

If you suffer from chronic pain, anxiety, relationship or financial problems, this may be the most important letter you ever read...

## **Amazing New Highly Effective Program Puts You in Complete Control of Your Stress (and Your Mind) in Six Weeks or Less**

Which of these symptoms of stress are you experiencing?

- Back Pain
- Upset Stomach
- Headaches or Migraines
- Irritability
- Angry Outbursts
- Burnout
- Depression
- Insomnia
- Hypertension
- Chest Pains or Heart Disease
- Worry or Anxiety
- Over or Under Eating
- Drug or Alcohol Abuse
- Increased Smoking
- Crying Spells
- Relationship Conflicts
- Frustrated with Your Career and Finances

Hi! I'm Joan Friend. I want to show you how you can easily get relief from stress-induced pain and misery by taking control of your mind. If you are suffering from one or more of the symptoms above, you may not even realize how stress is wreaking havoc on your life.

Bad stress destroys your immune system, depletes your energy level and causes premature aging - it can even make you *fat*. Stress destroys your health, your relationships and your finances.

But, most people don't even notice they are under stress until they are diagnosed with hypertension or heart disease.

If your health, your career or your financial problems - any of these things - are spinning out of control...

If you feel frustration and despair and you are ready to end the nightmare and begin living the life of your dreams...

There is one key you must understand.

**You must control your mind.**

Why?

Because *the mind* - and only the mind - possesses power to create.

It can create Heaven or Hell for you.

Right now your life is directed by your habitual thoughts. Whatever mental pictures you are playing and replaying in your mind are the architects who design your current reality.

This is why you must hold only thoughts which will build up, rather than tear down, the life you want to construct for yourself.

If you want to be healthy, wealthy, happy and have loving relationships - then you must hold those thoughts and those thoughts only.

You already know this instinctively.

You've heard of "Mind over matter." It's true. The mind is very powerful.

But, there is one thing you must remember.

This is very important:

### **Will Power Alone is Not Enough!**

You can ignore this truth - and continue to struggle with your physical and emotional pain and failures.

I did.

For more than 30 miserable years I suffered from debilitating migraines, went from one bad relationship to another and endured financial hardship.

I was the Master of Excuses and Self-blame.

I desperately wanted to get rid of my pain and change my life. But, I thought I could get control of my pain and failure from the outside. My real problem was stress - I couldn't control my own mind.

But, I didn't know. **I just didn't know.**

I went to all kinds of doctors, neurologists, allergists and other specialists.. I took all kinds of pain killers and anti-depressants, including Prozac. I had 3 CAT scans to make sure I didn't have a brain tumor!

I tried acupuncture, massage, magnet therapy, herbs, aromatherapy.

I tried visualization, meditation and took allergy shots.

Heck! I even tried Botox in a desperate attempt to stop the skull-splitting migraines which were wrecking not only my health, but my marriage and my career!

I spent *thousands of dollars* trying to find the solution...

### **None of it Worked!**

Then, one day, I met a philosopher named John Gershwin and he said something to me, which ultimately put an end to my pain and changed my entire life.

He said, "Joan, You made your head ache and you can make it stop!"

And, I thought, "This guy's totally nuts!"

But, you know what...?

### **It turns out he was right!**

I believe my lack of vision and purpose had everything to do with my self-inflicted pain. When you don't have a destination, any road will get you there. The stress of pent up frustration festered and built up to proportions which caused all my pain.

I felt dissatisfied, depressed, lonely and I constantly doubted myself.

I was never happy in a relationship. I always expected my primary love relationship to "make" my life better...to "make" me happy.

What a critical error!

### **I Had No Idea What was Locked Up Inside Me!**

Through all those long years of suffering, all those visits to doctors, experts and gurus - no one ever showed me how I could get control over my own mind and make it work *for* me instead of *against* me.

Only through diligent self study did I finally realize "You can achieve anything you want - whether it's good health, good relationships or lots of money."

By getting control of my mind, I experienced total stress relief. I no longer take pain medication. I found the love of my life and I have the fulfilling career of my dreams helping other people.

I'm going to teach you about the secret weapon in your own mind. It is powerful, enlightening, inspiring and so much more.

### **You Will Learn How to Use this Hidden Ability to Gain Control Over Physical and Emotional Pain...**

...and overcome every other obstacle.

- Experience Total Stress Relief
- Boost Your Energy Level

- Improve Your Health
- Find Emotional Balance
- Be Secure and Fearless
- Enjoy Worry-free Sleep
- Stop Playing the Blame Game
- Find and Nurture Healthy Relationships
- Stay Inspired and Creative Despite Outside Circumstances.
- Knock Down the Roadblocks to Financial Success
- Find Your Purpose in Life
- Determine Your Own Destiny

You will do all of this because you will finally be treating the cause of your pain and the frustration in your life (stress!) rather than masking the symptoms. And, you will do it by controlling the part of your mind which is out of control when you are suffering.

Here's what you get in this amazing six-week course I call the "No More Bad Stress" program:

- 5 instructional CDs
- Meditation CD
- 44 page workbook
- Stress Eliminating Tools

Week 1: It All Starts in the Mind

Week 2: I am Me, I am Free

Week 3: Rebuilding the Six Million Dollar Person

Week 4: Meditation and Journal-keeping

Week 5: Handling Doubts and Fears

Week 6: I am in Complete Control

### **You Ask, "Can I Really Do All of This in Six Short Weeks?"**

Here are what people I've taught this program to are saying:

**[Testimonials Here]**

**[After the testimonials, place "Buy it Now!" button or box.]**

### **You Say You Can't Afford to Spend Money on a Course?**

You'd waste more money on medication for pain, anxiety, depression, doctors, therapists and success gurus than you'd spend on this life-changing course. You could spend literally thousands of dollars - like I did - trying to find the answer.

Plus, you'll get something else none of those people can give you: A powerful tool for gaining mastery over virtually every aspect of your life. Imagine the feeling of having wings to fly out of your painful, miserable situation and make your life what you want it to be.

### **Suffering from Stress is Far More Expensive than this Course**

Stress is the #1 Killer in this country and it costs lives.

Stress is the cause of most chronic pain. Pills, creams, alcohol and every other method you use to kill your pain is expensive, unhealthy and it plain doesn't work!

Stress is the real reason marriages break up and it is the root cause of many mental and emotional problems. Believe me, divorce is expensive.

And, stress is a massive stumbling block on the road to financial success. Out of control thinking is the main reason people do not achieve their full potential.

What's more, most people never know this is the underlying cause of their pain, suffering and failure! So, they continue to suffer and spend money on what doesn't work.

But, believe me! Stress is very, very expensive. It cost me thousands of dollars, marriages and years of my life.

Taking this course is like having a coaching session with me in my studio, but you never have to leave the comfort of your own home and you can listen to it again whenever you want to.

Furthermore, you can get these results at a fraction of the cost of a coaching session in my studio. In fact, it's only around \$2 per day for the six weeks of this course!

**Buy it now!  
Only \$89.95**

**["Buy" Buttons or Box]**

### **"Can I Really Get Such Great Results from an Audio Course?"**

Yes, you can!

I take you step by step through this special course. I give you very specific instructions. All you need to do is follow along and listen to the sound of my voice. It's as if I'm right by your side to guide you every step of the way.

My recordings are hypnotically relaxing and you will enjoy the relaxed feeling you get from listening to them so much - you will eagerly look forward to each session.

You will begin to experience stress relief almost immediately.

You will feel significantly better by the end of the first week.

And, at the end of six weeks, you will have a completely different view of yourself and your relationship to the world and you will feel in relaxed control.

I'll teach you the secret in your mind which ended my 30 years of suffering nearly over night.

This secret led me to end my hellish migraines, determine my purpose in life, find the love of my life and put me on the road to financial success - yes, even in a recession!

Admittedly, this course is not for everyone. If you are proud of your stressful life style and your "Type A" personality. If you are not ready to let go of your pain. If you believe booze, pills or medical procedures hold any solution. If you are completely satisfied with every aspect of your life. Or, if you aren't ready to confront the remarkable truth of how your mind creates reality and can be used to re-create it - then this course is not for you.

But, if you feel you are ready to live without the physical stress related to your emotional pain. If you are ready to take control of your life, your relationships, your finances and your destiny - then you simply cannot afford to pass up this offer.

### **I Promise You'll Love this Course**

In fact, I'm so sure this course will live up to your expectations and more I'll refund your money within 30-days - no questions asked - if you are not absolutely thrilled.

Now, you may be wondering...

### **"How Much Does this Course Cost?"**

You can say it costs nothing - because it's going to save you so much time and money looking for false solutions to your problems.

For a course like this, you'd expect to pay hundreds of dollars - and it would be worth every penny.

People have paid hundreds and thousands of dollars for the information presented in this course.

But, this life-changing course is only \$89.95.

What's more this is an instant download. You have instant access to this amazing course right now!

Now, you've gotta ask: "Why so cheap?" That's a good question. Clearly, this course should cost \$500 or more. So, why is it only \$89.95? Because through this course, I'm able to put my coaching on auto-pilot and reach even more people. I put it in this format because I want you to experience the powerful changes I've experienced in my life. I want you to get relief from stress and find your personal vision.

**Buy it now!  
Only \$89.95**

**["Buy" Buttons or Box]**

But, time is running out. Get this course today. Because this offer really is too good to be true and I don't know how long I can continue to offer it at this low, low price.

P.S. If your excuse for not getting the course right now is "I can't afford it." - then you really need this course because once you know these techniques those words will no longer be in your vocabulary.

P.P.S. You will not find this information offered in a more simplified, relaxed and easy way - especially right in the comfort of your own home and at this low price.

P.P.P.S. Remember, if you're not fully satisfied, you can have your money back within 30 days.

