

# Quanta Change Press Kit

High-res photo, full bio, and sample video interview available in EPK: [www.QuantaChange.com/press-kit](http://www.QuantaChange.com/press-kit)



**Sara Avery, Quanta Change Guide**, helps people permanently remove blocks to their natural well-being in the areas of health, relationships, career, and personal expression. For more than a decade, she has guided others through this work, drawing on a five-year collaboration with Quanta Change founder Mimi Herrmann. Her clients report unprecedented improvements, often after having tried many other avenues of healing and transformation. Full bio: [www.QuantaChange.com/sara-avery-bio](http://www.QuantaChange.com/sara-avery-bio)



## About Quanta Change

Quanta Change is a personal transformation process based on more than 20 years of independent research by Mimi Herrmann, further refined through a five-year collaboration between Mimi Herrmann and Sara Avery. Clients routinely report unprecedented changes in their lives, often after having pursued many other avenues of healing and personal transformation work.

Quanta Change removes blocks to natural well-being in the realms of physical, mental, and emotional health; relationships; achievement and career; personal expression; and fulfillment of life purpose. Removing these blocks allows natural well-being to become the primary generating force in the client's life.

The sense of self is like a battery that generates every moment of life, and this "battery" is recharged during sleep. Quanta Change capitalizes on this natural sleep-time recharging to peel away layers of blocks to well-being, called Learned Distress.

Learned Distress is the feeling that "there's something wrong with me being just as I am," which is absorbed from conception until the age of 2 1/2. It becomes the source of all negative moments in life.

Quanta Change occurs through participation in three ongoing elements:

- Weekly or bi-weekly phone sessions with Sara Avery
- Daytime shifting work to tell the brain exactly what change to make during sleep
- Playing a pre-recorded Quanta Change Sensory Message during sleep to trigger the brain to allow change

## What Sara's Clients Are Saying

Relationships: "I didn't think this kind of relationship was even available to me. All the quirks about me that I thought were wrong, he either doesn't notice or that's what he loves about me. I've been treated better than by anyone in my entire life. Things are also very different with my family. I don't feel like I have to live up to their expectations, anymore."

Career: "I stepped down from the manager position I had been promoted to, realizing it wasn't what I really wanted, after all. Work is great now! I get along great with everyone, people are coming to me for advice, and I'm just really happy there now."

Health: "My surgeon said he never saw anyone recover so quickly from knee replacement surgery, especially at the age of 71! I have always hated exercising, but I did all my PT exercises and, just two weeks after surgery, hiked 1.3 miles on a steep mountain road."

Food and weight-loss: "I thought it was impossible for me, but I've found peace with food. And, after 30+ years of trying everything, I've finally found a way of eating that allows me to lose weight."

Anxiety: "It feels so good to sleep like a normal person. And, I'm blown away at the lack of anxiety, which was controlling my life. The panic attacks are gone."

Self-image: "I feel so different about myself. I can actually say that I love myself! I'm beautiful, and I am an amazing person. I really deserve to have what I want in life. Everyone around me is noticing how different I am now, too."