



**Practical and simple information available in this book to restore you on your journey through life.**

– Bernie Siegel, MD, author of *Love, Medicine and Miracles*

**Simple strategies to refresh your perceptions. Millie Grenough offers you the opportunity to change your life.**

– David L. Katz, MD, Advisor to *O, The Oprah Magazine*

**A whiff of fresh air!**

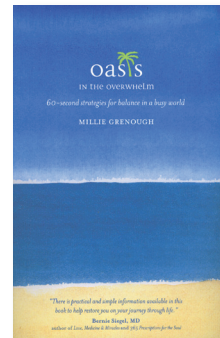
– *Hindu Business Financial Daily*

**Motivating! A wonderful journey!**

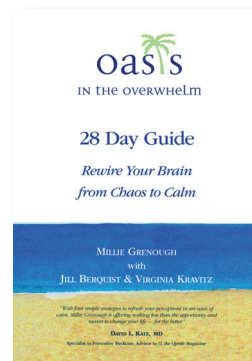
– Dan Weaver, Director of Communications, Foxwoods Resort Casino

**Helping people to be their best... Thanks!**

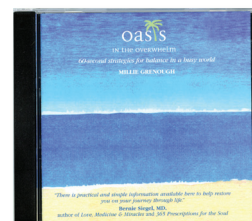
– Paul Solman, *PBS News Hour with Jim Lehrer*



*OASIS in the Overwhelm*  
**60-Second Strategies for Balance in a Busy World**  
by MILLIE GRENOUGH  
**BOOK**  
Also available in Spanish



*OASIS in the Overwhelm*  
**28 Day Guide: Rewire Your Brain from Chaos to Calm**  
by MILLIE GRENOUGH  
with life coaches JILL BERQUIST & VIRGINIA KRAVITZ  
**WORKBOOK**  
Also available in Spanish



*OASIS in the Overwhelm*  
**AUDIO CD**

203-888-4733  
[www.milliegrenough.com](http://www.milliegrenough.com)

FIND YOUR  
**Oasis**  
IN the overwheLm™

**In 60 Seconds  
You Can Change  
Your Life**

**MILLIE GRENOUGH** inspires people to do what they thought was impossible. She teaches non-singers to sing, shy speakers to present confidently in public, Type A personalities to work smarter, and frazzled people to focus. An ex-nun turned nightclub singer, ex-shy Kentuckian turned international speaker, Millie walks her talk.

After a near-death accident impacted her high-velocity lifestyle, she developed strategies to help herself live a saner, more balanced life and wrote *OASIS in the Overwhelm™* that has helped thousands.

Coach, Author of ten books, Motivational Speaker, and Clinical Instructor in Psychiatry at Yale University School of Medicine, Millie coaches people in all walks of life from CEOs to harried parents and imparts her strategies in workshops, lectures and individual sessions internationally.

#### Suggested Seminar Topics

- OASIS in the Overwhelm – 60-Second Sanity Strategies
- Preventing Burnout
- Put the Spice Back In Your Life
- Are You Hiding Under the Table?
- Be the CEO of your Brain's Activity
- Find Balance Between Life and Work
- You're Better – Not Older!
- Custom Presentations Upon Request

#### Take the opportunity to train with OASIS originator Millie Grenough

Become an Authorized OASIS Trainer

- Learn the OASIS philosophy and strategies in-depth
- Deepen your own personal experience
- Re-wire your brain towards happiness
- Share the re-wiring and OASIS Strategies with others

Program approved for CEUs

Photo: Tim Becker

## A 60-SECOND STRATEGY

### To Take You from Chaos to Calm: 4-D

4-D stands for “four directions” and invites you to shake off the staleness in your body and mind and to stretch yourself into a much larger universe.

Use 4-D when you wish to:

- Stretch your body
- Give your body a break and “rinse off” your mind
- Relax tense muscles
- Clear mental clutter
- Shake up your thinking
- Gain a larger view
- Spark creativity
- Reset your emotions

#### Here's how to do it:

##### Full Body 4-D

Stand, inhale and exhale deeply, letting worries sail out with each exhale.

Pay attention to your body. Let your arms dangle loosely and make space for your spine, neck and head to lengthen and imagine the space between each vertebra. Let your weight go to gravity. Now that your body is planted, continue with 4-D.

1. Stretch your arms and entire body to the ceiling, to the sky and say the word “**North!**” Feel the stretch. Exhale, letting your tension and worries release...
2. Bend at the waist, letting your head and torso drop toward the floor as you say “**South!**” Go down as far as your body allows. Let your head feel heavy and hang. Exhale and come back to standing with an inhale...

**For East and West, find OASIS today.**