

# “How I Went From Strung Out To Stress-Free...”

By: YOUR NAME

My husband Carl didn't want me to write this.

He pleaded with me not to let his secret out. He said it'd ruin his reputation.

You see, Carl likes to think that he's the world's most laid back guy.

Whenever people tell him how calm and confident he is, Carl likes to say that he's just one of those “lucky” people that was born that way.

But Carl isn't laid back. Not even close. He's a **retired lawyer**, for crying out loud.

## **In Fact, Just A Year Ago He Was Popping Valium Like It Was Candy...**

He was always hopelessly stressed. Felt pulled in every direction. Overscheduled. Constantly in a rush. Exhausted. Overwhelmed with his job. Always under pressure.

And clueless about what to do about it.

He'd always either snap at the slightest thing... or become completely reclusive and not want to talk to anyone.

I think the avoidance was the worst part of it – I remember when he wanted to repair an old car and it sat in our garage for months. He **got so overwhelmed with it that he'd ignore it and watch TV instead.**

And believe me, as his wife, I inherit every ounce of stress that he has.

## **But Then Our Doctor Shared Something With Us That Changed Carl's Behavior Almost Overnight...**

You see, I called our family doctor after Carl and I had a huge fight and told him of all the problems that Carl was experiencing. I asked him if he knew of anything we could do. **Of all things, he recommended a website.**

I'm not very comfortable with the Internet, and I certainly didn't think a website could answer Carl's problems, so I didn't do anything.

But then my doctor called back a week later to see what I thought, and I had to tell him the truth. I thought that website might work for some people, but not my Carl.

## But He Insisted I Give This One A Try...

He told me to implement just one new action and see what happened. I figured there was nothing I could lose, so I tried something in Chapter 1 (it was a simple trick to look at traffic differently).

I told Carl about it – and frankly, I wasn't too sure if it would work. I didn't even think he was taking me seriously. But the next day, when he went grocery shopping, I heard about a car accident on the radio. I knew he'd be stuck in traffic because of it, and my muscles tensed up. I just *knew* he'd come back in a bad mood.

But when he came home, he was **completely calm**. It was an incredible feeling.









Now, to be honest, Carl still hasn't changed 100% with traffic. He still gets annoyed when people slow down to look at an accident. But still, he hasn't yelled or gotten road rage once.

## And The Best Part Is, This Website Is Loaded With 12 Months Chock Full Of Stress Tips That Work Just As Fast!

The site was put together by a panel of stress experts with over 100 years of experience amongst them. Psychologists, doctors, life coaches, yoga teachers... even a celebrity consultant.

It's quite fascinating, actually. For example, in Month 5, they tell you exactly how to handle an inept sales clerk that makes you wait forever (and amazingly, it has nothing to do with "ignoring it" or "pretending it doesn't exist").

It also reveals secrets like:










-  Exactly how to listen better – because it's much easier said than done (Month 6)
-  The "Tombstone" test that'll revolutionize the way you look at your life (Month 7)
-  The "Stress Scale" that'll forever change your mindset (Month 2)
-  Specific foods that'll reduce stress – this might shock you (Month 11)
-  Find your personal activity that makes you happy – because you probably don't even know anymore (Month 8)
-  The "EC" formula that will exponentially increase your happiness (Month 9)
-  9 mega-valuable techniques to never deal with clutter again (Month 3)
-  How to use anger as both a positive and a negative – Most people just think it's bad, but there are actually some huge benefits to it... (Month 5)

**They Have A Solution For Almost Anything  
You Can Think Of In This Website!**









I would have never believed it unless I saw it myself, but there were answers there to problems that even Carl didn't have.

I couldn't believe it, but it was true.

Here's some of the other things it taught us:

-  **10 signs you're stressed at work... and how to start off de-stressed every single day** (Month 8)
-  **A key tension-releasing activity that can give you an extra hour of energy – energy that would otherwise be used by stress** (Month 2)
-  **Why you need friends – and how to make them** (Month 9)
-  **A key tension-releasing activity that can give you an extra hour of energy – energy that would otherwise be used by stress** (Month 3)
-  **Mini-meditations that will melt stress away** (Month 12)
-  **How to stay motivated to keep conquering stress** (Month 4)
-  **Precisely how to stop the “What-ifs”, jumping to conclusions, the mind reading, and the overgeneralizing** (Month 5)
-  **Know exactly where stress is coming from so you can avoid it** (Month 1)
-  **How to deal with stressful life events like birthdays, marriage, and holidays** (Month 10)

## **They Also Dig In Their Bag Of Tricks And Tell You Things Like...**

-  **The “ABC” method to understanding stress – and how to use it to change your entire thought process** (Month 1)
-  **Specific “mental vacations” to take that'll practically erase anxiety** (Month 3)
-  **10 signs that you're time stressed... and what to do about it** (Month 4)
-  **How to be comfortable even if you're out of control** (Month 6)
-  **How to deal with obnoxious people that you just want to shake** (Month 7)
-  **How stress can screw up your sex life, and what to do about it** (Month 10)
-  **How scrunching up like a pretzel can change your life** (Month 11)
-  **Exactly how to delegate to family, friends, and other people so that you can focus on what YOU want to be doing** (Month 12)

## **And That's Just The Beginning Of What You'll Discover Inside This Website**

I still roll my eyes when Carl says he was born laid back. It's like he doesn't even remember who he used to be.

But I'm happy that he's just so much happier now.

When his sister calls him and says the same thing over and over for half an hour, he doesn't growl or complain.

When the pizza delivery man takes too long, he doesn't get on the phone and start screaming.

He hasn't even complained about Social Security lately. **It's like he's a new person.**

And if a grumpy old lawyer can use these secrets and change so quickly, then believe me when I say anyone can.

So I'll bet you're wondering,

### **"How Much Is All This Worth?"**

Because I remember I was really worried to.

I mean, look at some of the other stuff out there...

Method	Cost
Psychologist	\$100s an hour
Hypnotist	\$100s an hour
Xanax	\$119+ (Per bottle)
Fancy book	\$29.95+

...and they're not even as comprehensive as this website is.

But don't worry. This won't cost you \$100s an hour... or even the \$97 cost that other (less comprehensive) websites charge.

Heck, you won't even have to invest \$47/month.

There's no way I would've been able to afford that myself.

For full access into the website, it's only \$19.95 a month. Carl and I were both shocked when we found out.

And the best part is, they have a...

### **"Risk-Free Money Back Guarantee"**

Which was the turning point for me.

Like I said, I didn't even really believe in it in the beginning. When they told me I had a full 60

days (more than enough time to check through the first month's content) to see if the content would help me, I was convinced.

If for any reason you don't like the information, just send an email and your money will be promptly returned.

I really appreciated knowing that, because I was paranoid that I'd deal with one of those "fly by night" companies you hear about on 20/20.

And the best part is,

## **You Can Have These Secrets In Just A Few Moments**

Because as soon as you order, you're instantly brought inside the member's area.

So why not give it a try? It's risk-free. ☺ Listen, from someone who tried this life-saving guide, I can tell you the changes in your life will be nothing short of amazing.



Yours Truly,

**YOUR NAME**

**P.S.** – You're really going to love this. ☺ **Join Now**