

The Linden Method™ Explained

Below is a snapshot of **The Linden Method** which highlights the most important facts succinctly. Should you require more advice, please contact us directly using the numbers on the website.

Why should YOU use *The Linden Method*?

1. **Conditions Helped** - The Linden Method eliminates anxiety, panic attacks, phobias, OCD & agoraphobia and has also proven very beneficial in the treatment of depression and ME (CFS).
2. **Confidentiality** - The Linden Centres provide 100% confidential services to all clients. No client details are released to third parties and we hold no records on file except for basic contact details.
3. **NHS** - The Linden Method is used by and referred to by the NHS. No other external, independent anxiety elimination programme is used by the NHS.
4. **Medical Records** - NO entry on Medical Records.
5. **Support** - The Linden Method support is provided by trained counsellors and psychologists, all with unmatched anxiety disorder knowledge and experience.
6. **Proven Method** - The Linden Method is time and people tested for over 12 years of helping over 136,000 people to recover.
7. **Referrals** - Psychologists, GPs, psychiatrists, CPNs, alternative therapists and other health care professionals make referrals and recommendations to us every day.
8. **Refund Guarantee** - How many healthcare professionals offer a refund if they don't help you? We offer all our clients peace of mind, by offering them 12 months Linden Method membership with a guaranteed full refund if we don't help them to become anxiety free!
9. **Simplicity** - It couldn't be simpler to do. The Linden Method slips seamlessly into your life, no effort, no exercises or diaries to keep.

10. **Reassurance** - Feel alone? Scared? Concerned? The Linden Method staff have endless knowledge and can offer you supportive, informed and reassuring advice as and when you need it. There is nothing they haven't heard or don't know and everything is kept in the strictest confidence.
11. **Life Strategies** - Once we have cured you, do we let you go off alone? No. If you need us, we are there to advise on all aspects of continuing your life anxiety free. Our in house psychologist and life coaches can offer advice on relationships, careers, fitness and diet and all other aspects of continuing your journey.
12. **Family** - Any member of your family who requires reassurance or advice is welcome to contact our staff for advice on how best to help their loved one.
13. **Anxiety Recovery Retreats** - Our Anxiety Retreats are available for all clients should they require face to face help. For further details contact Beth Linden on 01562 732078.
14. **Charles Linden One-to-One Sessions** - Charles does a small number of one to one sessions with clients. Charles' one to one sessions are over subscribed but he does get cancellations occasionally. Call Julie Griffiths for more advice on 01562 742004.
15. **The Solution** - Having helped so many people, including those who have tried every other solution available on and off line, we know that we offer a true anxiety elimination method. **The Linden Method** completely removes inappropriate anxiety... why settle for anything less?

What is The Linden Method ?

The Linden Method is a structured programme of anxiety elimination which uses techniques born of over a decade of practice with over 136,000 clients. These techniques create a reversal of the formation of your anxiety which MUST happen in order to become anxiety free. This process is the ONLY solution to anxiety disorders. There is no other way to eliminate an anxiety disorder. Regardless of what method you use, if it doesn't create this effect it won't work.

- **The Linden Method** works by reversing the formation of the anxious habit. Anxiety is a habit and not a mental illness.
- **The Linden Method** uses scientifically proven devices to reset your

anxiety level back down to normal at its source.

- **The Linden Method** teaches you how to undermine and eliminate anxiety at its core by complying with a set of very simple rules.
- **The Linden Method** is based on the principals discovered by the world's most eminent scientists such as Skinner, Watson and Pavlov, contemporaries of Sigmund Freud. We just give it structure.
- The recovery experienced by **The Linden Method** clients can be very quick indeed. The instant relief our clients experience by just reading the facts, supported by the experience and research accumulated over a decade of treating 136,000 clients often produces immediate anxiety reduction.
- **The Linden Method** produces permanent results; once the anxiety is reversed and eliminated, it will not come back.
- **The Linden Method** pack includes a manual, CDs and a DVD. The manual contains absolutely everything you need to make a full and permanent recovery. The CDs and DVD are reassuring, informative and easy to watch and listen to.
- **The Linden Method** is available in English, Spanish, German and Danish. **The Linden Method** is sensitive to your anxieties and so does not provide any information which could cause anxiety.

Who is Charles Linden?

- Charles Linden is from the UK.
- Charles is 41 years old, married to Beth and has two children.
- Charles worked in television as a produce/director/cameraman prior to his anxiety disorder developing.
- Charles is degree educated.
- Charles developed The Linden Method to cure his own anxiety, panic attacks, OCD, phobias, depersonalisation and derealisation. Charles had severe agoraphobia and insomnia.
- Charles suffered with anxiety through his childhood but the acute disorder started aged 23 years.
- Charles had therapy from psychiatrists, psychologists, immunologists,

general practitioners, alternative therapists.

- Charles took Prozac, Seroxat, Diazepam (Valium), Stelazine and a raft of alternative medications through his disorder.
- Charles cured his own disorder in less than a month.
- Charles is widely regarded as the most experienced anxiety disorder expert in the world.
- Charles is regular contributor to newspapers, TV production, radio and magazines.
- Charles wrote #1 ranked bestseller "Stress Free in 30 Days".
- The Times newspaper gave the programme its "Must Read" accolade this year.
- Charles has presented and produced five DVDs available on general release on the topics of anxiety, panic, OCD, phobias and GAD.
- Charles has his own TV series called "Stress Less with Charles Linden".

The Linden Method Specialists

- Our Linden Method Specialists are probably the most experienced and qualified anxiety experts in the world having helped over 136,000 clients to recover.
- Our Linden Method Specialists are all managed directly by Charles Linden with whom regular case conferences take place.
- Our Linden Method Specialists are all qualified counsellors or psychologists who have been trained by and work directly with Charles.
- Our Linden Method Specialists can also offer you life coaching advice to help remove your anxiety.
- Our Linden Method Specialists are all friendly, approachable and dedicated to each and every client.

The answers to some frequently answered questions

- ***The Linden Method*** will help eliminate anxiety, GAD, panic attacks,

phobias, OCD and PTSD. THE LINDEN METHOD can also help with eating disorders, child anxiety and depression

- **The Linden Method** has helped over 136,000 people worldwide
- **The Linden Method** has a success rate of around 97% amongst complying clients (you do have to do it for it to work!)
- **The Linden Method** is psychologist and medically endorsed and referred to
- **The Linden Method** receives most referred clients from healthcare trusts, doctors, psychologists and psychiatrists
- **The Linden Method** is used by consultant psychologists, psychiatrists, anxiety management groups, healthcare trusts, private medical groups and companies
- **The Linden Method** can be prescribed by doctors in some parts of the world
- **The Linden Method** does not involve self hypnosis, NLP or CBT
- **The Linden Method** is religion neutral - it has no religious bias
- **The Linden Method** works regardless of time suffered or age
- **The Linden Method** Junior Edition is suitable for children aged 8 to 15 (with parental guidance)
- **The Linden Method** will still work if you are taking medication or seeing a psychologist/counsellor/psychiatrist etc
- **The Linden Method** will work if you have anxiety with depression
- **The Linden Method** does not require writing, recording your voice or doing exercises
- **The Linden Method** is 100% unique and amazingly simple to use
- **The Linden Method** can be downloaded to your PC or delivered by mail
- **The Linden Method** is guaranteed for 365 days - If it doesn't work, send it back for a full refund (excluding £7 postage)
- We have centers in the UK, USA, Germany and Denmark

Just to recap.

The Linden Method is guaranteed for 12 months, it's guaranteed to work, it costs no more than one private counselling session, you get free support for 12 months IF you need it, it has worked for thousands of others, it is written by a sufferer who is sensitive to your anxieties.

What more can I possibly do to get you to try what I know will help you enormously?

Take Care

Charles Linden