



Are You Living an Abundant Life?

ANXIETY NO LONGER HAS TO BE YOUR UGLY SECRET

Do you love God but wonder why you struggle to count your blessings?

Are you tired of constant fears, panic attacks, sleep deprivation, struggling to breathe, stomachaches, and thinking you're good enough?

Are you ready to **commit to freedom?**

IF YOU WANT TO:

- Live a life of joy, peace, happiness, fun, and presence
- Improve performance, health, and self-worth
- Better love God, your family, and others
- Cultivate positive thoughts and outlooks
- Live fearlessly

Schedule Your Free Consultation



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If you are in college and are serious about beating your anxiety and learning how to live your God well the way God intended, call for a free consultation.



Tree of Life Integrated Wellness Packages

THE ROOTS

GROUP PROGRAM

The Transformation

- Live a life of joy, peace, happiness, fun, and presence
- Lessen panic attacks and anxiety symptoms
- Sleep more and deeper
- Be a better friend and partner
- Live a worshipful life
- Step out of isolation and connect

The Opportunities

- Self-care marrying spirituality with science
- Set and achieve big hairy audacious goals for your life
- Private social and worship community with like-minded young adults
- Live calls monthly to cook, learn, study Scripture, and exercise together
- Impact your community
- Access to all replays and handouts from the life of the program
- Referral discount

THE BRANCHES

INDIVIDUALIZED COACHING

Everything from THE ROOTS +

Greater Transformation

- See results quicker
- Stop constant fears
- Love yourself, your family, and God
- Reduce irritability and hangriness
- Eliminate stomach pain and IBS
- Feel stronger and more energized
- Balance your hormones

Individualized Opportunities

- No more confusion about what you should do. An individualized approach specific to **your** needs
- In depth evaluation of your brain, nutritional, and spiritual needs
- Personalized health tracking - watch your improvement over time with clear end goals, milestones, and checkpoints specific to your needs
- Personal, in-depth evaluations
- Personal coaching calls plus daily Q&A via text or email
- Progress monitoring and re-evaluation

*Email to
schedule
your
FREE
call to
learn
more!*

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