



MARINA BRUNI

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Dr. Marina Bruni Speaks Out on The “Swerve” (R. Syme) and The Power of Choice

Dr. Marina Bruni, chosen as one of the featured guests for the Buddhified Podcast, shares her simple 3-step process to make the right choice with ease. Marina emphasises how using right-brain left-brain integration strategies can not only help people make better choices, but reduce stress, burnout, isolation, and overwhelm.

London, UK, September 18th, 2019 --([PR.com](https://www.pr.com))— Dr Marina Bruni, aka The Global Brain Activation Strategist, is an executive coach, trainer, and international speaker who specializes in brain integration strategies which give people the keys to unlock creative solutions to problems they’re facing.

Women in their mid-thirties face a “time of lurches and swerves” (Rachel Syme) as they face crucial choices in their personal and professional lives, like getting pregnant vs not getting pregnant, career, childcare, finances, etc. The “Swerve” (cit. Syme) discussion has gone viral in the news recently. What can be done to ease such a burden? Interviewed by Nicole Koenig in Ep 2 of the Buddhified Podcast released August 26th, 2019, Dr Marina Bruni talks about the power of choice.

Dr Marina Bruni shares a simple three step process that can help women face the “swerve” (cit. Syme), as well as other conundrums, and make better choices on a consistent basis and with ease. By following Dr Bruni’s simple three step process (the “AMR”) women can navigate the deadline of the “swerve” (cit. Syme) more smoothly and gracefully, with less of a feeling of stress, overwhelm, and powerless. As a result, they can confidently feel more in control of their choices.

“The quantity of information bombarding us every minute creates the opportunity for decision-making overload”, says Bruni. “This leads to stress, burnout, isolation, overwhelm, no time freedom that carries from your business life into your personal life. Learning how to simultaneously use the left side and the right side of your brain, in a seamless integrated fashion, will help you get clarity around the choices that you need to make so you can design your own outcome.”

As dual qualified lawyer with over two decades of experience in the financial services industry, Marina has seen the destructive consequences of poor choices. She is on a mission to empower people to use her proven method to make the right choice with ease—consistently.

To listen to the Buddhified Podcast (Ep. 2), visit [https://www.buzzsprout.com/576334/1684576-3-steps-to-help-you-ditch-indecision-ft-dr-marina-bruni?](https://www.buzzsprout.com/576334/1684576-3-steps-to-help-you-ditch-indecision-ft-dr-marina-bruni?utm_source=pr.com)

About Dr Marina Bruni

Dr Marina Bruni, an NLP Licensed Master Practitioner and Trainer with Dr Bandler, has the mindset of a lawyer and the skillset of a coach. She fast-tracks her private and corporate clients through shifts

using innovative and proprietary methods from her Power of Choice: Brain Activation Mastery Programme. Marina speaks 4 languages, loves dark chocolate and travelling the globe.
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