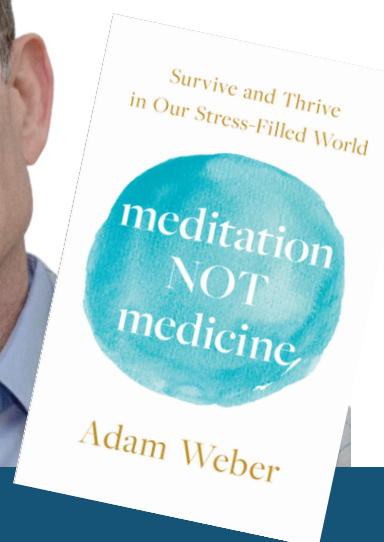


# Adam Weber

## MEDITATION NOT MEDICINE



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Adam Weber is the “NO BS, common sense” speaker, author, product creation specialist and owner of the highly successful companies, “Weber Real Estate Advisors” and “Weber Advisory Group.”

Adam is a former corporate warrior with a progressive form of multiple sclerosis. He helps others learn to deal with their stress through his proprietary form of meditation called Easy to Meditate in person and online.

He is a New York native, now living north of Manhattan. Adam and with his wife Haley and his two sons, Andrew and Daniel. When not in his home office, you can find him with his Golden Retriever-English Setter mix Churchill.

## ADAM'S MOST POPULAR MEDIA TOPICS



### The Take the Pill Approach

My father was an old school doctor who was an old school doctor who was taught to give patients a pill for everything and everything would be just fine. That is an old and tired approach to practicing medicine and helping people.



### The Meditation Approach

Meditation is a natural, drug-free, cost-effective solution to address your stress. It requires just minutes per day. Many practitioners report a deeper sense of inner peace, much less stress when using meditation.



### Easy to Meditate

I have developed a step-by-step approach to relaxing your mind and beating your stress through the meditation technique, called Easy to Meditate. It can be customized and adjusted to fit your needs and what you are comfortable with.

## PRAISE

*"I have seen a lot of MS patients, but I don't recall ever seeing one with that much spunk and determination. Now, I am stressed to the max, so with Adam's recommendation to do meditation, I'm going to try it for myself. I would love all the people that are ill and with chronic illness to try."*

- A Retired Nurse Practitioner

*"I have treated many patients with Adam's condition. I can tell you first hand that Adam's inspirational story of hope and perseverance is inspirational to many individuals going under the same situation."*

- Steve Soob, Physical Therapist

## CONTACT



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