

## Awareness training

SCAT invites you to tune in and ask for information about Awareness Training (AT) - "mindfulness training" (MT).

AT is a well-tested and effective method for reducing stress and increasing Quality of Life. You can order books and CD's on AT, as taught by Andries J. Kroese, retired professor of vascular surgery, University of Oslo, Norway. He has practiced AT since 1970. Andries knows what stress is and how to cope with it as a surgeon as well as in everyday life. He has written several successful books on this topic and has given courses on AT in Scandinavia and other European countries for the last 10 years. Since 2006 this has become a full-time occupation for him. Kroese gives AT courses on invitation for groups of of minimal 15 participants. If you have requests concerning courses, please send mail directly to [ajkroese@online.no](mailto:ajkroese@online.no) SCAT - Andries J. Kroese - Løkkalia 1 - 0783 Oslo - Norway - [ajkroese@online.no](mailto:ajkroese@online.no)