



## A.R.E. Program

### Who A.R.E. you?

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The **A.R.E.** Program is easy to learn and easy to practice. It teaches life-long skills of self-investigation, empowerment, and positive attitude.

The **A.R.E.** Program is:

**A**ware: The initial one-hour session shows you how daily emotional stressors are impacting your health and well-being. By the end of the first session you will be aware of these stressors and learn an important tool to reverse their negative effects.

**R**e-pattern: In the second half-hour session you review your initial skills and learn a second tool that begins to re-pattern negative thoughts, attitudes, and feelings.

**E**motion restructuring: In the final half-hour session you review your previous skills and learn a third tool for locking-in positive life-long changes.

**Are you ready to discover who you **A.R.E....****

**To schedule your first **A.R.E.** appointment, please call (203) 966-6360.**

### **What are people saying about the A.R.E. Program:**

“For the past 11 years, since I was about 8 years old, I have been getting progressively more and more fatigued, eventually reaching the point where I was being treated for narcolepsy with heavy duty drugs. Before the narcolepsy treatment, I was using a CPAP mask for sleep apnea. Before that, my doctors told me my fatigue was from depression, so they gave me anti-depressants, anti-psychotics, and stimulants. Most of these treatments didn't help me, made me feel worse, or helped with worse side effects. Through a very powerful string of synchronicities (or coincidences) I came to meet Dr. Gruber who taught how to use the A.R.E. technique.

A.R.E. has made me feel like a new person. Everyday I find that I am able and willing to do more and more with very progressively less struggle. Simply, A.R.E. has made life a whole lot easier. I would have never thought it was possible, but I have the ability to make myself happy, and at peace whenever I want using these techniques.”

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“A.R.E. has made me more aware of my state of being— it has allowed me to recognize (and stop) when I am taking short breaths and am generally tense. The awareness has enabled me to control my level of anxiety more than before...If you listen and concentrate and are aware of your thoughts and breathing while practicing, the process is simple...it took some discipline to practice. Once I got to the point I could do almost on demand, the experience became empowering. My heart racing slowed down to a very acceptable level before public speaking and when I have been overwhelmed with emotions, work, stress, etc., it has helped me take control of my body's response to the situations.

I've told several people but some people really have to see the chart Dr. Gruber has of your test results to believe what bad thoughts do to your body and mind! Its worth the effort. And, it is simple.”

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