

Personal Breakthrough and Empowerment Program

Do You Feel Stuck - Ready For A Breakthrough?

- Are you struggling with **fear and anxiety**?
- Do you feel held back by **self-doubt and insecurity** and are unable to make decisions and access your true potential?
- Are you burdened with **anger, depression or guilt**?
- Do you feel trapped by the **traumas of your past**?
- Are stress and worry manifesting as **procrastination, self-sabotaging or addictive behaviour**?
- Does your emotional and mental pressure cause you to suffer from **insomnia, low energy, chronic pain, high blood-pressure, excess weight or auto-immune diseases**?

Imagine how it would feel to be able to...

- Discover, understand and address the deeper root causes of your mental, emotional or physical challenges
- Release stored emotions from your subconscious mind and cellular memory and find peace with your past
- Resolve inner struggles and self-sabotaging behavior and gain a greater sense of wholeness
- Eliminate limiting beliefs and reprogram your mind and body to health, balance, confidence and success
- Acquire effective self-empowering skills, strategies and tools, which allow you to truly transform yourself and your life

Linda Burke's Personal Breakthrough and Empowerment Program can help you to get unstuck and harness your full potential.

Linda Burke developed this program to help you to tap into the most potent source of change and healing - **your integrated mind**, which consist of conscious, subconscious and higher consciousness. This holistic and innovative approach provides practical and self-empowering solutions for some of the most pervasive problems of our times, such as fear, anxiety and depression.

The Personal Breakthrough and Empowerment Program combines leading-edge mind-activating technologies such as Neuro-Linguistic Programming (NLP), NLP Hypnotherapy, Time Line Therapy™ and Emotional Freedom Technique with Linda's broad background in medicine and science.

Through using the innate healing potential of your integrated mind, change and healing occur much faster and are more profound.