



-Personal Wellness Programs- by Life Coach Linda Farr

Over the years, you have adopted specific and unique anxieties and fears. They have helped create who you are. Some may have been very painful.

What if now you would like to replace some of the old story and negative mind chatter with a more empowered and confident self image?

Life Coach Linda offers a variety of formats to address your needs. Each one explores a particular issue and presents techniques that are easy to follow and learn. Become more relaxed and satisfied. Suggested programs include:

#1 Food Cravings Be Gone

If diets, exercise, or calories were the answers- you wouldn't have this problem, right? Bring your candy, try **EFT** (Emotional Freedom Technique), have some fun, and I guarantee results. As you eliminate the emotional blocks that have sabotaged your efforts, you are now able to gain control over your eating. This will be a fun evening that will bring outstanding results you can take home.

#2 Fingerholds to Reduce Negative Emotions

Are you experiencing anxiety, overload or resentment? Learn simple techniques to drain away these emotions and replace them with calm and clarity. They can easily be done right in public!

#3 Future Self Visualization

Through the Guided Imagery process you connect with a future empowered and 'mastered' version of yourself. Receive insights, have questions answered, or enjoy the feeling of yourself at your best.

#4 Reduce Physical Pain

The process of EFT (Emotional Freedom Technique) is demonstrated in order to relieve some common pains such as headaches, indigestion or sore muscles. This is easily learned and can be an effective tool to increase our well being.

Results are based on proven systems, including:

Emotional Freedom Technique (EFT), a simple "tapping" process demonstrated to be a highly effective stress and pain reduction tool. As stored tension in the body/ mind is released, your emotional and mental health improves, you become more joyful and hopeful. View the video at: www.emofree.com

Programs designed by Capacitar International reduce the psychosocial effects of stress and trauma and restore personal and societal healing. Through various movement, breathing and guided meditation techniques, you are able to manage and release tension stored in the body and mind. www.capacitar.org

Fast track your success with individual sessions on your private issue.

