

FOR IMMEDIATE RELEASE
August 8, 2015

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**Global Stress-management Expert and Corporate Trainer Brings
Unprecedented Stress Management Training to U.S. Law Enforcement through
the Blue Courage Program**

CHICAGO -- davidji, former COO of Chopra Center University, is taking his world-renowned destressifying techniques and his passion for working with those in high-pressure situations, including members of the military, special forces, law enforcement, business leaders, and those in crisis, to law enforcement academies, sheriff and police departments, fire departments, the DEA and the U.S. Secret Service, among other prominent public service entities.

He has been appointed to the Blue Courage Advisory Board for 2016.

davidji is the developer of the *Blue Courage Awareness Training* curriculum, which empowers police throughout the U.S., and teaches them present-moment life tools in their quest for safety, nobility, resilience and guardianship. His teachings on stress release, conflict resolution, and mindfulness are now practiced in some of the largest precincts and police academies in the country.

Blue Courage is a transformational two-day leadership development workshop designed for all levels of the organization. This revolutionary educational process is designed to touch hearts, awaken minds and ignite spirits through dynamic presentations and learning processes.

At the core of his *Blue Courage Awareness Training* is davidji's most recent book *destressifying: The Real World Guide to Personal Empowerment, Deeper Fulfillment & Peace of Mind*, an Amazon #1 best seller and winner of the 2015 Nautilus Book Award. *destressifying* is the first mainstream book to reveal both sides of stress, its damaging emotional aspects and its powerful healing properties.

"davidji is an incomparable teacher," says Michael J. Nila, police commander (Ret.), Blue Courage founder and managing partner. "The depth and breadth of his wisdom is unsurpassed. With davidji, the Blue Courage team of police officers—who teach thousands of cops annually—have laughed, cried, learned, grown, and transformed. davidji has the solutions that protect those who protect us. Through davidji, hearts are healed, souls are inspired, spirits are ignited, and minds are

expanded. Oh yes—and lives are saved! In a modern world desperately in need of greater awareness and resilience, davidji's *decompressing* techniques are invaluable."

Drawing on decades of the author's experience working with individuals in extreme, high-pressure situations — including business leaders, world-class athletes, members of the military, and those in crisis — *decompressing* teaches the practical steps we all can take to effectively navigate life to a place beyond stress, and handle any type of stress that life throws at you. "This time-tested process teaches the powerful, real-world tools to breathe more easily, master your emotions, communicate more effectively, cultivate more nourishing relationships and perform at a higher level," said davidji.

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ABOUT THE AUTHOR — *davidji* is a globally recognized mindbody health & wellness expert, mindful performance trainer, meditation teacher & best-selling author of the critically acclaimed *Secrets of Meditation: A Practical Guide to Inner Peace and Personal Transformation*, winner of the Nautilus Book Award and now translated into 12 languages. He is credited with creating the 21-day meditation process, which spawned hundreds of 21-day meditation experiences and challenges around the world. Often referred to as the *Velvet Voice of Stillness*, davidji's guided meditations have been streamed over one million times — more than any other meditations on the planet. His teachings on mindfulness, emotional healing, conscious choice-making, mindful performance and living a purpose-driven life can be heard on more than 500 guided meditations available on iTunes, Amazon.com, HayHouseRadio.com, GooglePlay, Spotify, Pandora, SoundCloud, and on davidji.com.

davidji has a passion for working with entrepreneurs, business leaders and those in high-pressure, high-stress situations. His teachings on stress release, conflict resolution, and mindfulness are now practiced in many of the top Fortune 500 companies, the military, and some of the largest police precincts and academies in the country. Visit davidji.com to join the davidji SweetSpot Community.