



FOR IMMEDIATE RELEASE

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**OPRAH WINFREY AND DEEPAK CHOPRA LAUNCH
'7 DAYS TO RELIEVE STRESS AND ANXIETY'**

**On-Demand Online Course Available Today (Nov. 23)
for \$19.99 at Oprah.com/Anxiety**

LOS ANGELES -- Oprah Winfrey and Deepak Chopra have announced '7 Days to Relieve Stress and Anxiety,' the second installation in their "Oprah & Deepak's Guide to Whole Health" series of seven-day, online, on-demand courses designed to help with overall wellbeing. The new course offers a unique blend of meditations and activities as well as practical tips and strategies to guide students toward whole health and a peaceful, centered way of being.

The course will be available beginning today, November 23, for \$19.99 for a limited time only at Oprah.com/anxiety.

'7 Days to Relieve Stress and Anxiety' focuses on the root causes of common anxiety symptoms, while providing tools and strategies to alleviate the negative effects of daily stress. The course offers daily lessons and meditations, along with activities such as personalized quizzes to gain insight into stress levels and help remedy the cause of anxiety.

Below is an overview of what participants can expect throughout this seven-day program:

Day One: The First Front for Relieving Stress and Anxiety

Day One's meditation looks at how stress and anxiety affect body, mind and spirit, and highlights the first steps towards holistic relief. Additionally, Day One includes a guided meditation for deep relaxation.

Day Two: What You Should Know about Stress and Anxiety

Day Two's meditation discusses the relationship between stress, anxiety, and fear, and outlines new ways of reacting to the fear response. The anchoring activities include a questionnaire and personal assessment of stress levels, as well as a bonus meditation to dissolve the agitation of stress and anxiety in the entire mind-body system.

Day Three: How to Heal in the Present Moment

Day Three's meditation explains where anxious thoughts come from, and why present-moment awareness is key for healing. The anchoring activities are a description of simple strategies for instant anxiety relief, and a bonus meditation for reversing the negative effects of stress and anxiety.

Day Four: A Mind-Body Path to Relieving Stress and Anxiety

Day Four's meditation talks about how to utilize the power of the mind-body connection, as well as the body's innate intelligence, to overcome stress and anxiety. The anchoring activities include an instructional, restorative yoga video, as well as a 20-minute full-body relaxation audio track.

Day Five: Lasting Transformation: The Power of Retraining the Brain

Day Five's meditation describes how to achieve long-term relief by creating new patterns in the brain to promote healthier responses to stress and anxiety. The anchoring activities are a customizable fill-in exercise to retrain the brain, and a guided visualization audio track to unite and rebalance body, mind, and spirit.

Day Six: The Path to the No-Fear Zone: Harmony and Balance

Day Six's meditation outlines simple, achievable lifestyle changes to insert more calm spaces into a busy daily routine. The anchoring activities include nourishing recipes to promote stress release for restful sleep, as well as a soothing guided meditation to listen to before bed.

Day Seven: Being Whole Again: Healing the Divided Self

The final day of the program lays out a path towards wholeness, peace, and stillness – leading to a place within that is beyond the fear and anxiety of the restless mind. The program concludes with the anchoring activity of a guided meditation that includes a soothing breathing exercise, an illuminating visualization, and powerful intention setting.

About “Oprah & Deepak’s Guide to Whole Health” Series

“Oprah & Deepak’s Guide to Whole Health” launched on the heels of the successful “Oprah & Deepak 21-Day Meditation Experience” series which, since 2013, includes a catalogue of ten unique meditation themes with over 6 million participants from over 200 hundred countries around the globe.

Each day of “Oprah & Deepak’s Guide to Whole Health” includes special features ranging from instructional exercises and video to assessments and guided visualizations, as well as the kind of high impact audio meditation materials from Oprah Winfrey and Deepak Chopra that have become a hallmark of their work together. Each day's meditation is supported by an anchoring activity, providing a foundation for each of these seven days of lessons.

The first course, “7 Days to Restful Sleep” was made public in April 2016 and will be releasing content and feature enhancements on Nov 23 as well. Enhancements include five all-new pre-bedtime meditations from Deepak and mobile app improvements.

Additional topics to launch at a later date include healing from pain and improving motivation and relationships.

About OWNLifeclasses.com Coursework

OWNLifeclasses.com is home to OWN's online learning programs that include courses from some of today's top inspirational and innovative thought leaders, as well as guided meditation experiences with Oprah and spiritual leader Deepak Chopra. The OWN Lifeclasses offer the online community an opportunity to go deeper into the content and topics featured on OWN and Oprah.com. Current available OWN Lifeclasses include "The Gifts of Imperfection" from Dr. Brené Brown, "Forgiveness" from Iyanla Vanzant, "Practical Guide to Finding Joy and Meaning in Everyday Life" from Rob Bell, "Thrive" from Arianna Huffington, "21 Days to Happiness" from Shawn Achor and "Reignite Your Life: Your Path to Strength, Confidence and Clarity" and "Your Next Bold Move: Creating the Future You Want" from Brendon Burchard. Additionally, "Oprah and Deepak's 21-Day Meditation Experience" offers daily-guided audio meditations online and has garnered over 6 million participants in over 200 countries worldwide.

About Deepak Chopra, M.D.

Deepak Chopra, M.D., F.A.C.P., Chairman of the Board of The Chopra Foundation and Founder of the Chopra Center for Wellbeing, is a world-renowned pioneer in integrative medicine and global and personal transformation. The Chopra Center for Wellbeing holds sought-after workshops and retreats, including programs such as Perfect Health, Seduction of Spirit, and Journey Into Healing. Dr. Chopra has authored more than 85 books, published in more than 43 languages, including 22 *New York Times* best-sellers. Two of his books, *Ageless Body, Timeless Mind* (1993) and *The Spiritual Laws of Success* (1995) have been recognized on The Books of The Century Bestsellers List.

With medical training in internal medicine and endocrinology, he is a Fellow of the American College of Physicians and a member of the American Association of Clinical Endocrinologists. Additionally, Dr. Deepak Chopra also serves as Co-Founder of Jiyo, an Adjunct Professor of Executive Programs at Kellogg School of Management at Northwestern University and of Columbia Business School, Columbia University, Clinical Professor in the Department of Family Medicine and Public Health at the University of California, San Diego, Health Sciences, Professor of Consciousness Studies at Sofia University, Faculty at Disney Imagineering, and a Senior Scientist at the Gallup organization. TIME magazine has described Dr. Chopra as "one of the top 100 heroes and icons of the century and credits him as "the poet-prophet of alternative medicine." The World Post and The Huffington Post global internet survey ranked Dr. Chopra #17 influential thinker in world and #1 in Medicine.

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