

ANNE-MARIE BOND

Thought Therapy™

The quality of your life is the happiness in your mind

Anne-Marie



*The best way to predict the future
is to create it*

Abraham Lincoln

**This document will be easier
to read if printed**





*immediate results
are always possible*

What can be said to maintain your interest and to say to you now that if you READ THIS HAND-OUT in full you may find the key that tomorrow opens the door to a whole new world?

- 1) Anne-Marie lost 11 stone in one year*
- 2) She did that by changing her emotion*
- 3) She wants to sit with you on a 1 - 2 - 1 basis and help you Think of a Goal you want to achieve this year and together create the action to achieve it*

*Let her show you... how easy it can be
Read - Read - Read*



Thought Therapy™ Sessions



Private consultation sessions to re-build emotional hurt from the past created by others or your-self via actions or thoughts.

This hand-out provides an in-depth background to what the Thought Therapy sessions are about, but in one nutshell...

*“Your past is already set, but your future is not...
Today anything and everything is possible”*

Thought Therapy, allows you to find the shorter, quicker and direct route to gaining a better lifestyle, whether you need an upgrade in finances, relationships, home improvements, weight-loss and many other situations. Your inner mental and emotional satnav to gain NEW batteries that once working properly (*Anne-Marie will show you how*) people around you will begin to ask how on earth did you manage to change your life around so quickly.

People attend these sessions to basically find re-direction and after one session many find the capability to **ACT FAST** and complete steps toward meeting their goals. Everyone has a goal... What's yours?

Read the entire hand-out from start to finish and then decide if these sessions will have any benefit to your world.



Immediate Results – Same day, month or year

Everyone including you, For sure, wants a better standard of living whether it's gaining financial freedom, a relationship of substance or a flourishing business and even perhaps finally dropping the pounds and reaching your target weight or perhaps get rid any unhealthy obsession or addiction you might have.

Depending on your choices after the session any vibrational changes you experience could conclude in an immediate result the same day, the next day within the same week, month or perhaps within the same year. **Anything** and **Everything** will be possible for you after this session of Mind2Emotion Self-Healing. Open your heart to what it deserves and use this session to gain a visual impact of the life you want to live and enjoy! You will be leaving the session with life changing tools – you could use them to benefit reaching your goals!

Find out if you meet the criteria to attend a
Thought Therapy session.
(Checklist on page 10)



Why should you have a session?

To unzip your power bursting inside of you and let others stand to the way side as they watch the new you unfold! Money is power some would say but Anne-Marie believes ...

- Knowledge Is Power,
- Self-Belief Is Power,
- Confidence Is Power,
- Self-Value and Self-Worth Is Power,
- Emotional Stability and Harmony Is Power...

Anne-Marie always states that when you feel Empowered, your success *however* you deem it to be will be yours for the taking!

You have the possibility after a session or two with her to Lose weight, Make Money, Start a New Business, Change Career, attract more Romance, whatever it is... you can achieve it especially when your mind-frame is repaired and programmed to believe it.

Unfortunately, some people won't complete reading this hand-out because already their past negative programming will be setting in, like...

"It's too good to be true" ...or... "It's so expensive, suppose it doesn't work"
...or... "I haven't the time.." ...or... "I have more important things to focus on..."



Entry into the Thought Therapy™ Sessions

Anne-Marie is the founder of the Thought Therapy process technique and whilst similar opportunities presented by other companies provides ways to encourage people to lose weight, build confidence or *gain wealth*, she does that too, *(brilliantly we add)* but also adds a unique flavour to help 'her people' gain self-strategies that in a much better, easier, manageable and fluid way they find reaching their goals that much quicker!

She has an **amazing approach** creating a positive line of people waiting outside her door. She encourages, motivates and awakening their spirits within, enabling them to gain the necessary tools to achieve a better standard of living.

Change starts with booking 1 session to begin the journey of self-healing for the heart, the mind and the spirit. She cannot guarantee material success for any individual but guarantees at the end of every session, **every person** including yourself will feel the emotional shift and benefit to your life on a much higher level.



Will you be at the front ... or back?



Booking an appointment

It's very quick and easy to do. Once you have read this hand-out and decide to book a session you can do so online ([click here](#)) and select either the bronze or gold therapy sessions. Any questions please email Anne-Marie directly ([click here](#)). Once an appointment has been arranged and payment forwarded you will receive an amazing, uplifting session and as some would say a super way to get ahead by raising your confidence levels, self-power and drive like no other.



By the end of your Thought Therapy session, you will find emotional wellbeing travels throughout your entire being, super-charging your mind with self-gained strategies of new steps that supports you in discarding the mental & emotional red-tape that has been secretly holding you back for years!

*Thought leads to Decision
Thought leads to Action
Think your way to Happiness
Emotional success is priceless!"*

*The quality of your life depends on
the true happiness of your mind
Quote by Anne-Marie Bond*



GOLD MEMBERS

You will be treated as VIP

On your arrival, expect to be treated as a VIP (Very Important Person). Anne-Marie believes your arrival demonstrates how much you value obtaining a higher quality of living and because of this she will literally roll out the red carpet!

As a gold session member expect to receive a quality session that is professionally conducted and upon arrival (Gold members only) receive a free gift and help yourself to a buffet of free refreshments throughout.

As a bronze member you will also receive a beautiful warm welcome and receive the professionalism awarded to the Gold members however due to a shorter time scale than that of the Gold members your session will begin almost immediately.

It is highly recommended that for your very first session going for Gold is better as this will allow you to gain the full and maximum benefits the Thought Therapy™ sessions have to offer and should you require additional sessions you may continue to choose either the Bronze or again the Gold sessions as you wish.

Book 3 sessions at the same time (including 1 gold session) and receive your next bronze session absolutely free.

Anne-Marie encourages anyone wanting a better lifestyle should admit to themselves firstly that they *flipping deserve it!* (No offence intended).

*Action and words go hand-in-hand
so start now and book your first session.*

The Checklist within this hand-out will help you
to find out if you meet the criteria of attending a
Thought Therapy session.



How do other people treat you?

You want to feel special. You want to feel successful. You want to feel inner peace of mind and perhaps other people in the past or even currently are not encouraging or supporting your goals.

Perhaps the stress of not being the person you want to be, living the life you want or the pressure others are giving you and maybe there are memories from your past where relationships with friends or family have disappointed you but instead of being able to let it go, you internalise it which does nothing but reduce your confidence, self-esteem, self-worth and perhaps the need for constant re-assurance from role models falls short can leave you feeling as if you are endlessly aiming for better but always falling short of getting there.

Internal fear can put a complete full stop to living in your true power.

Anne-Marie wants to remove that emotional full stop for you... she wants to UNPLUG the full stop... and allow the goodness of life to flow your way. There are many thousands of people living the high life, the happy life, feeling emotional stable, feeling safe within themselves and they are able to finance a project that helps other people to live better and support and help those they care about because their gold was to get into the RIGHT FRAME of MIND and EMOTIONAL SPIRIT...

Life isn't about poverty... it's about the quality of life you want to achieve. By reading this hand out whatever you've achieved so far well done... but how would your life be if you truly lived the quality of life you want? Imagine that one session could UNPLUG that full stop... The quality of your life will be from the state of your mind.

Whatever you want to achieve in this life, whatever your aspirations are, even perhaps a few internal fears you wish to disband from your life so you can stand upright in your own power of extreme confidence, even if sometimes you feel you're going in circles Anne-Marie hopes with a little encouragement you will embrace this opportunity of learning how easily your life can change within a few months.



Go for GOLD



Skeletons lurking in the 'mental closet'

You may have areas of your past you wish to keep hidden and you will not be forced to disclose any information you feel uncomfortable to discuss.

The Thought Therapy session is safe enough to enable you to have the **emotional and mental freedom** to dissolve or discover what you believe is the key to holding you back and Anne-Marie will use her *unique ability* to blend on a spiritual vibration to recognize what might be the best steps forward helping you to engage into the field and areas of success you want.

Again, depending on what you want to achieve immediate results can be achieved the same day and she will show you how it's done.

You'll find Anne-Marie to be super friendly, warm, professional, sensitive, empathic and welcoming and in just one session helping you to discover a clearer concept of what possible actions you may need in order to improve your prospects of gaining control of your ambition having released into the atmosphere emotional ties to the past.

She wants YOU to live your dream by getting results fast! In these sessions she promotes self-healing, emotional wellbeing, complicity of strategy solving, relaxation, sub-conscious inspiration to uplift and declare mental freedom from self-guilt and painful memories of the past to create a future built on a foundation of honest, sensational memories created with trust, self-worth, correct choices, assertive confidence and with a spiritual & physical wellbeing overall feeling of success.



Although no definite guarantees can ever be given of course due to clients differ from person to person in the way they behave including the level of commitment they demonstrate but most importantly their **'internal... passion and drive'** varies dramatically. Those who are ready for a new life, new body and new mind will achieve it! So it's hugely possible you could experience the same day, same week, the same month or year **the equation** you need in order to create the outcome you want! One session...?? Wow!

Judge this process only when you've had your first session
Buy your VIP ticket today...



The Effects of the past

Your past programming by your parents or guardians can ruin you. You could be a functioning adult but missing out on true happiness either physically, mentally and / or emotionally.

If you could be aware just how close you are to becoming emotionally happy, wealthy, running your own business, having the freedom to enjoy your life, taking trips overseas, spending money on family, giving money to charities of your choice, perhaps losing the weight you want and much more...would you continue putting yourself last and allowing family and friends and co-workers to move ahead of you?

As a functional but depressed adult you could be living like a robot, struggling to cope emotionally, financially and perhaps mentally... Imagine the thoughts this lady has in the picture. Painful, if you can relate isn't it?



Question: What has someone said in the past that still swirls around your mind that makes you question your ability?

Result: Even though you may not speak about it, that emotional connection will still play a massive impact in keeping your dreams in the delay queue.

Imagine if there were a few hundred different comments/statements swirling around your mind that others have said to hurt your feelings.. again even though you might not speak about the fact you can think it, will stir an emotion.. if you don't let it out... the cobwebs will build and build.

Anne-Marie will show you how to clear any cobwebs you are or are not consciously aware of that increase day by day and automatically you compartmentalise in the fear and hurt section of your mind and heart.

BUT...Once the mind2emotion self-healing takes place you may just find yourself out of the delay queue and right at the front of the FAST TRACK queue. Anything and Everything is possible, remember?



Are you in charge of the life you want to begin tomorrow or do you prefer continued delays or will you opt for the fast track queue?

The life you're leading right now, the unnecessary stress you embrace, the addictions or obsessive behaviours you've adopted..

The job you want to leave but too afraid to make the leap
The struggles you have financing your goals
The issues you have with your weight
The overwhelming feeling of self-dislike
The level of daily anxiety you experience
The quickness and rise of your anger and quick temper, frustration
The confidence you have one minute and then it disappears into the abyss for months on end
Your deep and inner need of approval from others
The inability to say NO, feeling used and abused
The sense of rejection, not knowing how to start your life

The quite need of wanting to be noticed and recognized as someone of importance, the lack of self-worth and low self-esteem...

CAN...all be tracked to your **upbringing**

Even those that were born as the saying goes 'with a silver spoon in their mouth' can still be void of emotional harmony if what they needed to hear from their role models were missing, like:

"We love you"

"You are Great"

"You are amazing"

"You deserve success"

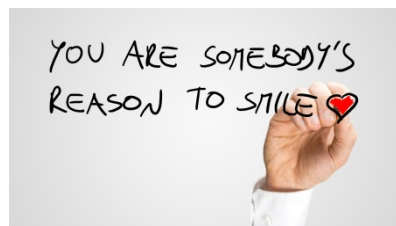
"You matter"

"We are proud of you"

"Thank you"

"Well done for going after your goals, good luck"

...Anne-Marie believes no matter what...



This checklist will help you to find out if you meet the criteria of attending a Thought Therapy session.

Are you a potential Thought Therapy member?

Please Tick as many of the statements below that apply to you

Box A

- You have the money you want to support friends and family
- Your home is a reflection of you
- Your bank balance reflects what you believe your worth to be
- You are emotionally happy with who you are
- You are emotionally happy with your relationship status
- You are comfortable with your weight, body shape or health
- You have at least 4 true friendships that are fulfilling and giving
- You have trust in your judgement to make the right choice
- You have various ways to relax you that you do daily
- You give yourself 3 compliments each day
- Your confidence level is as high as you would like
- You believe money can't make you happy
- Your self-esteem is at the level you are happy with
- You believe you are living your dreams
- You are earning the money you want
- You are happy with your career
- You are happy with your spiritual growth
- You find it easy to trust people
- You value yourself and don't allow criticism to affect your decisions
- You are always supporting other people with their goals
- You like to find new ways to relax and distress you
- You find it easy to tell others they have hurt you and what's in your heart
- You are emotionally satisfied with your friendships, relationships and with self

Box B

- You have suffered with depression that you keep hidden
- You avoid accepting social invitations
- You feel on a different vibration than others
- You are not happy with your weight, your body shape or looks
- You always have a project on the go and many unfinished
- You hide emotional past hurts that still affect your confidence time to time
- You worry you won't be able to achieve your dreams before you die
- You find it hard to say no
- You want to become more spiritually attuned with your higher self
- You want to enjoy life more and have the freedom to spend time with family
- You are more of a giver than a receive
- You are a people pleaser and know it has to be moderated
- You look for recognition and praise from others when you do a good job
- You are a perfectionist
- You can be perceived as controlling and bossy
- You easily snap, get frustrated or get angry quickly
- You would love to have more confidence and self-esteem
- You fear judgement and ridicule from others
- You have dreams and goals yet unfulfilled
- You gossip about others and then feel guilty
- You are easily distracted and easily forgetful
- You want more freedom to enjoy your passions daily
- You have an obsession or addiction you want to eliminate



Check your results

BOX A (more ticks than b)

If you have more ticks in box a, than box b. Congratulations, you have identified yourself as a highly successful person whether in the areas of Love, Spiritual Growth, Work, Finances or perhaps all areas. You have been able to find emotional release from the past programming which has now enabled you to make choices and decisions that met your need to live the lifestyle you do now.

You have found the inspiration, motivation and drive one needs in order to step from the mental rut and follow the actions that has brought a 'reality change' in the material, emotional and spiritual world of your life.

Due to an upload and surge of other people who still have issues and stress around you, to keep ahead it is recommended a bronze session of Thought Therapy would still aid your ability to keep the contagious stress others bring from affecting your mind – resulting in you being able to continue enjoying a life that brings financial independence, emotional stability and hourly freedom to enjoy your hobbies and passions.

BOX B (more ticks than a)

If you have more ticks in box b, you are a functional person, family or friend who is highly supportive to other people needs but lack the resources to allow yourself to discard the emotional responsibility of their needs. You will find you tend to put the happiness of others before yours.

You are at a crucial stage and it is strongly and highly recommended you book yourself a session today or tomorrow so you ACT FAST to avoid continuing to strain your mental and emotional state with the exposure of unhealthy habits of life. Should you dig deep and find the courage to do something about it now perhaps in the near the future you will be in the Box a group instead.

Your arm should not be twisted to attend it should be a desire that you want to benefit from the support. Like all your decisions in the past that has lead you to where you are now, it is a personal decision you must make.

By having more ticks in box b signifies that there are elements missing from your life which could be as simple as your internal satnav needing to be steered into the right direction learning how to self-heal through self-love, which leads you to becoming more assertive, confident and gaining the freedom to release your emotional unhealthy attachment to the past. Anne-Marie can be your compass.

A single session with Anne-Marie could bring about a huge emotional change **within you** that ideas start to flow and in some cases bring immediate life-changing decisions.



Positive reinforcements

Anne-Marie could be carrying your key to help disengage that block so it no longer impedes your life. Will you let a golden opportunity like this pass or make an appointment with Anne-Marie to see if it works for you?

Imagine, over the last 18 years of your life until this very moment hearing constant positive praises of endearment, encouragement & motivational phrases

“You are spectacular”

“You are amazing”

“We believe in YOU”

“You have a good heart”

“We have your back”

“We trust you”

“You have what it takes”

“You are so beautiful”

“No matter what you’ll make it”

“We love everything about you”

Positive reinforcements like the examples above... if void from your mind, will inevitably invite crap to your lap, be it a dysfunctional relationship, inability to hold down a job, financial difficulties, addictions of some kind or other.

Children, Teenagers, Young Adults, and Mature Adults still need to hear those words from whom they consider to be ‘parents’. Some adults who have been failed and starved of emotional praise will find areas of their adult life harder to deal with simply due to an invisible ‘inner’ mental and emotional block.

Imagine if your role-models had told you the above positive re-enforcement phrases every-day for the last 18 years...

What level would your confidence really be?

Anne-Marie says...

**WE CAN
DO IT!**



Why....

Why would YOU NOT want a better life-style anyway?
Why would you find it OK to just accept the 9-5 hand to mouth living?
Why shouldn't you be able to create the exact life you want to live?
Why shouldn't you be a more confident person?

AND...

Why wouldn't you want to earn more money, create better relationships to make you part of the race instead of feeling booted out of it?

You can have what YOU WANT... but it has to start with fixing you... and the only way to get you fixed TODAY is by learning how you could change the concept of the past and current negative programming to eradicate what has been keeping you in the struggle zone of life...



...Or...



...Which do you prefer...?



Have you turned into your parent?

There is a saying and some believe we all turn into our parents at some stage, warts and all and if it's true and you have experienced a lack of love either shown by the void of touch or by a lack of positive encouraging words as a young spiritual soul, then it is also possible that as you learn to grow into and morph into the beliefs and standards your parents set for you...



It's possible that most of your life behaviours will be adopted from the need to receive 'positive, encouraging, supportive words'... it's no wonder if your life is an emotional battlefield, it wouldn't be surprising if you feel no-one really actual cares and it would be no wonder if you've already become *emotionally needy* or addicted to searching for praise and when you can't find it, you internalise that pain until it starts to show in your body, depression, weight, drugs, alcohol etc...

Your mind at some stage will HIT the self-destruction button (bulls eye) or have you already self-destructed? Anne-Marie is willing to support and mentor you and if you act today and treat yourself as the '**priority**' you could change your life around.



Want to exit from your inner emotional maize?



Anne-Marie will talk to your sub-conscious mind spiritually guiding you away from the mental clutter and emotional battle that lies beneath the surface within. Learn to trust and feel confident again and obtain the same wonderful experience as others.

If, you are interested in leaving the mental ball and chain of the past and exit the maize and willing to try an alternative method that could have possibilities for you that perhaps this time, **next year** you could be living the actual lifestyle you want instead of trying to 'chase it'. You are urged to invite Success in... Embrace it, so you can live it!

By the way...

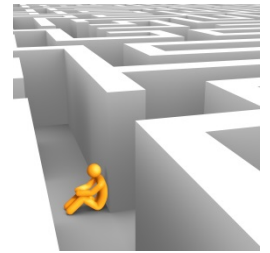
It's ok to stop sabotaging your future prospects by reverting back to the past. It's ok to try something that your friends and family have not yet done and it's ok to be first in the queue so you can tell others about it, letting them follow your lead instead of the other way around.



Past Emotional Memories

Whatever has happened in the past, these can be addressed in full, however, you will have full control what is spoken about regarding **your past** in terms of what you feel comfortable to disclose or not.

Your past emotional memories *if void* from receiving what your mind needed to hear growing up can lead to a feeling of inadequacy later in life.



Sometimes we don't get a chance to question our 'parents or role models' as adults and perhaps that discussion would bring about too much distress or discomfort or perhaps the opportunity is no longer there, however there are ways to gain answers without their presence to allow you to receive and let go.

Anne-Marie has a technique that works and provides the mental and heart space for improvement to enter!

The programming you received for the first 18 years of your life will determine for a percentage of your adult life how you will be and the type of lifestyle you will lead including the self-confidence you will demonstrate.

Your invisible emotional ties to behaviours or words that have somehow *crucified* your ability to reach your full powerful potential thus far... can be repaired.

If you take a leap of faith the emotional repair Anne-Marie offers might be better for you than you ever knew possible!

Give your brain the emotional release of the baggage it carries to free your mind ready for the future success it so very much deserves. Don't throw your trophy away, embrace it & book your appointment! This could be your golden opportunity.



Do you sometimes feel as if you are not good enough?

Have you or do you feel inadequate in some way or feel as if you're not good enough or even worse those who raised you are not proud of you?

Did you know this can spiral you into a crazy lifetime of trying to play catch up and seeking approval in every and which way along the journey unintentionally (in most cases) sabotaging yourself mentally or physically (or both) when you start to recognize or feel the target of approval has become impossible to reach.

For some, this can lead to a route of mental depression, low self-worth, self-value, low self-esteem and continue the process of negative unhealthy subliminal programming by reminding yourself on a constant basis just how inadequate you are and until that confidence issue is addressed ...the deep in-bred inadequacy feeling can **infect quite rapidly** other thought emotions about yourself.



How confident are you?

(lowest) 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 (highest)

On a scale of 0 to 10

How confident are you emotionally?

How you hear others speak about you and even worse how you speak to yourself can either be positive or negative **dynamite**. Without emotional clutter you will feel positively great, feel successful and you will be happy and confident but with emotional clutter you will suffer in silence and perhaps become super introverted and then even a tortoise or a snail would beat you in a race of confidence.

If you are finding you are able to relate to any of what you have READ so far you could highly benefit from an appointment.



How often did your 'parents' tell you NO?

Most people (the majority) are told the word NO you can't... about 148,000 times in various ways and by time that individual hits age 18 according to research in the America the seed is sown and most of our negative programming comes from our parents whether intentionally or non-intentionally.

If you don't remember ever been told
"You're NO good you'll never amount to anything"

what may have been missing are phrases like...

"I'm so proud of you"

"You are an amazing person"

What do you remember being told on a frequent basis
for your first 18 years of life?

Which box of words do you
Relate to most?

- Were you told "No, don't do that"
- You never listen or You'll never amount to much
- You never finish anything you started
- Eat everything on your plate
- You're so greedy
- Go to bed without any dinner (how awful)
- You're so disappointing
- You make me sick
- Why can't you be like your brother (sister)
- Why are you always causing trouble
- Why can't you stop being a fool
- You're an idiot
- Keep doing that and you'll end up in jail
- You are lazy
- You are so irresponsible
- You cannot be trusted

- You are great at everything you do
- You can achieve the whole world
- You always show appreciation
- You are so caring and loving
- You are so smart, how do you do it?
- You are so beautiful
- God loves you – you matter
- Your ideas are brilliant
- You make us so proud
- We drew the lucky straw when you were born
- We believe in you
- We have confidence in you
- We trust you always
- You are so reliable
- You have a beautiful personality
- No matter what you'll be successful



What do you want?



When you reach a point in life when you are just **emotionally** tired of trying and life seems of a struggle or perhaps you feel isolated...rejected, left out... Could it be that you are void of the emotional praises you needed to hear growing up? And, as you continue to struggle you find **it easier** to convince yourself how stupid you are or perhaps find yourself de-motivated more than feeling empowered and remaining in the negative frame of mind...“what’s the point?”

You may feel life is passing you by... is it, perhaps...??

[Book your appointment to find out!](#)

Sessions are usually held in Victoria (Central London) or Grove Park (SE London) on a Saturday or Sunday between 9am – 4pm or Friday evenings 8pm (GMT time) in person or for those unable to attend or live in a different country *via* Skype. Mobile visits to your home are possible or group sessions for a team building work event can be arranged however, costs vary depending on the size of the group. These prices are not shown on the website so please contact [Anne-Marie](#) for more details.



Thought Therapy sessions with Anne-Marie

BOOK ONE!

Anne-Marie loves immediate results but also appreciates that each person is different and therefore whilst one session may prove dramatic results for one person, others depending on their circumstances may differ.

One session and you could feel the difference within your wellbeing immediately allowing your thought processes to expand so widely like others before you, gain the light bulb moment informing you of the indicating the small steps towards your dream. You will be taught 'how' in one session your way of thinking can change and make an impact to your wellbeing that leaves you with one type of sensation: **Super Empowered!**

Suffering in silence is damaging to health, mental and physical wellbeing

Many people suffer in silence with weight and confidence issues simply because of their earlier days of negative programming and whilst many more who are 'financially broke' could work for themselves and gain the wealth to become financially independent stay in the rut of their mind because they believe someday when the time is right someone else will give them the body they want, the truck load of money they want and of course that confidence pill. Remember misery attracts misery, negativity attracts negativity.

Anne-Marie, is offering you in a gentle and non-strenuous way to step up and enter your mind and heart to try and bring harmony and release any resentment from the emotional pain of the past that may have been brushed under the heart carpet going unrecognized but yet playing a dramatic part in whether you live as a queen, king or pawn.



Dialling her number OR emailing her is a good start!

She will HELP YOU to gain the emotional energy, drive and direction to allow your positive and beautiful self to attract more of the same but it has to start with the energy you wish to create.

Step 1 Book a Thought Therapy session

Step 2 Let Anne-Marie know change has taken place

Step 3 Enjoy the positive mindset and success then pat your-self on the back for taking that chance!

Who the sessions are for?

These sessions are suitable for anyone that might have suffered emotional negative programming from the past that today are haunted by the memory of what has happened and without realising it sometimes holding onto the pain, guilt or fear for some people can be crippling to their happiness, demonstrated by the outcome of their current life-style.

- Perhaps feeling Guilty of your own past thoughts/behaviours is holding you back?
- Perhaps you believe subconsciously that you don't deserve happiness?
- Perhaps you are too scared to achieve in case others ridicule your success?

Come to the session to achieve. Come, your life is waiting for your chance at happiness.

Collect your ticket of opportunity and break free and show the world your Power. Come for peace of mind and show that your Future will not be defined by those in your past.

Feel the emotional inner shift during the session and by the end you will feel as if you have had a massage not for the physical body but for your mind and heart. When you feel this good – the only pathway forward is **direct action** and depending on what your aim is could lead to *immediate results!*



What happens on your arrival?

You will receive a 10 minute friendly consultation gently discussing the procedure of the session followed by your aspirations, goals and achievements, past successes and areas you deem as failures and your information will be integrated and bespoke to the therapy emotional balance session script and then you will be guided step-by-step through the various stages of the Thought Therapy session.



You will be fully conscious throughout but will remain in a constant relaxed state to enhance the vibration of this special script to impact you consciously and sub-consciously with the aim of repairing any negative intentional or unintentional programming from your past.

Example of Self negative talks...

Can you recognize yourself in any of the statements below?

I lose weight and then I put it all back on, diets just don't work for me
I hate my job
I'm always tired in the mornings
I could never do that
My memory is so poor
I'm too old
I'm so depressed
I always miss THAT train
I never remember names
I'm always last
No-one cares about me
Nothing ever works out for me
I'm just no good at that
I've got no confidence (... a best seller)
I always get picked last
I'll never find a boyfriend / girlfriend
No-one ever remembers my birthday
I'll never...
I'm so ugly, I'm so fat
I never get invited anywhere – Everyone hates me
I'm an idiot
I'm no good with numbers
No matter how hard I study, I always fail
They won't pick me...
Money isn't important it can't buy you happiness... (what...??)
I don't deserve life, family, children, money
I'm not a good person
My bum looks huge
My boss is always picking on me
I've got no money (... another best seller)

I'm sure you've got a few extra you could add...



What are you repeating to yourself?

Whatever you repeat on a constant basis you will eventually enforce your brain to act and behave accordingly to the scripture you've spent so long cementing in to it. When actual cement dries, it is hard to crack, do you understand?

Consider Anne-Marie as your blitz drill to break and remove the cement of years and years of hard-core verbal and mental abuse of the negative statements you have told yourself or perhaps when younger others told you too.

Your behaviours are created from the impression the thoughts your mind receives about who you are, what your beliefs are, what you believe you deserve and so on... for example if you are someone to keep repeating..

"I have no money... I'm broke... I have no money", then you will ALWAYS have a lifestyle where you are... CHASING MONEY... But... if you re-programme your thoughts for example that *money can buy you happiness, money can buy the best medical care any of your family members need, money can buy you the 6 bedroom home with furnishing that you desire, the car of your dreams,*

When you start to realise that having enough money can get people out of the rut financially it will bring the happiness to their lives.

Keep programming your mind.. Money can't buy you happiness but yet remain miserable because you HAVE TO work all the hours God sends and perhaps not spending time on your passions, with family etc because you need to find the money to pay the bills... do you see the paradox?

WOULD RECEIVING THIS WAD OF MONEY BELOW MAKE YOU HAPPY,
if it could pay the debts!



The Past with The Emotions

Whatever you reinforce in your mind is the exact lifestyle or financial difficulty, poor relationships, obesity, addiction of some kind etc. you will continue getting. But, if you 'try it' and allow Anne-Marie to show you WHAT TO SAY ... it's possible within 30 days or more your life could change 360° one session to make the impossible become possible. Are you willing?

If you're still unsure about booking an appointment...
...keep reading...

Emotional attachments to the past affect our lives in many ways. Some people over-eat and gain vast amounts of weight whilst others avoid food at all costs, each type creating an emotional battle inside unable to 'manage their food' creating a mind and emotional battle that keeps them hounded to the self-belief they'll never get the body they want! RubbishYES YOU WILL!

Anne-Marie lost 11 stone following her own method... she's offering her time to help you BUT only if you want to accept it!



Disclaimer

Anne-Marie is not a doctor or a registered healer or psychotherapist, hypnotist, NLP practitioner or the like so she would suggest that you attend the session with an open-mind and knowledge to accept the session will make you feel calm, relaxed and peaceful and see the session as self-healing in the matter of presenting to you words of encouragement and upliftment to help you gain inner empowerment. Anne-Marie advises that you do not rid any guidance or prescribed mediation presented by any professional body in light of attending the session, however due to her own experience of positive emotional programming it helped her lose 11 stone in the same year, so imagine what it could do for you!



What effect will the session have on you?

An immediate effect hopefully and should you **follow** the recommended after session homework within a matter of weeks you could start to see the change required for you to see light at the end of your tunnel.



"What men and women need is encouragement. Their natural resisting powers should be strengthened, not weakened ... Instead of always harping on a man's faults, tell him of his virtues. Try to pull him out of his rut ... Hold up to him his better self, his real self that can dare and do and win out! ... People radiate what is in their minds and in their hearts."

— [Eleanor H. Porter](#), *Pollyanna*



How the session works

You will be coached by Anne-Marie using her amazing and personal script that will seep into your sub-conscious mind to overturn various cemented negative programming to help your mind leave room for positive programming.

You will be conscious throughout albeit deeply relaxed, you will be interacting with the script to ensure consciously and sub-consciously you are gaining the full maximum benefit the session has to offer. Some people only need 1 session to achieve the desired outcome others may need more.

Many people fail to achieve their goals because they simply don't believe they have what it takes and then reverting to *"What's the point..?"* Some people following diet programmes into 3 weeks of the programme will begin cheat-eating simply because of their earlier child-hood negative programming which has made them they will never be a success and tell themselves...

"What's the point? I may as well eat because I'm only going to put weight on again!"

Your parents or guardians to some degree are responsible for your earlier positive or negative reinforcements like

"Eat ALL your food on the plate"...

Hear that enough and later in life you could have a weight issue by over-eating and feeling guilty to leave anything on the plate.

"Why can't you be responsible like..."

Hear that enough and later in life you could have a confidence issue and always feel the need to gain recognition or praise

At some stage your own self-belief programming steps in and will take over where they left off, because this is all you've heard and know! Some people are functional at being depressed and convincing themselves and others they are ok, when in actual fact they are an emotional unconfident WRECK!



The After Possibilities of the Thought Therapy™ Sessions

A Thought Therapy session has a huge number of possibilities to help you change your life in such an easy, effortlessly way... but if you're still thinking negatively... that's fine, but someone else reading this hand-out in another part of the world will take that chance... How about you?

A Thought Therapy™ session with Anne-Marie may only bring you relaxation, peace of mind, a sense of empowerment, a visual guide of what to do next, the ability to feel emotionally FREE from the guilt and pain of your past, the ability to feel emotionally and mentally strong enough to ACT and make changes to alter the rest of your life and disperse the mental restriction placed upon yourself. With the new empowered you, perhaps your new successful lifestyle could help other people like members of your family by giving them a better life too?

If, you take CONTROL and make a real **magical decision** today... you could positively change your circumstances permanently!



Anne-Marie is available and waiting – you can reach her by calling her direct on
44+ (0)7950 612 422

or arrange a booking via email:

spiritualstars@gmail.com

Sessions 90 minutes - Gold member £150.00
Sessions 30 minutes - Bronze member £65.00

Pay only after booking appointment agreed

Buy 3 sessions (including a gold member session) and
get your next bronze session FREE

*(Due to a massive number of interests lately
early booking is recommended)*

