetts Peer Helpers Association Conference

*"We had great reviews from all our members. One member stated, 'I wish I had met Ken years ago!' "*

Melisa Hansen, Membership Services Director  
Newport Harbor Area Chamber of Commerce

*"De-Stress for Success was the best workshop of the convention."*

*I was completely relaxed after the session.*

*Made me feel great and rejuvenated. Dynamic! Awesome!*

*Motivated me to take time for me!!*

*A more human presence I can not imagine.*

*A wonderful presentation and so helpful to me.*

*She motivated me to take time for me!!*

*The best workshop of the convention.*

*Reminded me to take positive action in my life.*

*Susie makes me feel great and rejuvenated!*

*Recommend her to any group; she is wonderful!*

Evaluation Comments from licensed therapists, counselors and psychologists,  
New York Counseling Association Conference

*"Dr. Vanderlip is very empathetic and imbues a great deal of confidence in his ability to help. Impressed me with his expertise in stress management, chemical dependency, post traumatic stress disorders, anxiety, depression, grief and loss."*

Ira Poll, Ph.D., Clinical Psychologist

*"Loved every bit of it! Relaxed me in a way I've never felt."*

FCCLA Meetings Manager, Betty Ford

*"De-Stress was a huge success! Largest audience of any workshop! Many enjoyed this program of interaction, spiritual uplift and deep relaxation."*

Dr. Dan Windisch, President, Washington Counselors Association.

*"Thank you (Susie) for the wonderful (DSFS) workshops at the Colorado FBLA State Leadership Conference. All comments were positive, and the students were encouraging members to attend your workshop. THANK you for all your positive energy."*

Pamela Brunkhardt, Colorado FBLA-PBL State Adviser

*"Participants particularly enjoyed Dr. Vanderlip's style of presentation and the viability for interactive learning. Many of the participants requested more information on the subject of communications and the CASA staff who found the hand-out materials to be useful and informative."*

Louise Hall, Program Manager