

*I have been to many counselors prior to meeting Deb over a 30-year period.*

*I was left with feeling even more anxious and depressed. My anxiety had spun out of control to a point that I had panic attacks. I was told I was bipolar and to take medications. Nothing worked for me.*

*I met Deb a couple of years ago and immediately started learning about how to cope and live with my anxiety. Life changing is all I can say. I have blossomed with growth. Learning to manage and live with this. The techniques that she has taught me have been incredible. I have not had any panic attacks since learning them. I have become stronger about who I am and yes, I can still get sad or cry at times, but who doesn't?*

*Some techniques like tapping, emotional housekeeping or just simply learning to embrace and not fear when anxiety hits but acknowledge it and remember it will pass have all been game changing for me.*

*I went from not being able to work and just praying for my life to end, to now embracing being at work and loving life and the person I am. Deb has been instrumental in my emotional well-being and I am blessed that I've found her.*

*My life has forever changed due to her and her techniques. I highly recommend anyone who is feeling anxious, depressed, stressed or needing help, to give her a call and apply what she teaches you.*

*You will be happy you did.*