

# **Marea Laoutari**

**1+1=2 Life & Business Coach**

**[www.marealaoutari.com](http://www.marealaoutari.com)**

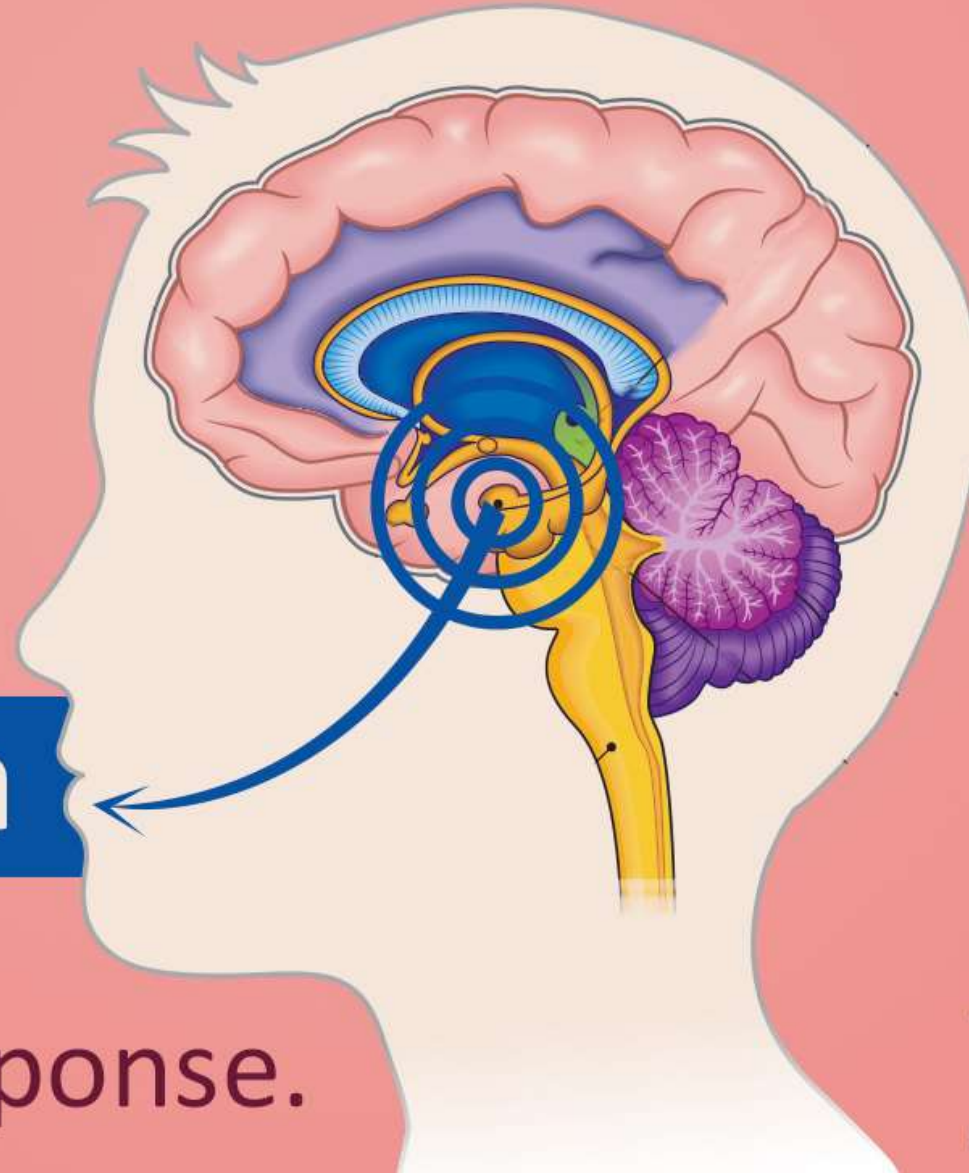
**Achievers call their Fear... Stress**



Located in the  
temporal lobe  
of the brain,

**the amygdala**

helps trigger the  
fight-or-flight response.





NEW YEAR, NEW YOU

# SUCCESS

## TONY'S GUIDE TO 2019

AN 8-POINT PLAN  
FOR CREATING  
YOUR BEST  
YEAR EVER

SPRING 2019  
SUCCESS.COM



**Αληθινός ή Ψεύτικος Φόβος;**



**Σας ευχαριστώ**

**Marea Laoutari**

**1+1=2 Life & Business Coach**

**[www.marealaoutari.com](http://www.marealaoutari.com)**