

To Whom It May Concern:

## REF: Teaching people how to relax

I understand that you have a newsletter for employees in your company and I would like to offer the writing services of our relaxation for health specialist Charles Moore (a.k.a. "The Relaxation Doctor") to write a regular column in it for you.

The focus of the column would be to provide **plain spoken, practical, and refreshingly helpful tips and techniques on how to eliminate stress and how to relax**. However often your newsletter is published, The Relaxation Doctor will deliver solid ideas that its readers can use right away. Whether for **health reasons, business productivity, sports performance** or anything else, this column will help employees be relaxed and remain that way.

**Relaxing:** This is something that a person does for a period of time, before re-engaging with life again. A kind of "time out". **Being relaxed:** This is a way of being *all the time* as a person goes about their every day life (this is what we teach at The 4th R).

### A bit about us

The 4th R have been the first organization to become established for the study, research and teaching of relaxation for health in the UK. We are a resource and training centre based in South West London. It was founded by Charles Moore, whose health flourished under his own innovative application of principles that are becoming universally recognised as the benchmark for permanently eliminating stress and anxiety.

### Its purposes are:

- To advance the education of the public and health professionals in all matters relating to stress, anxiety and relaxation
- To preserve and protect the health of the general public by giving advice, assistance and training

The 4th R does this by providing information in its own publications, through media contributions, and by conducting a series of community educational programs and events.

### A bit about Charles Moore

Charles has spent 17 years in the worlds leading investment bank as a Vice President in Bond Portfolio Analysis, generating over 7 Billion dollars over a 10-year period, managing a large client-

base in the UK, across Europe and the Far East, and delivering coaching and training to other high-level producers. But a high price was paid for this material wealth.

The expectations of management and the demands to perform and stay ahead were great, and his stress levels were high. His release from the stress was to join in on the big city social scene and live life in the fast lane, which brought about significant health problems. Acute and chronic pain was something that he dealt with day and night, and surgery had become a regular event. After 10 procedures his faith in modern medicine had worn thin and he began to seek alternative ways to rebuild his health. It began with learning how to be relaxed.

Charles is a fully insured licensed MythoSelf® Trainer, a Society of NLP certified NLP Trainer, a member of the National Council for Hypnotherapy and he's on the General Hypnotherapy Register.

**Here are some of the ways that readers will benefit from learning how to relax:**

- Increased Motivation
- Increased Productivity and Reduced Stress
- Improved Relationships and Teamwork
- Decreased Aggression and Conflict
- Improved Attendance and Reduce Absenteeism

**What to do next**

Contact us to find out more and to arrange a FREE 3 MONTH TRIAL. Call Janice on +44-(0)20-8974-8974 or email [janice@the4thr.co.uk](mailto:janice@the4thr.co.uk). Please put "staff newsletter" in the email subject box.

Yours truly,

Janice Moore  
General Manager