

Stress Relief is Here: New Work-Life Balance Company is Helping Entrepreneurs Reduce Stress and Burnout

Why Not 3 is a brand new type of work-life balance training program, founded by Lova Kremer, a successful entrepreneur, public speaker, and marketing consultant.

Why Not 3 is the answer for those who live chaotic, stressed out, and overworked lives. Many people focus on reducing stress in only one aspect of their lives, and time after time they realize it doesn't have lasting effects. What good is meditation if your business is failing? What's the point of a successful business with failing personal relationships? Why Not 3 offers a comprehensive solution unlike anything else. The goal of Why Not 3 is simple: help people balance their **health, wealth, and relationships**. Having too many goals is confusing and having too few is disappointing, so why not have 3 broad goals that cover all aspects of life?

Why Not 3 is different because it doesn't simply tell people what to do and expect that they'll do it. Our free information online, book, personal coaching, and retreats all give first-hand experience of what works and what doesn't. It is not another fluffy self-help book, webinar, or training program that supplies impractical advice that only works short term. Why Not 3 provides stressed out folks with the practical, tried and true techniques that Lova Kremer himself used to help him handle founding several businesses, public speaking, *and* going to law school. When Lova saw how much his practical way of looking at life could help people, he knew it was time to spread the message. Why Not 3 covers topics across the spectrum: biohacking, business automation, meditation, and more. All information aims to help people be happier, healthier, and wealthier.

With the aid of Founder Lova Kremer and the rest of the Why Not 3 team, anyone can access tons of **free information online** about how to start living a stress free life, pursue their passion, and focus on what matters. Unlike many stress reduction training programs available online, there's no obligation or even expectation to spend money. The vision is a community of people working and growing together to find balance in all aspects of their lives. Of course, there are products for purchase such as a book, personal coaching from Lova Kremer, and even retreats, but all of the information people need to get started is completely accessible online.

Why Not 3 is the missing piece for people who are chronically stressed, entrepreneurial, and can't seem to find a balance in life.

Contact Why Not 3 for more information:

Web: www.whynot3.com

Email: studio@whynot3.com

Call: +3110-2680662

