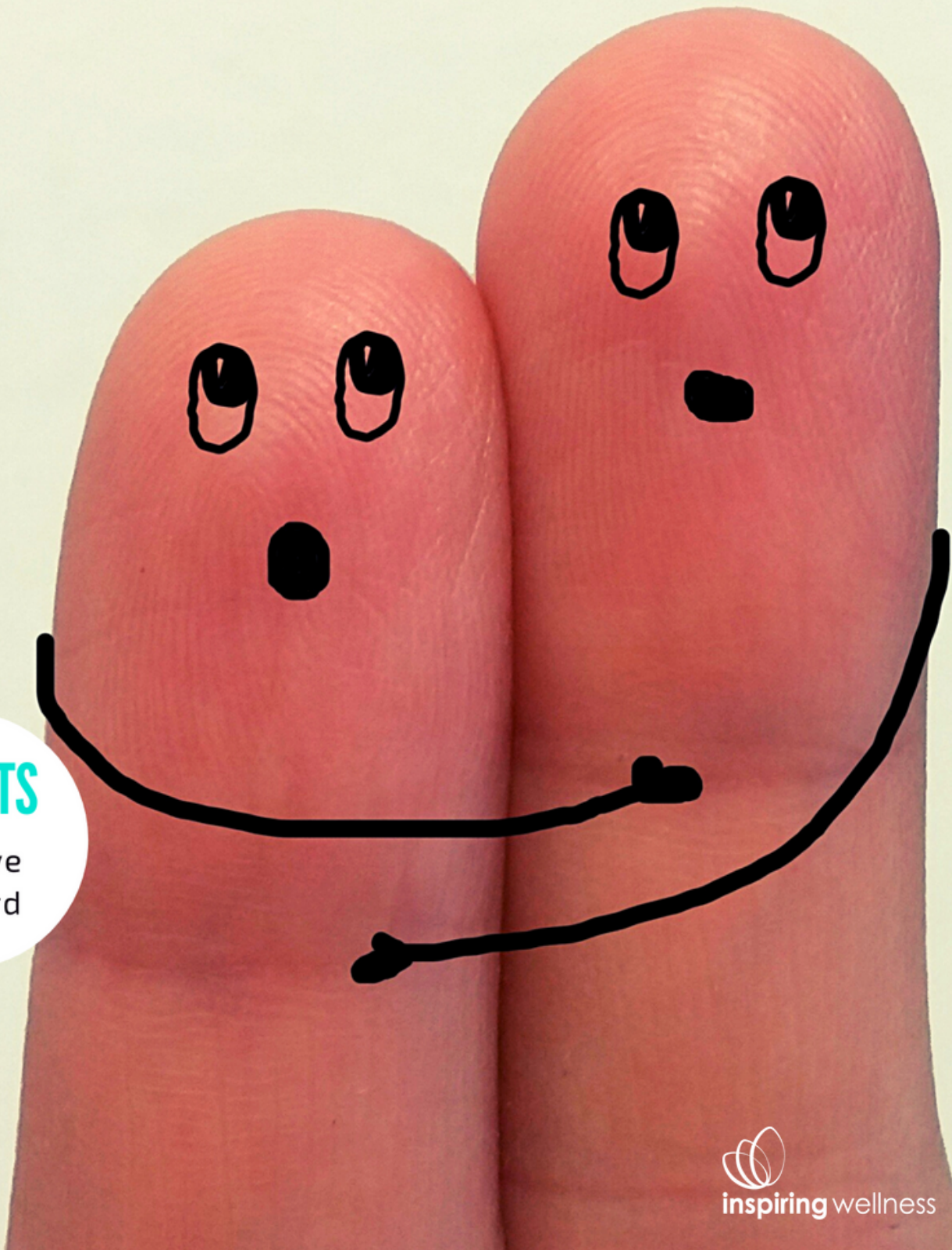




THINGS TO

STOP DOING

IF YOU SUFFER FROM ANXIETY



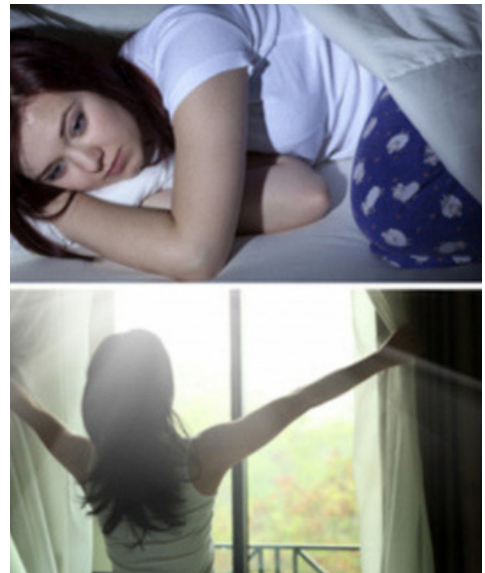
INSIGHTS

To Move Forward

A NOTE TO THE READER :)

I want you to read this to gain insights to MOVE forward in a new direction that makes you happier and your life better.

Below is a brief introduction but if you want to skip straight to the 7 things to never do....you will find this on Page 9.



Having helped so many people with anxiety over the last 13 years, I know the landscape really, really well. I know by reading what you are about to hear and know for many of you, it will be very helpful.

Helping people overcome anxiety is a process and part of that for many is in the discovery that they need to STOP doing things. Obviously, we also need to do new things too.

This report is designed to give you some insights into some of the more common TRAPS that people do (often without knowing) that keep them stuck.

You might be reading the list of 7 things and find out that you do a few of them! Some of you might discover that you do all of them. Now if you find yourself in that position, remember this. **WHERE YOU ARE NOW - IS NOT AS IMPORTANT AS WHICH DIRECTION YOU ARE FACING...** and as you read on, this will make sense.

And before we launch into this, I want to take you on a simple quick exercise. If you have an extra minute to spare please do this.

Sometimes I ask people to visualize an outcome they want... Many anxious people are fixated on what they don't want... so for some, it's the first time in quite a while they visualize an outcome of what they do want! If I was with you in person. I would ask you to take a couple of deep and slow breaths and close your eyes and I would talk you through this...

It's called "a small thing can be a big thing" Sometimes we can make a small shift and before we know it wonderful things can begin to fall into place. Are you open to this possibility?

"The boat is taking on water, if this continues we might be in big trouble, I need to know what is causing this!" said the captain. The first crewman/steward/staff member investigated and came back to the captain to inform him that lots of the passengers were actually bringing water into the boat.

It's a problem, replied the captain - but he felt better about the situation now, knowing what the problem was. He said he would keep a close eye on his passengers who were the ones doing this. He did that, he watched as they continued to fill the boat up with water. Until it sank!

Sometimes we know some things are not so good and keep going, other times we course-correct quickly. Like when you are driving along and you take a wrong turn, you know you have done it and as soon as you can you turn around or you adjust your GPS to make sure you end up in the right place.

Here at Inspiring Wellness, I, Dov the owner - will do my best to help inspire you to make both the small and big shifts you need to help you reach a much, much better quality of life. One that has less anxiety and more wellness - peace of mind, relaxed state, certainty, and control of your thoughts



I just want to simply point out that learning to do a few less things that are causing you harm and keeping you stuck in anxious patterns (what we are talking about in this [document] will help some of you gain momentum in what will begin a wonderful journey of transformation...

Now back to a small thing being a big thing.... If the captain of the Ship dials in the wrong coordinates by just 1 degree and sails over time, over weeks this can make a HUGE difference...

For us this goes both ways, by doing something that's keeping you in anxious patterns, can have a bad long term effect... My guess is if you are reading this, the ANXIETY is the effect of this and also the cause of much of this suffering...

But keep in mind, the small change works too for the positive, and please hear me out here.

LISTEN CLOSELY - a small change today, over time can make a HUGE powerful change in your life. Many people have come in contact with me after suffering from anxiety for a long time - many over a decade!!! And us working together has resulted in them living a much much better life. One free from anxiety.

So all I want you to do is to imagine yourself just 1 year into the future. - imagine the positive knock-on effect of stopping doing one thing, and replacing it with something better that helps you feel better, and better all the time getting better. Pay attention to how life would be if it got better over time, and 1 year in the future how good would it be?

I know some of you might struggle - just keep at it, see if you get any glimpses or clarity or if you already have a knowing!

Either way, take a moment or two and just relax into this vision of the future Now open your eyes.

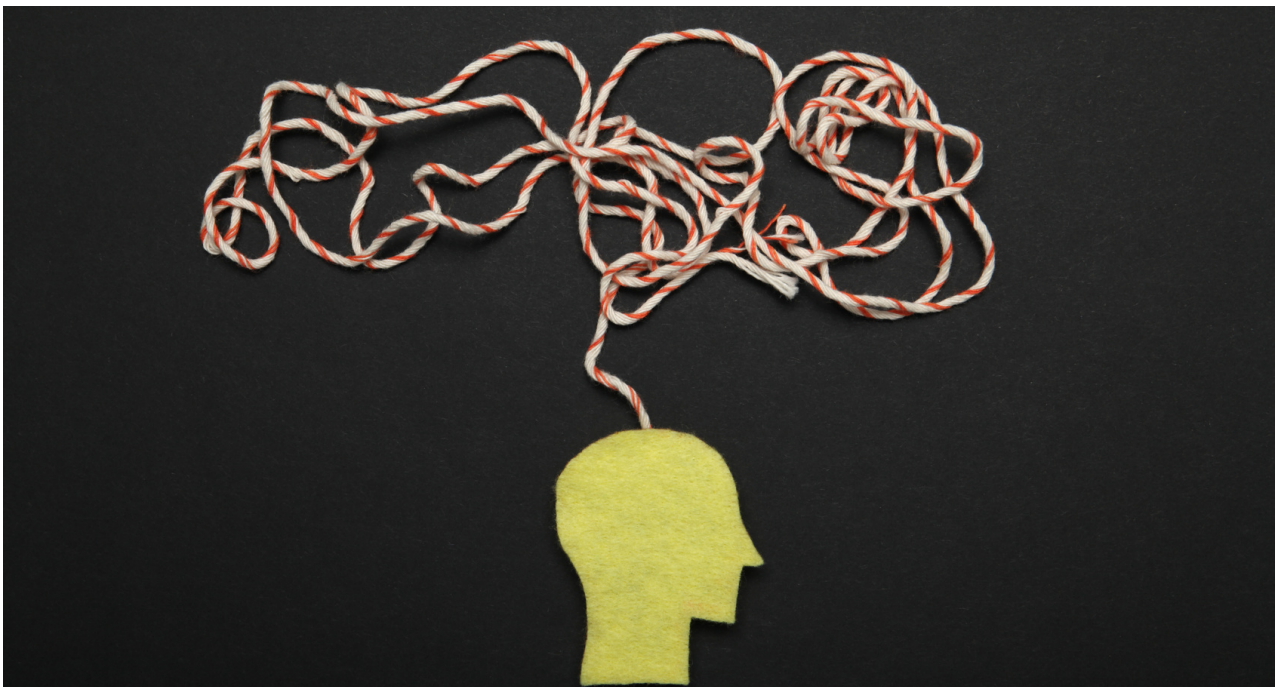
At the end, I will tell you a little more about this but for now, I want to get onto why you are here.

And let's get into the list of 7 things you need to avoid doing ASAP if you want to overcome your anxiety.

(I am writing with just enough detail so you understand the basic concept if you want a more in-depth read we explore this more in our book)

7 THINGS TO STOP DOING IF YOU HAVE ANXIETY

- 1 Daily checking to see how your anxiety is
- 2 Define yourself as being an anxious person
- 3 To question if you have a mental illness if your going mad
- 4 Hope it will go away on its own
- 5 To try and understand it
- 6 Try to manage it by doing less
- 7 Don't focus on the problem



DAILY CHECKING



DO YOU DAILY CHECK TO SEE HOW YOUR ANXIETY IS?

A common trap for many people is the constant checking in self-assessment to see if they still have their anxiety.

Many clients share with me, that the first thing that they do when they wake up in the morning is to check to see if they still have anxiety or check to see how bad it is.

Many people have told me that they constantly check themselves throughout the day.

Now, why is this such a destructive thing? To understand why I first need to share with you a concept

"Where the mind goes the energy flows"

To make this concept come alive for you.

Right now focus on your feet.....
And as soon as you think about your feet. You can feel them.

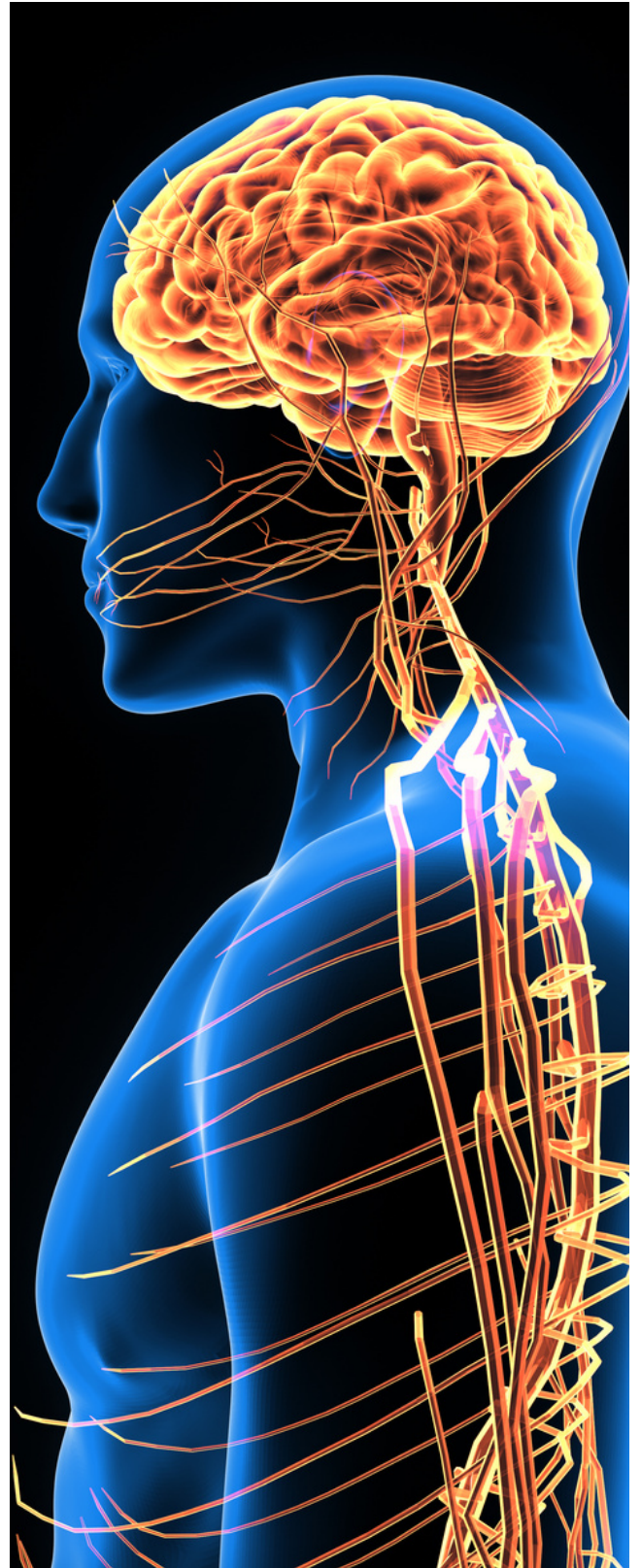
Even if you try and not focus on something.. like right now, try and not focus on your breath!

And as quickly as you do, the energy goes there.

As you have probably experienced lots of anxiety if you're reading this report... If you are checking to see if you have it, you bring the energy to the area and your brain will respond with awareness.

It's like on some level you are fishing for it.

So if you are finding that you're constantly checking... You need to break this pattern.



And the reason I call it a pattern is that is what it has become... Our nervous systems work with patterns. Habits are not the easiest to break... but you need to stop checking today.

If in the past you have ever been taught management strategies to help with your anxiety, you might have found out that they don't work so well, especially if you're checking to see if they work. You might have tried a breathing technique, but it's just causing you to keep focusing on the breathing and now you're anxious about that!!!

It just causes more energy to be focused in the wrong places, You are doing something to help yourself but it's having the opposite effect.

Please stop checking to see if you have anxiety. It's there, we need to work on doing something to make your nervous system feel more at peace so you can feel calmer and stronger and more resilient.

I would rather you focus on where you are feeling strong or courageous or brave, where there is an ease in your body or even where you are making progress and how your nervous system is becoming stronger.



**DEFINE
YOURSELF**

DEFINE

**DO YOU DEFINE YOURSELF AS
BEING AN ANXIOUS PERSON?**

This one is quite tricky and rather subtle. Very few people even realise that they are even doing this.

And fewer realise the danger and the cost.

Normally people develop an awareness of what they're experiencing is called anxiety. They begin to understand the symptoms and feelings... "Oh, it's just my anxiety". Over time they can even predict how they are going to respond in a certain situation.

For example, someone who suffers from social anxiety is invited to go somewhere to meet a whole bunch of strangers or to go to a party, simply the idea of it ahead of time is enough to put them in an anxious state. They don't even question this as being unusual because for them they always experience this. This is just how it is.

They tell me that they are "just an anxious person" or they might say "I'm a worry-er, I'm shy" etc.

Some people think that anxiety is a part of personality.

This is Far from true because your personality is not fixed nor is it linked to a nervous system response. And anxiety is a nervous system response.

The strongest force in the human psyche is to remain consistent with how we see ourselves. This is why change is so hard for so many people, because of how we see ourselves in our minds' eyes.

If you see yourself as a courageous person or if you see yourself as someone who is shy you are more likely to respond differently and your actions will often be congruent with how you see yourself.

So if you see yourself as an anxious person, you will keep showing up as an anxious person. You may constantly go out and learn things, through books, counselling, therapy or online courses, but if the practitioner does not address this and from my experience few never do. You won't get a long-term change that is sustainable because you revert back to how you see yourself.

So if you see yourself as an anxious person, you will keep showing up as an anxious person. You may constantly go out and learn things, through books, counselling, therapy or online courses, but if the practitioner does not address this and from my experience few never do. You won't get a long-term change that is sustainable because you revert back to how you see yourself.

Take a couple of moments to think about how in your own life you describe yourself at least within yourself, to yourself. Do you see yourself as an anxious person or someone who is fearful of someone who is easily stressed?

The way you see yourself in your mind's eye, are like coordinates that direct your behaviours and perceptions. It affects how you feel about yourself and how you relate to other people and how you respond to the world around you.

If you compare someone who is anxious, always worried, always stressed to someone who is at peace chilled confident and we were to examine how they see themselves in their mind's eye you would see two radically different things



QUESTION IF YOU HAVE MENTAL ILLNESS



DO YOU QUESTION IF YOU HAVE A MENTAL ILLNESS IF YOU'RE GOING MAD?

In New Zealand, we have a lot of media attention and awareness around mental illness.

So often people group anxiety with mental illness. And after working with people with anxiety for over 13 years, and seeing countless transformations, I very really see anxiety as a mental illness.

Sure people with mental illness can also suffer from anxiety.

And it's also true that if someone has enough anxiety for a prolonged period of time it can begin to cause mental illness.

But what I can say in my experience is that the large majority of cases of anxiety are actually caused by there being too much stress accumulating in one's body over life's stressful moments and traumas. There is a physiological aspect to anxiety and a mindset aspect and ALWAYS a nervous system response!

I work mainly with the nervous system, and I've worked with people who have had anxiety for decades, they have been told that they have mental illness and accept it.

And all I have done with working with them was work with their nervous system, and through working with their nervous system and helping their body develop new strategies, they no longer have anxiety.

It's not that I ever helped their mental illness cause they never had one. Their nervous system was stuck producing anxious responses, and we shifted that, now they no longer do.

The reason why I bring this up, is I've had so many people who are really worried and concerned that they have a mental illness, or that they're going crazy.

This can be really off-putting when you are worried about what's going on like you're losing control. Can't get a grip on the situation, you fear it's getting worse.

I noticed that when clients start to experience this pattern, they get concerned about whether they are going to end up in a mental institute or that they're going crazy. What they are most concerned about is that very thought which actually stresses them out. This increased stress to the nervous system causes more stress, it acts like an amplifier, making their anxiety worse. And they can easily get stuck in a vicious loop rapidly accelerating and making life very unbearable quite quickly.

At that point, it just means there's no more options, no more time to put off doing something to do with your anxiety.

Most people won't address their anxiety until they're at that point where they have to make a change. Many people are finally motivated to take action at that point when they are feeling afraid that if they don't do something now they'll go cuckoo. (Their words not mine)

I want to impress on you the idea that most anxiety is a nervous system response, and it's not meant to feel right! Everything is not ok, and this is your body's way of motivating you to take action, learn some new strategies and do things differently to make your life better.

It does take a lot more effort and time to work with someone when they reach that stage of really freaking out, and it's so much easier when people take action a little bit sooner. So if you are just a little bit concerned it's better to respond then, rather than when you're forced to respond.

A wonderful quote I want to share with you that came to me from my mentor: If you listen to the body's subtle whispers you don't have to endure its cries.

My guess is if you are reading this, you are already familiar with the cries of anxiety, the debilitating symptoms, and the decrease in quality of life. You can see this in a new way, as an invitation to do things differently, learn new strategies and make your life better.



**GO AWAY
ON IT'S
OWN**



**DO YOU HOPE IT WILL GO
AWAY ON ITS OWN?**

Avoidance

A lot of people try to deal with their anxiety in much the same way as that kid's game where a little child closes their eyes and thinks that they have disappeared.

Many people try to just ignore their anxiety hoping it will just go away on its own.

And I guess some people are very lucky and perhaps their anxiety does diminish over time. Sadly this is only true for a very few people.

People often try to avoid their anxiety for a few reasons. Mainly because they feel like they can't deal with it right now, or they don't want to and so they put it off. They put off taking the action that they need.

Or they just simply don't know what to do, or what the available options are for help.

Perhaps they have got caught up in the popular myth thinking that everyone has anxiety and you just have to learn to live with it. So they justify themselves and act like it's not happening.

People try and avoid or ignore their anxiety because they don't want to admit that something could be wrong, maybe they don't want to have a mental illness or they don't want to seem weak, or maybe it feels like it's accepting defeat and they try and block it out and carry on as if it's not there.

Obviously this never really works.

This actually causes the anxiety to persist.

If you're driving along in your car, and the engine warning light comes on, you might find that annoying or frustrating because it's inconvenient, you may have a desire to just ignore the light, just ignore the warning signal. This would clearly result in a bit of a disaster, perhaps destroying the engine completely, when, if addressed earlier being a simple solution - we are running low on oil, a small quick adjustment was all that could have been needed if responded to earlier.

To avoid anxiety is like trying to walk around with a small stone in your shoe and pretend it's not there. It's not a helpful long-term strategy.

I have noticed that there are a lot of people who when they get challenged in life, the natural way of dealing with any situation that may be stressful or overwhelming is to avoid the situation. This is always very destructive, avoiding paying taxes, avoiding having an uncomfortable conversation with a partner, and avoiding getting a certain medical procedure.

Avoiding most things simply results in destruction. Avoiding can sometimes feel like in the short-term to be a little bit effective. Maybe a little bit of temporary relief, which simply encourages one to do it again. And if somebody continues to do things over and over again it becomes this destructive habit.

If you're finding yourself in the pattern of avoiding dealing with anxiety. Please let this reading be a calling to you to break this destructive habit.

Someone who is always avoiding dealing with their anxiety, will often only take action when life forces them to. Meaning things have got so bad they have no other choice but to pay attention.

Please know there is help available, and strategies that you can learn so you don't need to avoid it. You can learn to live in a way where you actively move towards what it is you want, which is probably along the lines of being in more control of your thinking and having a physiology where your body is in a more calm state.

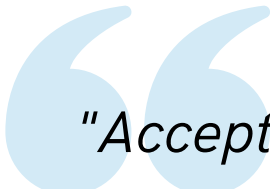
I don't think you'll ever find someone sharing their secrets of success and them saying that anything great came to their life because they avoided something.

We are naturally hardwired to avoid that which is painful. We get to a certain point when we develop a wisdom that our short-term strategy of avoidance actually causes more pain.

Sometimes we simply need to step up and face that which we may not want to. This step in itself for many people creates quite a big shift.

I've been told many times that when people initially email us and request a consultation it is really hard for them to take that first step. The hardest in many ways.

Anyone who breaks out of anxiety begins with an acceptance!



"Acceptance is the antidote to avoidance"

Here I am not saying you have to accept that you have to live with anxiety, not at all!!! I'm saying you have to **accept that you currently have it and that what you're currently doing is not working.**

But also if you can be open to receiving new information I want you to **accept the possibility that change is very much possible for you.**

I have helped hundreds of people who are caught up in this avoidance trap, when they move out of this destructive behaviour which as we've mentioned can be in many areas of life, they stop living with such a struggle and they will begin to find more flow in life

They move away from being helpless and becoming more resourceful and resilient.

For many, this is the gift within anxiety... the learning.



**TRY AND
UNDERSTAND
IT**



**DO YOU TRY AND
UNDERSTAND IT?**

So many people with anxiety put so much of their focus on trying to understand why they have anxiety and how they can fix themselves.

Without addressing this and finding a new strategy a person will never be able to live anxiety-free.

I know this seems counterintuitive! We have been conditioned to believe we need to understand the problem before we can fix it! But this is not so with anxiety... let me explain.

I will also say this is one of the biggest traps which keeps people STUCK. People seek out healers, experts whether that's a psychologist, breathing technique, doctor whatever it is... as long as the person intends to understand their anxiety at best they will be able to manage their anxiety, often it results in a temporary lessening and generally at short-term at best.

When you attempt to fix what is wrong within yourself - without realizing it, you're looking at the world from a certain perspective.

See, if you see yourself as broken and then try to fix yourself you will fail. This and this is simply because anxiety is a symptom, it's an effect of something else going on and yes you can often address the cause and create different strategies, but if your mind is thinking that you are broken you'll be misinterpreting all the signals in feedback that your body and mind are giving you.

When you have symptoms, you will be in judgment and therefore will not be able to learn from it. You are not broken.

Your nervous system is just producing a certain response that may not be appropriate or desirable.

However the nervous system is doing what it's designed to do to keep you safe at first - a primary function of our physiology is survival, to keep us safe.

Please keep in mind that anxiety is a nervous system response and we can develop new healthy nervous system responses when we think in this new way then we can start making true and longlasting progress.

The other reason this is such a destructive strategy is because you keep focusing on the problem which brings the problem more to our awareness and amplifies this feedback loop. Simply put the more you try to fix the problem the worse you make it.

I have had so many people tell me this story - for a long period of time they did not know that they had anxiety but they knew something was wrong then all of a sudden they became aware that what they were suffering from was actually anxiety. At first, that was a great relief because the person finally understood that something was going on.

I will often ask clients who have experienced this if the anxiety started getting worse around the same time after they knew that it was anxiety... shocked how I could know this. Simply because, and as you now know, by trying to fix it and think about it so often they were drawing it into their experience and making it worse.

One of the first and most important parts of my process which makes what we do so unique, is that we can help somebody make progress, and move them towards a new goal. Help them start living in a new way and having the nervous system respond in a new way. We teach them healthier ways to live so the person is able to live free from anxiety. This is in contrast to most other places where their focus is on trying to help you get rid of the anxiety which actually is why they often fail and clients who come to me after seeing many of these other experts always share with me the limited results because they are always trying to fix themselves and that is a flawed concept for personal or lasting change.

**TRY
MANAGE IT
BY DOING
LESS**



**DO YOU DOWNSIZE LIFE -
DO LESS TO MANAGE IT?**

This is Another great example of how a short-term strategy that seems very successful causes medium and long-term destruction and pain.

Actually even in the short term, it's quite obvious that it can be quite painful and not work.



Let me explain, if someone is experiencing lots of anxiety, an easy example to see this play out is when it's a social anxiety or panic attack, certain situations can begin to seem very uncomfortable. A friend or colleague may invite them to go do something then they begin to worry about what will happen, maybe they project the possibility of having a panic attack, "I can imagine the scenario of the future turning out really uncomfortable". Just the idea of thinking about what's coming up causes a stress response in the body. The person doesn't feel very good, and naturally, the person will come up with an excuse for a reason to not have to go along with it.

Then you get good at making excuses and over time you begin to do less.

So it may be that you start doing less, because many things can cause you to feel uncomfortable, and the idea behind the short term strategy is to stop doing those things that make you feel uncomfortable or unwell.

But what starts happening is life starts becoming smaller, and as your life starts becoming smaller your quality of life goes down, this is sometimes a cause of anxiety being linked to depression, it's definitely linked to a decrease in quality of life.

Some people reduce the amount of time they spend with other people and have fewer friendships. A lot of people stop progressing at work because they don't want to get a job that will put them in temporary uncomfortable positions and for some people, it gets so bad that they can't even leave the house.

When you're at the point where you can become conscious that you're reducing life to try and manage your anxiety, please let this be a warning signal to you that this is not a good path to be on. It's very unhelpful and we have to get you off this as soon as possible.

Actually one of the main keys to breaking free from anxiety is being able to have more options available to you. Rather than reactively respond the way you have been, you need to be able to adapt to the situation with a new response.

This strategy starts off really insidiously, people are unaware that the uncomfortable thing they just avoided gets them to avoid pain - this is the short-term payoff, and if they do it a few times it can easily become a habit.

By avoiding and doing less (downsizing life) what you're teaching yourself on some level is that you cannot adapt and grow and respond.

This just leads to your identity (the way that you see yourself) being less capable.

My wish for you is for you to start seeing yourself as being stronger and having more tools to help you become more adaptable and able to make more progress and enjoy this progress and have more happiness in life.

And for this to happen we need to be able to start stepping into some situations that at first may feel uncomfortable and we need to overcome this.

Some people are teaching strategies where you face the fear and you do it anyway... Although this can be a helpful strategy for some people, for other people it's about timing and if they were to apply the strategy it would actually cause them to be more stressed and this can have the opposite effect and is not ideal for all, so it's not something that we recommend necessarily for everyone.

Our approach would be more and helping you learn how to comfortably open up new possibilities within you and as you become curious about how you going to respond and future situations rather than projecting fear into the future as if it's a guaranteed outcome, you can use this curiosity in such a way that holds the space for opening more possibilities... What's exciting here is when you start expanding your range of possibilities, what starts happening is you feel better.



**DON'T
FOCUS ON
THE
PROBLEM**



**TO REALLY DEAL WITH IT
YOU MUST SEEK THE
SOLUTION.**

I would say this one is a huge one.

And I believe this is one of the biggest reasons why we get such amazing results in our clinic. Because of the fact that we are aware of this trap AND unique in the way which we navigate around this.

Most people try a number of different modalities or tools or strategies to try and help their anxiety, often this causes the anxiety to persist.

The reason why is based upon a law of psychology that goes like this, “you get more of what you reinforce”.

You might focus on what you don't like, in this case it is probably the symptoms of anxiety either the physical symptoms or the worry, the fear, the catastrophizing, etc

Because you're in fact focusing on these symptoms - you will get more of it!!!

Now you have more symptoms, so you focus on them even more. SOMETIMES now more determined to deal with it! So you end up focusing on it and you're stuck in a loop!

Many approaches out there as a result, work on trying to ‘manage’ anxiety. That is the best you can do when you keep reinforcing and keeping it in existence.

But you might be rightfully thinking “How can I possibly resolve my anxiety, if I don't focus on the problem... or how could I possibly not focus on it!!!”.

It's a tricky one, that's for sure, and why Anxiety is not the easiest thing for people to resolve.

One of the things that we need you to create to help you move forward is what we call a **Wellness Mindset**.

Here the Wellness Mindset is focusing on the solution. What we do want.



When I ask my clients when they come in for the initial consultation with me what they want. About 95% of people will tell me what they don't want!.

When I drill down further and ask them to become clear on what they do want, many people actually struggle because they have been so focused and tunnel visioned on what they don't want. And for many they have never taken the time to even access that part of their thought process which is moving towards a solution.

Most strategies that help people with anxiety are about becoming more aware of the problem. Now here comes the challenge. If you're trying to define something by the absence of something, the only way you'll ever know if it is present or not, is to check to see if it is there.

As you probably are aware from the earlier section, when we check to see if it is there.... you will find what you seek. Remember - where the focus goes the energy flows!

This is a thought loop that keeps people really trapped in anxiety.

Now people find themselves in a real bind, if you ignore it - it sticks about

If you focus on it you will make it persist.

And at first it seems like you're damned if you do and damned if you don't.

But there is a third option, and that is having a solutions focused Wellness based mindset. Moving towards a new outcome.

In my private clinic, and in all my online courses, we make it a primary focus before we go any further, that we need to shift the way we not only see anxiety, but also in how we are able to make progress and actually move towards a solution.

I have a very powerful process I created that I take people through called The Wellness Shift. This exercise helps bring this concept to life. It is life changing! The process helps the individual map out their own solution.

Because it is not something that you can just read or think about you have to experience it, the technique helps you explore this. This is something I am unable to teach at this point in the written word but have managed to share it successfully live, in person and in video format.

We have a masterclass where you can learn this if you would like. I believe it will be one of the best things that you do to help yourself with your journey in overcoming anxiety.



I think the reality is for many people who suffer from anxiety, there are a few options;

1. You will either suffer from it on some level
2. It might go over time but really ever does
3. You may overtime if through trial and error find some strategies that help you and ones that don't help, or you will seek help and hopefully find someone who can resonate with you.

By the way - most others fail to get amazing results with their clients because not only is the client stuck in the problem, but also THE practitioner is often reinforcing this unintentionally when they try to help, by causing you to focus on the problem in the session- ahhhhh!



No matter who you go see for help, make sure that the focus of your sessions whether it's physical, mental or emotional, make sure you're not spending too much time on focusing on the symptoms and the problems because otherwise you are just reinforcing them.

I would say spend about 5% of your effort on the problem and 95% of your energy and resources moving towards the solution you want.

***There is another option, finding help from someone who has got a really good track record of helping people accelerate their process of transformation.

I have worked with so many people who have tried other approaches and failed. Often they feel a bit broken or a failure, but once they go through this Wellness Shift and move away from being fixated on the problem, they start to make changes. This also comes with a feeling of relief too! Not only because they have something that is working, but also because they understand why the past attempts failed and it's not because they are broken! It's because they were focused on the wrong thing.

I would love to invite you to join our masterclass. Where I can teach you this very powerful process. No matter what you do next to help yourself, whether you learn from me or someone else, you will be far more likely to make progress if you can shift your focus into the solution growth based wellness mindset.

I honestly believe our approach is the quickest way to help you become unstuck and move towards a healthier happier you.

We have made it very very affordable so anyone can afford it. We have purposely made it not free because if it is free then a lot of people will not pay attention. And this is too valuable for you in your life. I want you to pay attention BECAUSE it will change your life. It's a simple step you can take to shift your future.

So I want to finish this report with the idea that in your very near future if you want, there is a path where you can move towards a solution where you are living life in a way that is free from anxiety. You simply need a Wellness mindset and set of strategies to lay the path for you to walk down. If you will, I'm simply a guide that accelerates this process.

Now I would love you to take one tiny action today and please take the next tiny step and enrol in our upcoming Masterclass.



Dov Phillips

P.S. In the beginning I said WHERE YOU ARE NOW - IS NOT AS IMPORTANT AS WHICH DIRECTION YOU ARE FACING. It may feel a bit overwhelming reading that list and thinking you do so many of those things. Rather than be upset by that and do nothing, use it as fuel, a motivation to make some change. Facing the right direction means working towards the solution. If we keep facing the right direction and make progress, it's only a matter of time before we get the outcome we want... want faster results, contact us :)

