

Smart Life Forum

SmartLifeForum.org

presents

Mariana Bozesan, MS, MATS

on

How the Body Speaks and Why We Must Listen - An Integral Approach to Life and Diet

Thurs, May 15, 2008, 7 PM

NEW LOCATION: Unity Palo Alto Community Church
3391 Middlefield Rd btwn East Meadow and Ames

FUTURE SPEAKERS

June 19, Ellen Cutler, MD

Live Free from Asthma & Allergies by Detoxifying & Desensitizing Your Body

July 17, Phil Jacklin, PhD

Low Cost Life Savers

Short Presentation by Dr. Phil Miller on "Why You May Still be Hypothyroid when Your Doc Says All Your Test Results are Normal."

On May 23rd FMBR welcomes back Dr. James V. Hardt, eminent neurofeedback researcher from the Biocybernaut Institute, who will present on the subject of "Advanced States of Consciousness through Technology: the Electrophysiological Basis of Spiritual States." Dr. Hardt will explain and illustrate how to use neurofeedback and brainwave patterns to heal the core personality. See fmb.org

Meet Mariana Bozesan

Born and raised in communist Romania, Mariana learned to appreciate food very early in life. She grew up very poor in a house without an indoor bathroom, received her first doll at age seven, and often went to school without food. Soon after her emigration to Germany at age 16, she began struggling with overweight, and lived as a yo-yo dieter for more than 20 years. Due to a stressful life as a top executive, she also began facing a series of health challenges including allergies, bloating, irritable bowel syndrome, parasites, infections, immune deficiencies, food

cravings, and hormonal imbalances.

Sick and tired of being sick and fat, the author, who had already developed a successful high-tech career, embarked in 1999 also on a personal healing quest. She wanted to find out whether a permanent solution to weight loss and healing were possible.

Driven by pain but also by the intention to give back to society what life had so graciously given to her, Mariana traveled around the world and studied about and with the world's most highly regarded experts.

Over a period of ten years, she conducted exhaustive scientific research on nutrition, exercise, detoxification, mental and emotional mastery, and the psychology of lasting change thereby discovering the secrets to health and vitality, of self-actualized people, and of successful dieters. These people kept their ideal weight for more than five years.

Mariana succeeded not only in bringing her own health back into balance but also in becoming a role model for a life

well lived in all areas both professionally and personally. At age 44, she even became a marathon runner. Because her life changed so dramatically, Bozesan decided to share the secrets of healing and successful dieters with the rest of the world. Hence, she subsequently developed the Consciousness Leadership Model based on Ken Wilber's All Quadrant All Level (AQAL) model. At the center of her Consciousness Leadership Model is the wheel of life that includes all important areas of a person's life such as the physical, emotional, mental, financial, relationships, and spiritual, which if attended to help each individual move up toward self-actualization and a life of meaning in a sustainable world.

Her book "Diet for a New Life: An 8-Step Integral Solution to Weight Loss and Well-being" is the first and the only integral diet book to date. It addresses health and vitality from an integral, mind-body-spirit perspective.

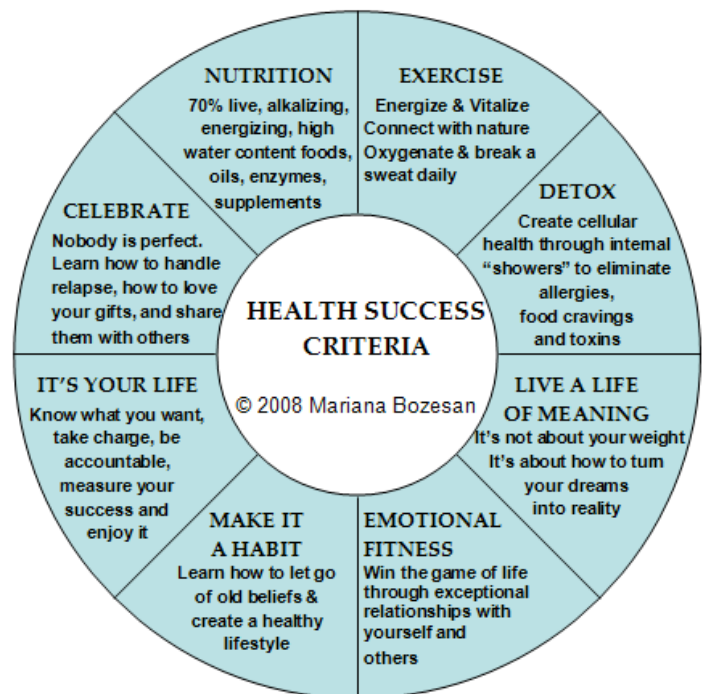
A social & serial entrepreneur with more than 25 years of experience, Mariana Bozesan, is an internationally recognized authority on the psychology of Consciousness Leadership and peak performance. An inspiring public speaker, computer scientist, psychologist, and philanthropist Ms. Bozesan, has been a high-tech and clean-tech investor since 1995. Ms. Bozesan holds an MS degree in Artificial Intelligence and Computer Science from the University of Karlsruhe, Germany. Mariana is currently enrolled in a PhD Program at the Institute for Transpersonal Psychology in Palo Alto California, from which she also holds a Masters degree (MATS).

Main Presentation

Being part of a very complex universe, the human body is a miraculous universe

in itself and the process of understanding it is equally complicated. Furthermore, as we advance through the information age and have access to gigantic amounts of data, we have more difficulties distinguishing good solutions from less ideal ones. We drown in information and we starve for wisdom.

During her presentation, the trained scientist, and author of the Diet for a New Life books and program, Mariana Bozesan attempts to fill this gap by sharing the results of 10 years of research in the areas of diet, health, and vitality. Based on startling scientific evidence, Bozesan presents a bold new paradigm and shares the secrets to health and vitality, permanent weight loss success, and to boundless energy. Her research shows that a lasting solution to health and vitality can only be achieved through an integral approach that honors all levels of being including the physical, mental, emotional, spiritual, cultural, environmental, and even financial.



"Wheel of Life": Health Success

Criteria

The truth is that we all deserve to be healthy and to live in a body of perfect weight. Furthermore, Bozesan's research proves that losing weight is not about dieting, calories, carbohydrates, protein, cholesterol, body fat, food charts, food ladders, or portion control. It is about vibrant health, energy, extraordinary psychology, and above all, living a life of meaning. It involves restoring harmony at all levels. Diet for a New Life does not provide a magic pill, but following its secrets can turn your life into a magic journey. It can be the journey to the ideal body and to perfect health. It proposes not a revolution but an evolution, a process that honors our own uniqueness and supports us not only in restoring our ideal weight but in identifying and pursuing our life's purpose.

Diet for a New Life is based on three principles: (1) combining proven scientific data about the nutritional and exercise needs of the body with the experiential benefits of regular cleansing and detoxification will lead to perfect health, weight loss, and vitality; (2) if we are to sustain our health, weight loss, and our increased vitality, we need to understand and harness the forces that drive our behavior—lest our gains disappear as our stubborn habits take over, and (3) any successful plan for weight loss and well-being needs to be tested, reaffirmed, and integrated in the real world of friends, family, and associates.

In addition to sharing her personal struggles with yo-yo dieting and the resulting health challenges, Bozesan supplies a simple and fun 8-step solution that reveals the weight loss secrets of centenarians and successful dieters. You will find out why fad diets cause the yo-

yo effect and why overweight people would in fact be dead without their excess fat. You will learn how food affects the body, how to stop eating compulsively, and how to eliminate food cravings and allergies. You will uncover disempowering beliefs and learn how to let go of the stories that sabotage your health, vitality, and your weight loss success in the past.

Under the premise that pain is part of life but suffering is a choice, this presentation will give you concrete suggestions for health and vitality as well as for creating lasting change, handling relapse, celebrating achievements, and rewarding successes.

After this presentation, you will never think about health, vitality, or losing weight in the same way again. You will discover that building your health from the inside out is the key to health, vitality, and manifesting your ideal weight and more importantly your authentic beauty. This will happen naturally and almost effortlessly when you decide to honor and trust yourself.

It is the author's conviction that we can only stop the current downward spiral of disease, if we become honest and truthful about who we are as human beings on this planet. In order to heal and reverse the current trend of overweight and obesity, we must shift our worldview on weight loss and dieting. We have the responsibility to define and implement a new worldview that is based on the essence of ALL existence. This realization is oneness rather than separateness, gratefulness rather than deprivation, abundance rather than scarcity, and love rather than fear. These are essential pillars of a wise society that is able to ensure a glorious future for our children and our beautiful planet.

Website: <http://www.sageera.com/>

Smart Life Forum

SmartLifeForum.org

presents

Mariana Bozesan, MS, MATS

on

**How the Body Speaks and Why We
Must Listen - An Integral Approach
to Life and Diet**

Thurs, May 15, 2008, 7 PM

NEW LOCATION: Unity Palo
Alto Community Church
3391 Middlefield Rd btwn East
Meadow and Ames

FUTURE SPEAKERS

June 19, Ellen Cutler, MD

**Live Free from Asthma &
Allergies by Detoxifying &
Desensitizing Your Body**

July 17, Phil Jacklin, PhD

Low Cost Life Savers

Sandra Goebel
855 Fremont St. #4
Menlo Park, CA 94025

Board of Directors

Phil Jacklin, President
Effie May Buckley, Secretary
Sandy Goebel, Treasurer
David Asprey
Laurel Garwin, Publicity
Michael Korek, Programs
Dick Motta, Operations
Larry Weissenborn

Founder

Kathryn Grosz

Advisory Board

Alan P. Brauer, M.D.
Bernd Friedlander, D.C.
Tim Gallagher, D.D.S.
Bill Grant, Ph.D.
Philip Lee Miller, M.D.

Meeting Moderators

Dave Asprey, Effie Mae Buckley,
Stan Durst, Phil Jacklin,
Mike Korek

Volunteers

Rob Baum, Assistant Editor
Stan Durst, Expo Project Leader
Steve Fowkes, Technical Advisor
Sandy Goebel, Records/Printing/Mailings
Phil Jacklin, Corporate Office Manager
Jim Karnstedt, Video Producer
Michael Korek, Editor & Program Director
Harvey Miller, Asst. to Program Director
Don Southard, Reception
Larry Weissenborn, Audio Engineer

For further information, call:
Phil Jacklin at 408.867.1945
Mike Korek at 650.941.3058