

OUR HISTORY

The American Institute of Stress is a non-profit organization established in 1978 at the request of Hans Selye to serve as a clearinghouse for information on all stress related subjects. Stress has become such an ingrained part of our vocabulary and daily existence, that it is difficult to believe that our current use of the term originated only a little more than 50 years ago, when it was essentially “coined” by Hans Selye. To read the complete history of AIS and more details about the birth of the stress concept visit www.stress.org.

OUR FUTURE

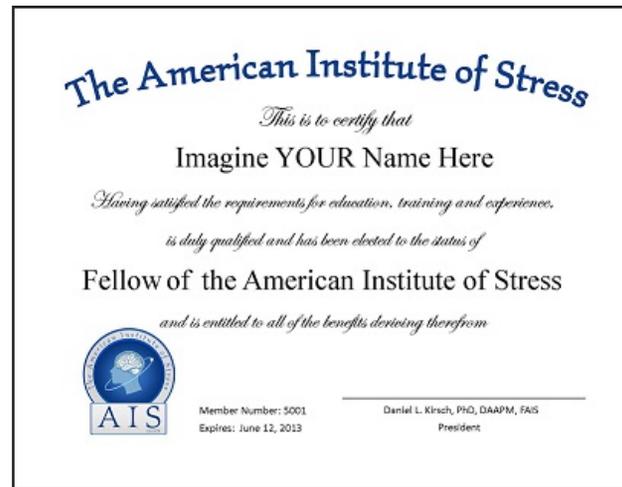
The future of AIS is bright.

AIS is growing! It is our vision to provide a diverse and inclusive environment that fosters intellectual discovery, creates and transmits innovative knowledge, improves human health, and provides leadership to the world on stress related topics. We seek to extend our reach into the public and help people live happier, healthier and longer lives by providing the latest stress management knowledge and techniques. Join us, in our mission as we Engage, Educate and Empower!

“Stress, in addition to being itself, was also the cause of itself, and the result of itself.”

-Hans Selye

www.stress.org



Special Discount!

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American Institute of Stress
9112 Camp Bowie West Blvd. #228, Fort Worth, TX 76116
USA Main: (82) 239-6823 • Fax: (817) 394-0593
Email: info@stress.org • Website: www.stress.org



The American Institute of Stress



The Source for Science-Based Stress Management Information

BECOME A MEMBER OF THE AMERICAN INSTITUTE OF STRESS

“What happens in the mind of man
is always reflected in the disease of his body.”

-Rene Dubos



Get Inside Our Head

It's Not Our Credentials That Make AIS So Impressive,
It's the Fellows That Go With Them.

Over the last 35 years, we've expanded our services and broadened our reach, but our dedication to science hasn't changed a bit.

Our main focus areas include:

- Combat Stress
- Daily Life:
 - Workplace Stress
 - Stress-less Schools
- Horizons: Expanding Human Potential

Services

- Archives
- Book Reviews
- AIS Certification
- Speakers Bureau
- Stress Research

We focus tremendous efforts on fulfilling the needs of our members and visitors. We offer many services to help you access the information you need quickly and easily.

www.stress.org

Memberships

Fellow (FAIS): Hold a doctorate degree or healthcare license and have been in practice or profession for at least 5 years.

Diplomate (DAIS): Hold a degree or healthcare license and have been in practice or profession for at least 3 years.

Member: Anyone with an interest in stress management.

Student Member: Any student with an interest in stress management.

Outstanding Publications

Members receive the monthly magazine, *Health and Stress*, as well as two quarterly magazines, *Combat Stress* and *Contentment*.



Join us in our mission to
Engage, Educate and Empower
the global community with science
based stress management information,
tools and techniques so that they can live
happier, healthier and longer lives!
Visit stress.org for an application!

