

# Judith Parker Harris

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## What's News



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## **STRESS KILLS!** **WRITE IT OUT OF YOUR LIFE**

Imagine recovering from severe symptoms of multiple sclerosis without medication. Judith Parker Harris did just that. "I threw out the role that cast me as a stressed-out workaholic and rewrote the script of my life," says Harris. "Nothing about my life today is the same as it was in 1985 the year of my diagnosis, and I've been symptom-free since 1990." Harris has now turned everything she learned in the advertising and film production business into a creative process to help individuals and corporations de-stress their lives before they de-rail. "Now we have scientific proof that stress kills," cites Harris. A recent research project conducted by a team from Ohio State and the University of North Carolina has found that people with longtime tension have high levels of a protein (IL-6) that is linked to diseases. Harris offers a unique solution to the stress problem which is to lay out your life like a movie and work out your troubles through the hero and villain archetypes presented in the stories with which we identify. In a matter of moments Judith has groups naming the movies of their lives, storyboarding turning points, choosing to be heroic, confronting their villains, rewriting their scripts, connecting with their true motivations and creating multi-level plots that reflect their goals.

Harris challenges everyone to move from **BLOCKED TO BLOCK-BUSTER**, the name of her latest book, speaking series and coaching program. Since the disaster of 9/11/01 stress has been at epidemic proportions and that not only brings health problems, but relationship problems, career and business problems, financial woes and more. "When stress is running the show, we all start behaving like victims, blocked from our own potential by our backstories," explains Harris. She defines backstory as everything that has happened in your life up to now, particularly disappointments, sorrows and losses that haven't been completely dealt with. "It's that stuff: the emotional and thought baggage that can make us sick, it's also what we need to find and re-script."

Founder of Health-Esteem, International, Vice Chair of Women in Film Foundation and Marketing Chair of the National Speakers Association, LA chapter, Harris can be reached by calling 310-858-1272 or through her website: [www.BlockedtoBlock-Buster.com](http://www.BlockedtoBlock-Buster.com).