

*Transcend anger.*

*Triumph over fear.*

*It only takes six seconds...*

# Six Seconds to TRUE CALM®



**A REVOLUTIONARY  
APPROACH TO  
REMEDY STRESS**



**ROBERT SIMON SIEGEL, M.S.**

# Six Seconds To True Calm The Evolutionary Approach To Remedy Stress

**D Kirk**



## **Six Seconds To True Calm The Evolutionary Approach To Remedy Stress:**

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