

**FOR IMMEDIATE RELEASE**  
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## ***The Mini-Retreat Solution Offers Stress Relief***

With the improvement in the economy, many companies are looking for ways to thank their overworked and under-resourced employees for their extraordinary efforts during the tough times. *The Mini-Retreat Solution* by Julia James offers a new way to help employees manage stress on a daily basis. Research shows that several short periods of relaxation throughout the day can have a tremendous impact on concentration and productivity. *The Mini-Retreat Solution* offers a stress test to start, followed by 80 different ways to relax and recharge in blocks of time ranging from 30 seconds to 15 minutes to one hour. Mini-Retreats can be practiced any time - morning, noon and night - anywhere - at home, in your car, at your desk, and in nature.

In an interview with Alfred DePew for the January 11th edition of the Vancouver Observer (<http://sn.im/sd02u>), Ms. James says, “Most of us don’t know how stressed we are. When people are diagnosed with serious illness, it’s often a surprise—they didn’t see it coming. The stress test is a way to check back in to see how your stress level has actually shifted. It’s a great tool for evaluation and a gage for the impact of Mini-Retreats.”

And, Julia has announced that until March 31st, 2010, she will donate 20% of the sales of *The Mini-Retreat Solution* to Big Sisters of BC Lower Mainland ([www.bigsisters.bc.ca](http://www.bigsisters.bc.ca)). Big Sisters' mission is to enhance the confidence, self-esteem and well-being of girls through supportive friendships with caring women. Big Sisters believes that providing positive, female role models to young women helps them realize their individual potential.

*The Mini-Retreat Solution*, along with two companion CDs - *Relax, Recharge, Refresh and Explore, Create, Succeed* - are available through Ms. James' website: [www.juliajames.ca](http://www.juliajames.ca). Visitors may also sign up to receive her monthly e-newsletter "Spark".

Julia James, Vancouver based international speaker, certified life coach and trainer, is multi-lingual and works with busy professionals locally and around the world. Her signature strength is teaching people how to relax and recharge quickly. For more information, visit [www.juliajames.ca](http://www.juliajames.ca)