



DR EVA SELHUB

AUTHOR • SPEAKER • RESILIENCY COACH
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Open Your Heart, Reclaim Your Self & Your Life

A six-week seminar aimed to help you find your bliss, find your Self, and transform your life

- Learn to truly understand stress, stress physiology and how to use it to your advantage, rather than letting it destroy you.
- Understand the power of love and how to access it to heal.
- Learn to understand the language of your body, to hear its whispers before it screams.
- Understand the power of belief and recognize where your beliefs might need changing.
- Learn relaxation and breathing techniques that will help you reduce stress, open your heart and improve your mood, health and outlook.
- Connect with others like you for support that will help align you to a higher and more positive level of being and living.
- Get discounts on audio Dr. Eva's other products.

This six-week seminar includes an extra introductory lecture on understanding how stress effects the body and mind, both positively and negatively. Dr. Eva will explain stress physiology and give you the background and tools that you need to create positive change.

The is what you can expect from the course

Introduction: The POWER to Use Stress So That It Doesn't Use You

What to expect: This is a free lecture that will help you understand what stress really is, how it can be beneficial and also harmful, and most importantly, how to tap into your own power to use stress so that it doesn't use you.



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You will also learn about:

- The benefits of mind-body techniques like meditation, nutrition and love.
- The practice of mindfulness, of learning to become more aware of how your body speaks to you.
- Understand what it means to get control of your health and your life, to become happy and healthy at last!
- Take home a mindfulness tool to help you in your every day life.
- Receive the associated PDF for this lecture when signing up for the 6-week seminar.

Week 1: What's Love Got to Do With It?

What to expect:

- Understand the physiology of love.
- Learn how to access the physiology of love through creating a Love Pyramid.
Be able to assess and begin to build your own Love Pyramid.
- Develop the skills to enhance the physiology of love within yourself.
- Start using the SHIELD® as a tool for transformation and healing.
- Have exercises to practice over the following week as well as meditations with the given audio download.

Week 2: Opening the Heart, Finding Your Light

What to expect:

- Learn to understand the heart's functions from a functional and spiritual point of view.
- Become aware of the sensations, emotions and memories the heart can alert you to.
- Learn to heal old, buried wounds to bring you into a place of healing and joy.
- Work on homework exercises to release wounds and practice meditations that will effect a healing of the heart.



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Week 3: Outmaneuvering Shame and Negativity

What to expect:

- Understand how shame and negativity affect your health and well-being.
- Uncover your negative tapes and story that sabotages your ability to maintain health and happiness.
- Discover your story of greatness and success by accessing self love.
- Work on exercises over the week along with meditations from the audio download to access the love that heals the negativity.

Week 4: The Body Whispers Before it Screams

What to expect:

- Learn to understand how the body speaks to you.
- Learn how to use the POWER acronym to maximize your ability to use the body's whispers as signals to transformation and change.
- Examine underlying beliefs that may be hurting you.
- Learn to restore your body's natural ability to heal and thrive.
- Work on homework and exercises over the week using audio meditations and writing exercises.

Week 5: The Gift of Gratitude, Compassion and Forgiveness

What to expect:

- Understand the benefits of positive expectation that accompanies gratitude and compassion.
- Uncover your hurts that prevent you from accessing gratitude and compassion, as well as forgiveness.
- Learn to accept and transform anger into compassion.



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- Learn to begin to let go and forgive.
- Work on exercises and meditations over the week to enable healing and forgiveness through audio downloads.

Week 6: Faith & The Power of Belief

What to expect:

- Understand that the mark of resilience is based on an individual's ability to have faith or positive belief in good, in resources, in ultimately being okay.
- Understand that makings of faith.
- Learn to examine and release expectation and doubt.
- Access the power of positive belief.
- Work on homework exercises and meditations via audio downloads

About Dr. Eva

Dr. Eva Selhub is an internationally recognized expert, physician, author, speaker and consultant in the fields of stress, resilience, mind-body medicine, integrative medicine and working with the natural environment to achieve maximum health and wellbeing. Dr. Eva, as her clients call her, engages her clients and her audiences with her powerful energy, words of wisdom and scientific knowledge to be empowered to transform themselves, their health and their life for the better.

Board Certified in Internal Medicine, Dr. Eva served as an Instructor of Medicine at Harvard Medical School and as a Clinical Associate of the world renowned Benson Henry Institute for Mind-Body Medicine at the Massachusetts General Hospital for close to 20 years, serving as their Medical Director for six of those years. Dr. Eva is now



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working with clients, corporations and scientific colleagues to redefine the ways in which we approach health and wellness to a model that incorporates alternative approaches to health as well as the concept of fitness that is achieved not only physically, but also mentally and spiritually.

As an author, speaker and coach, Dr. Eva uses her powerful gift to translate complex information—be it scientific or esoteric writings from wisdom traditions— into practical and usable knowledge that any individual can access. She bridges science with spirit, fitness with spiritual beliefs, corporate challenges with scientific understandings of stress and homeostasis, allopathic medicine with alternative medicine, and provides the framework for individuals to achieve transformational health and wellbeing. Her newest book, *Your Health Destiny*, represents the culmination of her 20 years of practice in medicine with her experience in working with more esoteric healing traditions, and fusing Eastern and Western approaches to health and wellbeing. Dr. Eva is also the author of *The Love Response* and the co-author of *Your Brain on Nature*.

Dr. Eva has also authored multiple relaxation CD's, *Relax into Love*, *Finding Stillness*, *Ten Minutes to Relax: The Love Response* (produced by the Relaxation Company), and *Meditation for Life, Love and Flow* (produced and recorded with Steven Halpern).

Dr. Selhub has been published in medical journals and featured in national publications including *The New York Times*, *USA Today*, *Self*, *Shape*, *Fitness*, and *Journal of Woman's Health*, and has appeared on radio and television in connection with her work, including the *Dr. Oz* show. She is also a media spokesperson for *Genuine Health*.



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Dr. Eva writes for a variety of online platforms aside from her own including The Huffington Post, MindBodyGreen, Steven Aitchison, Success Stories, Rebelle Society, Good Men Project and Human Spaces.

References/Notes for this course:

This course information comes from Dr. Selhub's work with clients over 25 years and for further details on various subjects, you may wish to read the books this work comes from, [Your Health Destiny](#) (Harper One, 2015) and [The Love Response](#) (Random House, 2009).