

## Paul Templer

**Age**: 50

Hometown: Beverly Hills, MI

**Occupation**: Speaker. Author. Philanthropist. Founder of Opusdynamic, one of the global leaders in the application of Commitment-Based-Management, applied neuroplasticity, psychoneuroimmunology, emotional physiology and stress-management research.

With twenty plus years of hands on experience inside the commercial, philanthropic, military and extreme sport & adventure arenas, Paul helps leaders, teams and communities to apply the lessons learned through experience and research to their lives so that they can function optimally inside of their environment.



## PAUL'S STORY



As someone who has spent much of the last twenty plus years cavorting around the world of optimal human performance, I seem to spend much of my time either pushing my body and my well being to the limit, trying to repair it – or trying to figure out how to take better care of myself and to be more effective; thus I've tried and tested a wide variety of medications, practices and supplements and none-to-date have had anywhere near the instantaneous, profound nor sustainable effect as Nadovim has.

I've been asked by quite a few people lately "What are you on?" Seems they've noticed an improvement in both my countenance and demeanor. Friends and family report that I'm seemingly neither as distracted nor undistractable as I've been and am easier to be around and seem to be a lot more at ease. Additionally, my memory seems a little better ... my mind isn't going blank as often... nor am I getting stuck grasping for words as often as I have been for the last year or so. I feel that since I started taking Nadovim, I'm able to be kinder to myself and to those around me.

I'd highly recommend Nadovim to anyone who wants to improve how they feel and how they interact with the people they care about and the world at large.

