



What will The Linden Method  
do for you?

---

*Anxiety disorder  
recovery is your  
genetic and  
biological right!*

---



## What will The Linden Method do to help me?

The Linden Method is psycho-educational which means that it naturally addresses the physiology in your body that activates each of the symptoms and processes below. It does this using the sciences of neuroplasticity and endocrinology.

These two biological sciences are the vital elements of the emotions and of removing anxiety conditions naturally and permanently.

## What will The Linden Method do for you?

### Remove Disorders Like...

- Generalized anxiety disorder
- Panic attacks
- Health anxiety
- Agoraphobia
- Obsessive compulsive disorder
- Post-traumatic stress disorder
- Emetophobia (Fear of throwing up)
- Monophobia (Fear of being alone)
- Fear of dying
- Fear of fainting
- Derealisation
- Depersonalisation
- Eating disorder
- Pure O – HOCD/POCD/ROCD
- Self-harm
- Hair pulling
- Ticks (Vocal and physical)
- Low mood
- All disordered emotional responses

### Remove physical and mental symptoms, including...

- Overthinking / catastrophic thoughts
- Intrusive thoughts
- Heart symptoms
- Breathing symptoms
- Tightness in throat
- Dizziness or weakness
- Dry eyes, nose, mouth
- Tinnitus
- Insomnia
- Nausea, IBS, diarrhoea
- Chest pains
- Muscle aches and pains
- Hormone issues
- Impotence / sexual issues
- Tingling/numbness in limbs
- Feeling removed or detached

---

*Anyone who  
says that you  
can't be cured,  
needs to get  
themselves back  
to school!*

---

## What will happen when you do The Linden Method?

- You will be immediately reassured by knowledge. You will understand completely why you suffer, why nothing else would have worked and what to do to recover.
- The knowledge alone will reduce your fear levels.
- You will find that by doing what we recommend, which children of 7 do with ease, you will quickly and scientifically reduce fear and switch off all of the thoughts and symptoms you experience.
- Your mind and body will communicate as they should, and the fear response (adrenalin) will be switched off centrally.
- Your mind will immediately understand that fear response is unnecessary and will reprogram your body and mind to respond more appropriately to anything you confront or experience in your life. Your mind will reset DISORDER back to ORDER.
- Your bodily systems will regain balance, but they will also interact with calm normality. Your breathing, circulation, endocrine system, digestion... in fact all bodily systems will regain balance and wellness.
- Your mind will build new neural pathways which LEARN from recovery and prevent future suffering – you will become 'immune' to anxiety disorders.

## How will it feel?

Anxious people lose the ability to remember how it felt to be anxiety free and find it equally as difficult to understand that anxiety is disordered fear and that when the anxiety is gone, every thought, symptom and behavior will go too.

Anxious people make most of their daily and life decisions based on a 'what if'. They restrict their lives based on a risk analysis of what MIGHT happen.

So, how does it feel when you remove anxiety (disorder) scientifically?

- There will be a sense of a loss of all those disturbing thoughts and symptoms – a lightness, if you like.
- You will feel as if your senses are normalised. Any disturbed sensory experiences will just simply stop.
- Most people describe a sense of enlightenment – a sense that their intelligence has increased or that they have been given another sense. This is a common and totally physiological response. As your disorder retreats, it leaves behind the 'fine tuning' of your senses that anxiety has made to your neurology. Many people feel that they become able to 'read' people and situations more effectively.
- You will suddenly forget what it was like to suffer. Most people describe being somewhere or doing something and suddenly realising where they are and what they are doing, and that anxiety played no part in the process of getting there. Your brain will, in essence, 'forget to be anxious'.
- You will suddenly be aware that you will stop pre-empting anxiety, panic, phobic responses or compulsions.
- You will no longer have to make excuses NOT to do something. You will even forget that you ever did.

---

*Anxiety  
recovery is like  
eating to cure  
hunger... it  
can't fail!*

---

## Why was I told that anxiety disorders are incurable?

People will tell you many things in order to justify why you cannot be cured. They will also, often, tell you that anxiety is incurable and that you will need treatment or medication on a long-term basis. That just isn't true.

- To cover up incompetence or lack of knowledge.
- In order to charge you multiple times and to convince you that eventually something will 'work'.

The truth is, there are just those two options because you can and will be anxiety free.

## Here are a few ways practitioners justify not providing successful recovery.

- Stating that a particular therapy just isn't suited to you.
- Stating that you are therapy resistant or resistant to medication.
- Stating that you are unresponsive to hypnosis, tapping, EMDR etc.
- Stating that you have more disorders than you do, for example, anxiety with depression, borderline personality disorder, dyslexia, attention deficit or similar
- Stating that you have 'run out' of time or allocated resources

## What will you have to DO?

Science dictates the solution. Just because a treatment has been 'invented' doesn't mean that it uses the associated science or that it is effective. None of the widely used therapies have been tested for recovery outcomes. They are tested for the ability to 'manage' you as a patient and they are tested to gauge attendance but they are not tested on the basis of X were treated and X recovered.

Our program is different. It shows you how to take very definite steps today that:

- Instruct your brain naturally to switch off fear response
- Creates immediate reassurance
- Provides an immediate effect of feeling totally confident that you are now doing what it takes
- Guide you every step of the way and provides support and guidance by real experts when you need it

## Facts about us

Linden Tree Education and Linden Tree Learning were founded in 1997 and are UKRLP registered educational organizations which employ educators, psychologists and psychotherapists to administer our psycho-educational recovery programs.

We work in a field called psycho-education which is NICE recommended treatment for anxiety conditions.

All of our support team are qualified psychologists, psychotherapists and anxiety recovery practitioners who have helped thousands of people like you to find full and final recovery.

We provide online and app formatted courses, online recovery webinars, real-world recovery workshops and residential recovery retreats.

All of our courses are solution focused, meaning that whichever option you choose, you will can be assured of simple, effective recovery guidance.

You can get more information about those here:

Online programs [www.thelindenmethod.direct/tlmjointoday](http://www.thelindenmethod.direct/tlmjointoday)

Retreats and workshops [www.anxietyrecoveryretreat.com](http://www.anxietyrecoveryretreat.com)

You can also call the center on +44(0)1562 702720



## Linden Tree Education & Linden Tree Learning

Campion House, Green Street, Kidderminster DY10 1JF

Online programs [www.thelindenmethod.direct/tlmjointoday](http://www.thelindenmethod.direct/tlmjointoday)

Retreats and workshops [www.anxietyrecoveryretreat.com](http://www.anxietyrecoveryretreat.com)

You can also call the centre on +44(0)1562 702720