

# 7 STEPS FROM STRESS TO *Beingness*

M A R I A N N E M C G U I R E

## PROGRAM HOMEPAGE

*Home of the 7 Steps from Stress to Beingness Program*

This is the place where all of the written and audio information contained within this Program lives.

(I recommend that you open these Audios in Chrome or Firefox Browser.)

- 🦋 Please click [here](#) to download the 7 Steps from Stress to Beingness Program.
- 🦋 Please click [here](#) to download the Program Audio explaining the 7 Steps.
- 🦋 Please click [here](#) to download the Guided 7 Steps Extended Audio Meditation.
- 🦋 Please click [here](#) to download the Audio of the Short 7 Steps Process that you can use as a guide while you are getting used to doing the Steps yourself. You could download this Short 7 Steps Audio onto your phone or other mobile device for your convenience and listen to it when you need to.

It's helpful to use while you are becoming familiar with the Steps... and anytime!

- 🦋 Please click [here](#) to download the 7 Steps from Stress to Beingness Reminder Image with the Steps listed for you to print out and put around your home, car, workplace, in your purse, etc. to remind you to use the Steps. It's natural to forget and become caught up in stress so please use this reminder. (There are 2 images per page, so print and cut down the middle and keep going until you have enough!)
- 🦋 Please click [here](#) to download the 7 Steps from Stress to Beingness Workbook for when you feel like using the 7 Steps to go deeper.

If you would like to work with Marianne at a deeper level, she is offering a complimentary Clarity Session to discover where you are in your life now, where you desire to be and how you can live a life that lights you up... the life you were born to live!

If you are interested then please contact her at; [info@letgoandknow.com](mailto:info@letgoandknow.com)  
[www.letgoandknow.com](http://www.letgoandknow.com)