“Something was wrong with me that pills didn’t help. Learning the difference between anxiety and stress and what to do about it gave me a very different night life. I go to sleep peacefully now and wake up rested. I look forward to each visit because I leave with tangible tools to change myself rather than a patch that did not resolve my problems.”

“Within 2-3 visits, my desperation subsided as I began to learn about the connections between my headaches, my stress triggers, and my thought patterns. As I learned how much more I could control, the severe migraines became less frequent; I returned to work full time and am functioning better regardless of the stresses and headaches.”
Client Success Stories

**Heart Arrhythmia/Knee Pain**
Betty helped me learn to work with myself, develop my own resources, trust my own body. When I think of the money spent in medical settings, I believe what I learned was worth so much more and of greater long-term value.

**Chronic Pain**
I experienced endless, self-induced stress in mind/body/spirit. The Feldenkrais idea of “range of ease” was huge. And of course seeing with the biofeedback monitoring how stress manifested gave me the proof I needed to understand how I could be more comfortable and in control.

**Insomnia/Anxiety**
Something was wrong with me that pills didn’t help. I was delirious with fear and anxiety. Learning the difference between anxiety and stress and what to do about it gave me a very different night life. I go to sleep peacefully now and wake up rested. I look forward to each visit because I leave with tangible tools to change myself.

**Panic Attacks and Jaw Pain**
I was a basket case and knew I needed help just to survive in my work environment. I’d gotten to my last resort! Now I have less stress, cope better with stress, and give myself relief from jaw pain. I improved my productivity and professionalism in the workplace and know I can stay in the career that allows me to do what I love to do.

About Betty

Betty Wolfe, M. Div., BCB, GCFP

Betty Wolfe has over 35 years experience in biofeedback, teaching, and training, 10 years in the Feldenkrais Method®, and is certified by both the Biofeedback Certification International Alliance and the Feldenkrais Guild of North America.

She has worked in clinical programs at Duke University Medical Center and the UNC MedWell Behavioral Medicine Program. In 2004, she founded Lessons With Ease to offer individualized training and support for adults, adolescents, and children.

**Lessons With Ease**
Betty Wolfe, M. Div., BCB, GCFP

Biofeedback
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Functional Integration®

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