



HEALTHIER ⇨ HAPPIER ⇨ MORE PRODUCTIVE in 2011!

CHEWABLES

40 days to an overall healthier YOU



Daily readings to inspire health: **body | mind | heart | spirit**

New Keynote and Seminar Topics:

Healthy, Happy...Productive

Study after study prove that people who practice discipline in areas of personal health are the same people who reap the rewards of disciplined focus and productivity in the workplace. Your organization will thrive in 2011 as you encourage your people to practice the fundamental elements of health and personal development: body | mind | heart | spirit.

Healthy Leadership

Everybody leads somebody. It's not a matter of if you'll lead, but of how effectively and to what extent. The key issues to address are: What makes a healthy leader? How do you maintain health under pressure? How do you inspire your people be healthy, happy and productive?

CALEB ANDERSON

Caleb is an author, speaker and catalytic consultant. A business communication stand-out at the University of Southern California, Caleb spent four years working for best-selling author and international leader Rick Warren before starting his own non-profit organization, then a marketing agency, and most recently, media and consulting companies (Catalwyze and Caleb Anderson Company). A former USC athlete and team captain, Caleb works directly with the YMCA and with Eric Boles of The Game Changers Inc. He is also the author of *CHEWABLES: 40 Days to an Overall Healthier YOU*.



CHEWABLES "Kit"

- A generous discount on large-quantity orders of the book
- Additional Questions for groups and teams
- A "Welcome Video" from Caleb
- Access to blog posts and other means of ongoing encouragement
- Self-Assessment download for all participants

CONTACT

contact@calebanderson.net

253-237-4001

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