

Come learn what matters most during times of great change:

# The Most Important Thing

A MERRILL LYNCH  
SPECIAL EVENT

featuring Andy Bernstein



**Andy Bernstein** serves as faculty at Wharton Executive Education, where his courses have been audience favorites every year since 2008. He is the author of *The Myth of Stress*, and the founder of the Resilience Academy. To learn more, visit [andybernstein.com](http://andybernstein.com).

“By far the most useful, provocative, and fascinating seminar I have ever participated in. There’s no nonsense. It’s just smart, tangible, and something that can be implemented across the board.”

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Millions of families around the world are experiencing enormous disruption. This special webinar gives you and your loved ones a powerful new toolkit to handle stress better. It teaches you:

- What matters most for family happiness according to the world’s longest study, and why it’s not money, health, or relationships
- A new way to understand where stress comes from, and why traditional stress management is based on a fundamental flaw
- A 7-step process that helps you increase family well-being with no blame, stigma, or “touchy-feeliness”
- Free access to an online platform to continue applying this toolkit after the webinar ends

See accompanying email for date, time, and Webex link

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