


# THE ANXIETY TRANSFORMATION PROGRAM

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Welcome to your 3-Month Anxiety Transformation Program

I am honoured and privileged to provide you with this program that is fully dedicated to your healing. I will act as your coach and mentor for these 12 weeks and will do everything I can to assist you on your journey. You are about to embark on a very important 12 weeks, of your life; this letter will outline the framework of your journey

This is not just a journey you will be embarking on alone; I am here to walk this path with you. Our goals for the time we have together are very simple. Here are our expectations:


1. You will have a powerful system and platform for walking you through this journey. The aim is to take you to a place of freedom so that you can feel empowered and in a place where anxiety doesn't dictate your life. The tools and methodologies within this program have been specially selected to help you do this.
2. Success on this program requires some amount of commitment, a commitment to practice every day, even if you don't feel like doing it. The time you need to give to this program doesn't need to be much, you can fit it into your life in whatever way suits you. Don't be harsh on yourself if you do miss a day, just pick the practice back up as soon as you can.
3. The aim of this program is also to empower you to make any changes that you feel you need to make in your life so that you can find lasting peace and happiness. I am here to guide you with this, you will find naturally as your mindfulness and yoga practice strengthens that you yourself strengthen, both physically and mentally. This will empower you to make any changes you need to make so that you can be free from whatever is holding you back in your life right now

If you follow these 12 weeks, step by step, and complete the suggested practices, I do not doubt that you will see a deep transformation within yourself.

What's Included in the Anxiety Transformation Program?

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To help you achieve all this, you get access to the following:

The step-by-step anxiety transformation online program, here is a week-by-week breakdown:

- I. Introduction to Mindfulness – Achieving Your Vision
- II. Overcoming Anxiety and Stress
- III. Overcoming Chronic Pain – Overcoming Health Anxiety
- IV. Dealing with Strong Emotions such as Anxiety, Panic, Stress and Depression
- V. Improving Sleep and coming out of Exhaustion
- VI. Role Stress and Time Pressure
- VII. You Are Enough – working with low self-esteem – overcoming Social anxiety
- VIII. Taking care of yourself – creating self-serving habits
- IX. Fear – How to not let fear stop you from achieving who you want to be – Healing Past Traumas
- X. Changing your life – meditation and beyond
- XI. The Way of Freedom – living free from anxiety
- XII. The Secret Formula to Freedom and lasting peace

The next step is to go through the vision creator and the recommended reading sections and then get going with Week 1's lesson.

I am excited to be walking this journey with you; in this program, you have everything you need to make whatever changes you wish to in your life

With love

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