

Testimonial for Andrea Strom-Rancourt

To Whom It May Concern:

I was diagnosed with a serious illness in May 2004 and I have had a very difficult time emotionally dealing with the after-effects of surgery and treatment.

I enlisted the services of Andrea Strom-Rancourt and through her private sessions of coaching and wellness management I have learned stress reducing techniques such as progressive relaxation, visualization and meditation.

With Andrea's help I have been able to develop a more optimistic outlook on life which is helping me deal with my health concerns.

P Chase
Montreal, Quebec