

Anxiety Recovery Made Simple

the  **LindenMethod**

Total Freedom From High Anxiety Conditions

**A SIMPLE PROGRAM OF RECOVERY FOR SUFFERERS OF
ANXIETY, PANIC ATTACKS, AGORAPHOBIA, OCD & PTSD**

by Charles Linden BA Hons.



Discover how to become Anxiety, Panic Attacks, Phobias & Obsession free, naturally & quickly...

The Linden Center From the
desk of Charles Linden

Dear anxiety sufferer,

What I'm going to tell you about may seem like science fiction, but actually it's about two decades of research and experience helping tens of thousands of people return to fulfilling, peaceful, and more effective lives, free from anxiety disorder. In fact, I guarantee that it will positively change your life in ways you could only dream of at this time.

First I want to warn you: this is a somewhat long letter because I want you to have all of the information you need to **fully understand** what this Method can do for you; if I could tell you that in a single page, I would, believe me.

I will make this promise to you however, reading this letter will represent a major turning point in your life and will be well worth the few minutes it will take.

This truly is anxiety recovery made simple.

Imagine if you could insert a software disc into your head and reprogram your brain to eliminate your anxiety, panic attacks, phobias, OCD and take away any of the symptoms and sensations you experience completely... software that creates fast changes in your subconscious mind...

...and your life!

You don't have to take my word for this – the many testimonials that I have received from tens of thousands of recovered anxiety sufferers prove beyond doubt that...

...this really does work!

If you would like to eliminate your anxiety, the symptoms and sensations that plague your life, naturally and safely remove the core of what it is that causes your inappropriate anxiety, to become more positive and effective, eliminate stress and attain a level of happiness and inner, anxiety free peace; please read on...

In around 1996 after a decade of severe anxiety with panic attacks, phobias and all of the associated thoughts and symptoms, my own research identified exactly **what it is that ALL recovered anxiety disorder sufferers had done** to quickly eliminate their disorders and return to full, anxiety free lives... without medication – without psychological treatments – without any new fangled techniques, potions or fads.

When I implemented the technique, I went from having between 5 and 10 panic attacks a day and sleepless nights to ZERO panic attacks and (finally after years), sound, refreshing sleep... **IN JUST TWO DAYS!**

The following information is MY attempt to provide you with a synopsis of, what we have come to realise, is the total recovery solution for high anxiety conditions. It is now being called a 'new branch in psychological practice' by doctors, psychologists, Drs of psychology and academics world over and the massive number of referrals we receive from the medical fraternity grows constantly.

I know we can cure you and all we want is the opportunity to prove that to you.

You can and will be anxiety free because if you are human and suffer with a high anxiety condition, this can't fail.

Imagine how it would be if you could:

- » Stop anxiety & panic attacks before they have started - eliminating panic forever!
- » Re-build yourself and your life, BUT, this time around, on a solid self-confident foundation free from anxiety and panic attacks
- » Get clarity of mind and strong, peaceful thoughts and feelings - NO more panic attacks or even mild anxiety
- » STOP constantly checking how you are feeling or what symptoms you can find - typical of anxiety and panic attacks sufferers
- » STOP waking up every morning with anxious thoughts or panic attacks and questioning 'how do I feel?' before you have even started your day
- » Bring back the good years, and recover the time you have been losing to anxiety and panic attacks
- » Make up for the lost time and live life 10 times more fully than you live under anxiety and panic attacks
- » Become great company for your loved ones again free from anxiety and panic attacks
- » Become the inspiration of the ones close to you, and become a helper instead of a burden
- » Become a fully functioning & capable person again

Impossible? Science Fiction?

Science yes, fiction, definitely not! Every one of these results has been experienced and reported to us by participants in the program we've created around this Method. We call the program The Linden Method, and we really believe you'll find it to be the end of your search for something that really works like over 170,000 other sufferers we have helped.

And, you might be interested to know that these are not the results of just a few people. What I've just outlined is the predominant experience of most participants in our program.

Perhaps your anxiety or panic attacks are mild, only affecting you when you have to make a speech or go to the dentists.

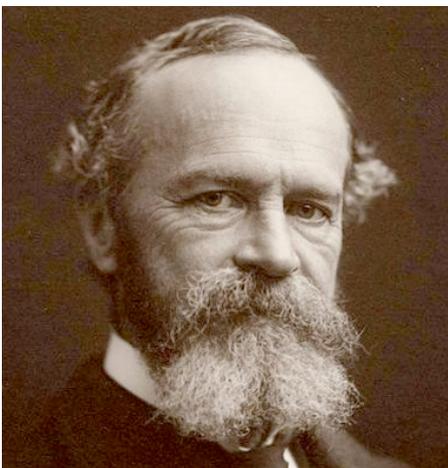
Perhaps you experience severe panic attacks, OCD, Pure O (obsessive thoughts) stress, constant anxiety symptoms, depression, social anxiety disorder and intense agoraphobia. Perhaps you have obsessive or scary thoughts, confusion, bad moods, compulsions or Post Traumatic Stress Disorder.

Whatever **your** personal level of anxiety and/or panic disorder, the **cause** and **treatment** are the same... and it's fast, simple and permanent.

All this from one resource?

Yes, absolutely...

...and it's based on sound scientific theory pioneered by some of the world's most prolific scientists. Scientists such as William James.



One of the world's most eminent psychologists, James was born January 11th, 1842, in New York City, USA. In 1873, he joined Harvard University where he became professor of psychology.

James' theory became the bedrock of modern emotional psychology stating that:

“bodily changes follow directly the PERCEPTION of the exciting fact, and that our feeling of the same changes as they occur is the emotion”

In other words, in psychological practice, like CBT for example, an assumption is made that when a threat is present, you THINK first and your body then reacts. This is not the case!

What actually happens is that your senses SEE the threat and your subconscious mind reacts with anxiety BEFORE you have conscious thought. This is basic human biology. This is exactly how anxiety disorders form. You respond anxiously, your anxiety symptoms worsen and your subconscious mind then detects these symptoms as threat. All this happens WITHOUT your conscious thought, just like your circulation, digestion and any other 'autonomic' reaction.

The new anxious behaviors are stored in your mind as neural pathways, physical 'wiring' that stores memories and then self-perpetuates. THIS is why you suffer!

1910, William James died – He is known as the first person in the world to teach psychology.

Trials and research prove our programs work

These results are unique and conclusive

This is what we are so proud of

Right is psychologist Martin Jensen. Martin heads up our statistical research and is a Psychologist at Copenhagen University. Once completed, Martin takes the statistics produced by the trials and runs them through statistical analysis software. We run regular trials to make sure that our program development is improving cure rates.



The figures rarely change and we have produced consistently improving success rates since 1997; in fact, our first data showed a success rate of 96.7% and it has stayed, pretty much the same since. But what are the 3.3% who don't improve? These are self-proclaimed 'non-compliers'.

Non-compliers are those who admit that they didn't follow the instructions. So what about those who DID follow our simple instructions? Participants are aged 8-84.

The average reduction in recovery across all participants is from 18.24 out of 21 to 2.84 out of 21 - This means that the average program outcome is TOTAL RECOVERY

In the GAD7 anxiety scale, 8.24 is classified as high anxiety - 2.84 is classified as no anxiety

What this means TO YOU is that if you simply DO what we say, your mind will turn off your anxiety at its core. It also means that it happens with real NO conscious effort whatsoever!

This is why we receive so many doctor, psychologist and clinical referrals, it's why we have such a wonderful reputation and its why our ex clients refer thousands of people to us.

It's also why my wife, myself and our team LOVE what we do... what we do changes lives.

We know it's THE solution... we just need to prove it to you! There's only one way to do that!

I was officially diagnosed IN 1990, as having severe anxiety, panic attacks, OCD, Pure O and associated phobias but I also experienced periods of anxiety and phobias as young as 3 years of age. The doctor made their diagnosis on the strength of the most obvious symptoms that I was displaying at that time. They then prescribed antidepressants and sedatives and kept re-prescribing which made me become more and more unwell and desperate.

I became progressively more and more anxious over the next 12 months, I was unable to sleep properly, I became agoraphobic and suffered multiple, full scale, panic attacks, sometimes up to eight or ten per day. In addition, I developed multiple symptoms including respiratory complaints, digestive complaints, distorted thoughts, OCD and Pure O, sight, smell and hearing issues, muscle spasms, tingling feelings, depersonalization, derealization and much, much more. I was agoraphobic and felt desperate.

My life was in ruin, at 24 years of age I thought my life was about to end, fear consumed me and worse of all, no one understood how I was feeling, sympathized or helped me in any way. I was agoraphobic, obsessed with my health, had obsessional thoughts and rituals. I couldn't travel, attend social events or even work. I was on mountains of medication, seeing every practitioner you could imagine and NOTHING helped!

I drove my family and friends to despair, I was in a constant state of panic, I was aggressive, obsessive, irrational and frustrating to the people around me in every way.

I declared bankruptcy, lost my job and most of my friends. I even had to sell treasured possessions to raise money for treatments. I prayed for some kind of miracle cure and obsessively researched for something, anything that could help. I was desperate.

Over the course of my condition, I visited doctors, psychologists, immunologists, hypnotherapists and hoards of alternative therapists to name but a few, I am sure you have been down similar paths. Some therapies proved a little useful, but most not so. The doctors were useless, they prescribed drugs, but were they helping? No, they just masked the symptoms and produced others. It all became so confusing, I didn't know what to do next, I was desperate. This continued for over five years!

I suffered from anxiety, panic attacks, phobias and obsessional thoughts for many uncomfortable, scary and lonely years before I found the answers I needed and became well again.

So, what did I do?

I interviewed hundreds of RECOVERED anxiety sufferers, through my website and in support groups.

After asking the relevant questions I plotted their answers on a number of charts and finally calculated a formula which ensured that if any sufferer did the exact same things, they would become anxiety free too – it couldn't have been easier! I did what ALL recovered sufferers have done to recover.

I immediately started the treatment myself and in under two weeks, I was back at work!

No anxiety, no panic attacks, no insomnia, no inappropriate thoughts.... All gone!

Ok, my confidence took a day or two to return but the sensations and symptoms were gone!

PLEASE UNDERSTAND THIS:

Anxiety, panic, phobias, obsessions, fears and compulsions ARE NOT MENTAL ILLNESSES - THEY ARE BEHAVIORAL CONDITIONS and ANXIETY IS THE OVERPRODUCTION OF THE EMOTION OF FEAR - these conditions are ALL caused by a tiny change in the way the brain handles anxiety signals from the sensory organs.

The 'anxiety switch', (the Amygdala - a small organ in the brain), is either '**anxiety ON**' or '**anxiety OFF**'; when the switch is 'anxiety off' it can be activated only by real danger; BUT when it becomes '**stuck on**' it can produce anxiety disorders, panic attacks, OCD, PTSD and phobias.

The symptoms of anxiety disorder are so real and so frightening that they can cause us to become scared and wrought with anxiety and panic attacks, BUT, they are just sensations sent out from an anxious mind! I don't like the terms anxiety disorder or panic disorder, your increased anxiety isn't actually a disorder (the word disorder suggests illness, panic and anxiety conditions are NOT illnesses!).

The Amygdala has become 're-set' at a higher 'resting' level of anxiety and it is this that causes your condition, whether that be General Anxiety Disorder, Panic Attacks, OCD, PTSD or phobias.

This 're-set' happens through a process called neuroplasticity, which is the same process that happens when you learn new activities - like driving or playing an instrument - it's learning through repetition. The neural pathways in the brain (physical wiring) can, through this natural process, be created as new, modified or replaced. It's happening all the time, billions of times every day within your brain.



Eminent psychologist Carl Lange worked with William James to develop the James-Lange theory of emotion. The theory states that ***“all emotions are developed from, and can be reduced to, physiological reactions to stimuli.”*** When we learn to read, write, ride a bicycle, drive a car... in fact everything we encounter in life, we do so through repetition of behaviors. This is neuroplasticity at work. It's the reason you have an anxiety disorder.

This is why the slightest anxious thought or sensation sends you into anxiety and/or panic attacks mode. It's why you don't cope with normal situations like you used to, it's why you have constant anxiety disorder symptoms, panic attacks, strange thoughts, pains, sensations, insomnia, phobias and emotions...

IT'S THE CAUSE OF ALL ANXIETY, PHOBIAS, OBSESSION & EVERY PANIC ATTACK YOU EXPERIENCE!

HOW INTERESTING: Seven years after my original discovery became public, The National Institute of Mental Health came to the same conclusion as us.

Their solution, which is currently being tested on rats, however, is to develop a machine that bombards your head with magnetic radiation! Don't they understand that my technique does EXACTLY what they want to do with a radiation treatment and that tens of thousands of people can testify that it is THE solution!

Research on anxiety disorders announced by Psychology Today in 2002 concluded that:

"It has been found that the fear response is coordinated by a small structure deep inside the brain, called the Amygdala. The Amygdala, although relatively small, is a very complicated structure, and recent research suggests that posttraumatic stress disorder may be associated with abnormal activation of the Amygdala. Once fear is conditioned in the Amygdala, it is virtually indelible."

By: **Psychology Today** Originally published by *Psychology Today*: 2002-10-10

The National Institute of Mental Health concluded that:

"By learning more about brain circuitry involved in fear and anxiety, scientists may be able to devise new and more specific treatments for anxiety disorders. For example, it someday may be possible to increase the influence of the thinking parts of the brain on the Amygdala, thus placing the fear and anxiety response under conscious control." NIH Publication No. 3879

The above statement confirms the solution and that is exactly how The Linden Method works!

The Linden Method is the solution to anxiety and panic attacks because it reverses the changes that have been made in the Amygdala by your anxiety disorder & removes your inappropriate anxiety, panic attacks and phobias - DRUG FREE... FACT!

It de-programs the subconscious, anxious reaction!

No other therapeutic practice has the same structure or the same dramatic affect, the success of this Method is really incredible.

PLEASE - DO NOT allow anyone to con you into believing that medication, CBT, hypnotherapy, relaxation exercises, psychiatry, ECT or other extreme treatments are the solution to anxiety and panic attacks - I have tens of thousands of people who can tell you, THEY ARE NOT! The same people can tell you exactly what the solution is; the Method outlined in The Linden Method, and it's so simple!

Medical science focuses on the physical aspects of anxiety disorder and panic attacks, developing drug treatments to counteract brain chemical imbalances and symptoms masking the true problem.

But, in anxiety disorder, social anxiety, phobias, panic attacks, OCD or PTSD, the reactions that happen in the brain **aren't wrong** - they just occur **inappropriately!**

You MUST understand this...

**Anxiety disorders and panic attacks ARE NOT caused by
chemical imbalances...**

...they can cause them, BUT they ARE NOT caused BY them!

This is why anxiety disorder medication doesn't work - it may mask the symptoms (if anything) and when medication is stopped, it generally all floods back!

WHY? Because anxiety and panic attack medication is superficial, it doesn't treat the root cause of your anxiety! It's like applying a band-aid to a headache!

Because anxiety disorder and panic attacks make us feel so unwell, we enrol the help of a professional such as a psychiatrist, psychologist or physician and end up more frustrated, lonely and scared.

This is truly a crying shame. I have seen it thousands of times and it makes me angry and sad. It's so simple, so what are the so-called anxiety disorder professionals missing? (Or ignoring?).

A Psychologist who treats policemen, firemen and paramedics analyzed my Method over Christmas one year and her conclusion was:

"That The Linden Method was, in fact, THE most powerful therapeutic device for the treatment of anxiety disorder, panic attacks, and agoraphobia she had ever come across. She has even recommended it to her clients with depression, OCD & PTSD with the exact same curative outcomes."

**Psychologists, Psychiatrists & Psycho-physiologists all confirm that
The Linden Method is THE solution to Anxiety Disorders, Depression, OCD,
PTSD & Panic Attacks.**

This is the **exact same Method** that we have used with tens of thousands of recovered sufferers, which turns lives around and returns its users to happy, fulfilling and anxiety disorder and panic attack free lives. The same Method that is confirmed by Psychologists, Psychiatrists and Doctors as **THE** solution or 'antidote' to anxiety disorder, panic attacks and phobias... the same Method that they now use in their own practice (and some of these practitioners are using it to treat their own anxiety and panic attacks!). We receive thousands of referrals from doctors, psychologists and clinics world over each year.

From firemen who were involved in the Twin Towers attack to youngsters of 8 years of age, my clients write to me telling me how my Method has changed their lives, it's a really wonderful feeling to help so many people.

**Becoming anxiety disorder and panic attacks free again is already
pre-programd into you... we just need to flick the switch!**

**I promise that you will be anxiety, panic attacks &
phobia free again.**

Is length of time suffering or age a key factor in the success of The Linden Method?

NO! Whether your anxiety disorder or panic attacks are new or you have been suffering for years and whether you suffer with mild or severe symptoms, together, we are going to defeat your anxiety and panic disorder now. Your age, fitness, religion or sex is completely irrelevant! (The minimum age for unsupervised use is 14 years; supervised use can be as low as 7 years with our Junior Program Pack).

Can The Linden Method be effective at eliminating depression and stress?

Yes it can. The Linden Method wasn't developed as a treatment for depression, however, we provide the framework required by sufferers of depressive disorders to make full and permanent recoveries - The Method can also treat Eating Disorders, Self-Harming, Pure O, Hair Pulling and other related conditions - in fact any condition that takes you away from 'normal' life and activities.

In the same way, stress related anxiety and its symptoms can be eliminated using The Linden Method. Unlike talk-based therapies, The Linden Method is very 'solution' orientated and therefore provides sufferers with a vast array of important life practice pointers which combine to eliminate the stress and the resultant anxiety.

The Linden Centre Staff are highly trained in a wide range of 'problem solving', 'Life Practice' and anxiety elimination techniques to assist under most and, if not, probably all circumstances.

THE LINDEN METHOD ANXIETY RECOVERY PROGRAM...

- » is written by an ex anxiety disorder and panic attacks sufferer who understands completely how you feel and knows EXACTLY what to do about it

- » is sympathetic to the things that make an anxiety / panic attacks / disorder sufferer feel worse, panicky or fearful. The Method only offers support, understanding and definite solutions

- » doesn't smother you with many, anxiety/ panic attacks / disorder reduction techniques...IT JUST OFFERS ONE METHOD THAT WORKS!

- » is in simple, easy to understand language

- » can be completed from the comfort of your own armchair

- » doesn't require hours of listening to anxiety or panic attacks reduction CDs or doing exercises

- » offers a comprehensive 'holistic' solution, addressing the **ROOT** of the anxiety / panic attacks / disorder not just a single element

- » uses a unique alternative to other anxiety disorder, social anxiety disorder and panic attacks reduction 'programs' which take hours of practice and making notes. The Linden Method is read once and implemented, that is, in essence, IT!

You will also receive FREE anxiety disorder guidance and support from my in-house Psychologists and trained Linden Method Specialists whenever you need it. This support alone is worth thousands.

No need to pay for expensive psychotherapy or anxiety disorder counselling, it's all FREE when you join The Linden Method.

Because I know my Method works and because I am committed to each and every person who uses it, I offer email and telephone support free of charge. If, at any stage from the second you join The Linden Method, you need help, reassurance or support, you can email us at any time. AND if you really get stuck, you can also telephone us to get immediate reassurance and answers.

How many other anxiety disorder specialists or psychologists would offer their time free of charge?

Why reinvent the wheel – what I can show you is so simple, so fast and never fails

If you are asking yourself why you should listen to me. You have a choice! You either continue as you are now, forever, experiencing anxiety, panic attacks and/or phobias. Or, believe what I have told you and take action to become anxiety disorder free again... and you can do that! I promise!

I have been **exactly** where you are now and would never deceive a fellow anxiety disorder sufferer. I have cured people that doctors had deserted due to lack of options, people who had tried everything they could and nothing had worked. This Method really, truly does all that I say it does.

Think deeply... about where you would like to be in 2, 6 or 12 months time... as you are now, full of panic and anxiety and living a restricted lifestyle, or living life free of anxiety disorder, social anxiety disorder and panic attacks, enjoying life, your children, your job, holidays, your family and friends. Doing the things that you want to do with your life without all those horrible anxiety disorder and panic attack symptoms... and you can...

I absolutely promise you that because I watch it happen every day.

Give me this opportunity to change your life - to totally eliminate anxiety & panic disorder from your life. I can tell you right now that The Linden Method really does all I have said. Please, please don't be left wondering if it would have worked, life's too precious to waste on anxiety disorder and all the bogus resources out there. There **is** a solution to anxiety disorder & panic attacks; **I promise you that with all my heart.**

Psychologists contact me every day to find out what it is that got their clients well again so quickly after years of therapy with them. these same people are now retraining as TLM Anxiety Recovery Coaches through our accreditation training program.

All I want is the chance to prove to you that everything I've said is absolutely real and true, and that The Linden Method will truly change your life.

There is just one internal mechanism that causes anxiety disorder and panic attacks in every person and therefore just one solution... and this Method shows you that solution!

NEW - material that will help to erase your condition - I have just developed a new CD which I will send to you FREE with the Method Pack which completely explodes the lies that you are told about anxiety, panic attacks, PTSD, OCD and phobias. I have been developing this material for over 12 months and can finally deliver what I KNOW to be the conclusive facts you need to be anxiety and panic attacks FREE.

You can download the full Linden Method Pack or order it to arrive by mail.

Here is some of the information you will find in the Method Pack:

- » My full personal story of my experience and the Method that myself and thousands of other people have used to rid ourselves of Anxiety Disorder, Social Anxiety Disorder, Panic Attacks and Phobias PERMANENTLY- structured, simple and fast!
- » 'The Pillars' The backbone of The Linden Method and the principles that will lead you to an Anxiety Disorder and Panic Attacks free life very quickly and very simply.
- » The Guide for Carers and Partners outlining do's and don'ts and lots of tips.
- » The Fast Track to Recovery video – Me explaining directly what you have to do to feel better tomorrow! Simple to watch and implement and incredibly powerful.
- » The Panic Attack Eliminator - How to stop a panic attack before it starts and how to prevent them from ever happening again
- » How to stop the disturbing and negative thoughts, for good!

Reassurance/Visualisation Exercise CD by Charles Linden

In response to client demand, I am pleased to be able to offer you my new relaxation/ visualisation CDs/audio tracks that includes my favourite visualisation/relaxation tracks and reassuring messages from me. Reassuring, comforting and very relaxing.

I will include these free of charge as another added bonus.

You now have two options to choose from:



(Also available as a Junior Version for children)

THE PRINTED PACK

You can decide to receive The Linden Method Pack delivered to you via insured, express delivery (delivery free of charge) and whilst you wait for it to be delivered, you can instantly download all of the material after you have placed your order and immediately liaise with our Support Team to get reassurance and help right now.

OR

THE DOWNLOAD VERSION Containing the exact same materials and support

You can order *The Linden Method download* version to download right now and receive instant access to our Support Team. This version is available as a Standard or Lite Version.

Years of development and treating sufferers have allowed us to create a simple, fast and complete group of anxiety recovery resources for you to do... risk free.

To make it even easier for you to benefit from The Linden Method, over 170,000 cases, our Anxiety Recovery Retreats and Workshops have provided us with data that has enabled us to KNOW what creates recovery and also, what works FAST. Because that's what all sufferers need and want... a fast solution that does the job well without any effort, with fear and without the risk of failure.

I'll also send you some extra materials that will expedite and simplify your recovery

Just for trying The Linden Method we'll also give you six additional FREE Linden Method soundtracks PLUS **The Panic Attack Eliminator** device on CD, PLUS **The Journey out of Agoraphobia** Program and many more reassuring, supportive and curative resources I have developed along the way. PLUS my own **Anxiety Recovery Mentoring** DVD set worth £39/\$47

The supportive and informational material contained within these CDs/audio files is powerful and the relief you will feel is instant. Many clients have completely eliminated their panic attacks by listening to this material just once!

FREE Bonuses Worth \$258 Or £177!

- **Fast Track video presentation on DVD:** Step-by-step instruction on how to implement The Method. PLUS words of inspiration and support. In other words, how to get well quickly!
- **The Pillars video presentation on DVD:** The core of The Linden Method Program.
- **The Visualisations:** A group of specially developed, deep relaxation exercises spoken by Charles. Some clients have described this as an 'audio sedative', it's amazing!
- **The Panic Eliminator:** How to stop panic attacks in their tracks and keep them at bay forever!
- **Charles Linden's Personal Favourites:** 2 further visualisation exercises and 4 of Charles' personally selected, inspirational, relaxing and reassuring soundtracks. Excellent for long journeys (if you're a passenger!) and for simply taking your mind away from your anxiety.
- **Essential Anxiety Facts:** Specific informative advice for Generalised Anxiety Disorder, Obsessive Compulsive Disorder, panic attacks and phobias. I will offer you my own personal guidance and reassurance to show you how to deal with and eliminate these anxiety related conditions quickly and permanently.
- **Anxiety Recovery Mentoring DVD:** I will personally lead you to recovery using the exact same device and tactics I use in my private practice and in my Recovery Retreats and Workshops. You will know EXACTLY what to do today to feel better in a day!

Why do I give you all of this free resource? Because I strive to make the program easier, more effective and more interest to do; because YOUR recovery is paramount.

You'll also receive Video/DVD instruction by me of how to overcome agoraphobia, PTSD, OCD, Pure O, derealization, depersonalization and much, much more... literally everything you'll need to become anxiety free - Guaranteed.

Also, since I understand you may still be skeptical that this program can do everything I've told you it will do, I'd like to take all the risk out of trying it by giving you...

...a 365-day risk-free guarantee!

My guarantee to you...

Please do The Linden Method – use my support team and resources. Anytime during up to a year, if you aren't convinced that it hasn't eliminated your anxiety, panic attacks & phobias, just tell me and I'll happily and quickly refund your payment. You know who I am, where I am and how to contact me and all of my business is protected by **WORLDPAY**, the most secure on-line payment system in the world. (Refund does not apply to the Lite Program Version).

I won't even ask why you want a refund. Why do I offer this? I know that this Method works. It **will** eliminate your anxiety, panic attacks, OCD, agoraphobia and phobias, I have seen the results for myself, tens of thousands of times.

I know what it is like to be suffering from anxiety & panic disorders so I want you to feel safe and secure in the knowledge that if for any reason you feel it's not for you... I don't want your money. **It's as simple as that.**

Please, just give me and my team an opportunity to show you how The Linden Method can change your life forever, I promise you that it will be the best investment you have ever made in yourself. If you have any doubts at all, just call us.

I want every anxiety and panic attacks sufferer to have the opportunity to try this without making lots of wrong turns first, like I did.

In conclusion let me summarize some of the many real advantages of participating in *The Linden Method Program*:

- » STOP anxiety disorder, panic attacks & phobias NOW
- » Enjoy life fully like you used to, anxiety disorder FREE
- » Travel anywhere - NO panic attacks or anxiety disorder
- » Return to being a fulfilling partner, husband or wife
- » Try new opportunities - No panic attacks or anxiety
- » Double your confidence - NO anxiety or panic attacks
- » Achieve better, more restful anxiety FREE sleep
- » Have more happiness and "flow" in your Life
- » Love being you again - anxiety & panic attacks free!
- » Stop obsessive, anxiety disorder fuelled thoughts
- » Stop analyzing yourself and how you feel
- » **BECOME ANXIETY DISORDER & MEDICATION FREE!**

And if it doesn't do all this for you, anytime within a whole year you can have a full refund!! Start On The Path To Freedom From Anxiety Disorder and Panic Attacks This Minute.

As soon as your order is placed The Linden Method will be available for you to download whilst you wait for your printed pack (if you have ordered the Printed Version). Your membership to The Linden Method will also mean you can instantly receive 1 on 1 support from our trained Linden Method Specialists. All our Specialists are qualified mental health professionals and have 100's of hours experience helping people to recover. It's all so, so simple - kids of seven recover in a day or two... so I know you will beat this!

I've made everything so simple, BUT if you do have any problems, we're always here to help! I promise you with all my heart that, like me, you WILL be anxiety free again... it's just a matter of time.

With warm regards,



Charles Linden

Charles Linden.
Director.

The Linden Centres
Delaware, USA
Worcestershire, UK
Heidelberg, Germany
Perth, Australia

P.S. If you have any questions or queries now or whilst doing The Linden Method, please remember to either email us or call us. It is important that you understand that we are always here if you need us. Don't live another day with anxiety disorder and/or panic attacks, it's just a waste of life.

Remember - If you're not 100% impressed by the results, just send it back within one year and we'll cheerfully refund your money... the truth is, if we can't get you well again, we don't want your money!

www.thelindenmethod.co.uk

www.panic-anxiety.com

www.lindenmethodcoaching.com

www.anxietyrecoveryretreat.com