

LINDEN TREE EDUCATION'S
the  **LindenMethod**
Total Freedom From High Anxiety Conditions



**Psycho-educational recovery
with professional support.**

ncfe BACP & BPS UKRLP

Learn to switch your anxiety disorder off

Doing TLM will teach you how your disorder formed, why it produces the symptoms and thoughts you experience and how to switch it all off... and you'll know WHY everything else you have tried, failed! It's simple, scientific, reassuring, simply structured and life-changing.

The science of fear and emotional response was used to 'reverse engineer' the simple & fast solution...

...that's how TLM works...

it works because it is THE antidote to your anxiety disorder - created by human evolution.



Recovery from anxiety conditions is fixed in all humans

- 'Coping' & 'anxiety management' are a waste of your time.
- Medication is inappropriate, ineffective and unnecessary.
- Talking therapy goes in one ear and out of the other!
- Hypnosis - relaxation doesn't reset emotional responses.

In fact, no 'treatment' resets emotions... but they're easily reset.

YOU suffer needlessly and as ex sufferers, we know that all you want is a simple, fast, common sense solution.

Tomorrow you can wake up feeling much, much better.

ANXIETY = DISORDER

FEAR = ORDER

Anxiety is the disorder of the emotion of fear.
Fear is natural and necessary, anxiety is not.
Anxiety can be removed... in fact, your mind is pre-set to switch it off.



TLM erases the 'disordered' part of your fear responses, taking away the 'what ifs', catastrophic overthinking, phobias, obsessions, compulsions and low mood... it's the only way for your brain to recover.

Unique experience and outcomes

We have 22 years' experience helping over 260,000 people like you to recover... it's just such 'common sense' and so simple.

All of our support staff aren't just psychologists and psychotherapists, they are also ex sufferers just like you... with one **VITAL** difference... they know how to recover and will show you how.

The BIG question: Why are WE different?

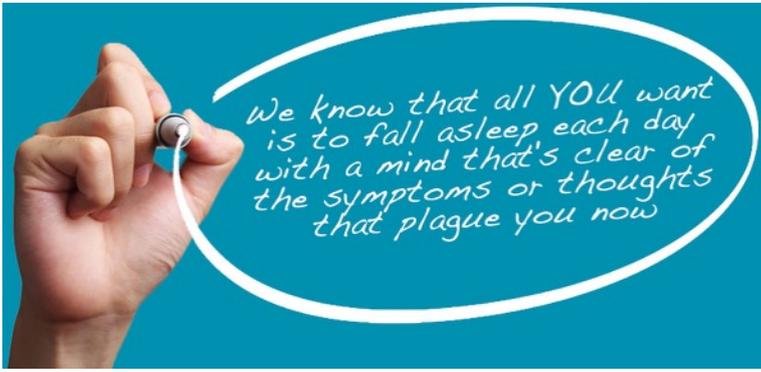
In a few words: The only accredited recovery therapy. Unlimited professional recovery guidance. 22 years of unmatched recovery outcomes. Evidence based recovery. 1000's of recovery case studies. An unmatched reputation. No 'tips & tricks', no 'waffle', no 'exposure' or 'coping'. Just clear instructions leading to recovery. Trial outcomes specified by NHS - Average outcome, reduction from severe anxiety to normal emotional responses.

"As soon as I started I knew why everything else had failed" Jayne Hughes

"As a counsellor I was sceptical, but it's changed my life" Andrea Read

"I thought it would take effort or time but it doesn't. Amazing" Richard Everton

"Why isn't TLM available in the NHS? It's transformational" Anne Barclay



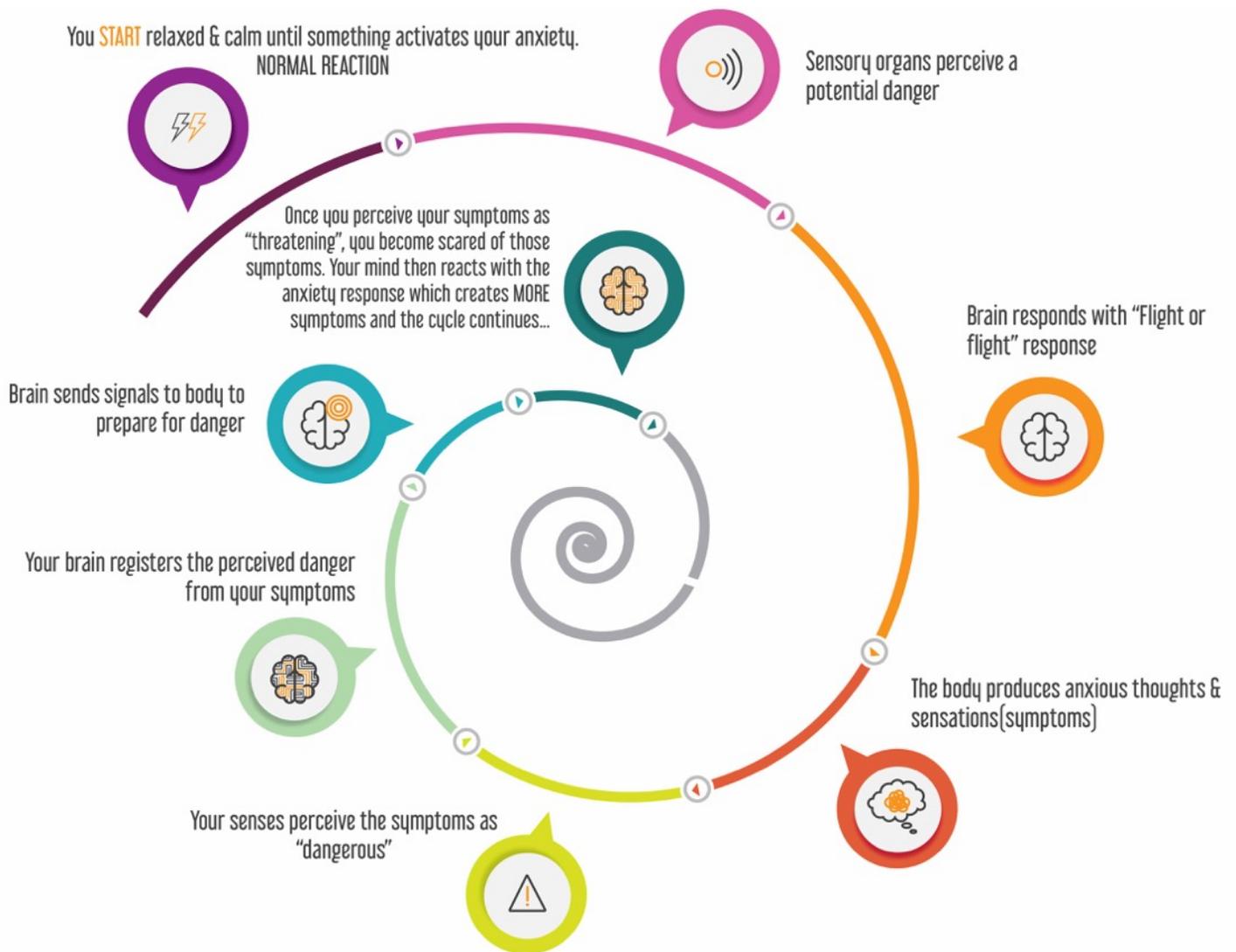
What is Recovery?

Defining recovery is simple...

...recovery is the **total removal** of a condition and every symptom, pain, thought or disruption it causes in a person's body or mind. You **CAN** wake up tomorrow less anxious.

Sufferers are led to believe that recovery is difficult and/or impossible... that's just unscientific nonsense.

We'll **prove to you** that **your** recovery is waiting to happen... that **your mind is programmed by genetics to switch off** your anxiety, phobias, panic, obsessions and low mood in seconds!



Imagine **BREAKING** this cycle right now.

Your mind and body don't 'hold on to' anxiety disorders...
...they want to be in emotional balance.



Joan Smith

I bought this after a dreadful series of personal loss, job loss and a medical misdiagnosis - it works and you have nothing to lose but your anxiety - it's like learning again and I found the part of me that was lost - try it.



Cheryl Robertson

Micky the linden method WILL cure you it did me in Just 4 days and I recovered I promise you it does work and for so many of my friends please do it you will never look back



Betty Higgins

Hi I have been doing this for a week now and I can't believe the difference of how I am it is like a fog has been lifted I can't believe it , thank you CL xx



facebook

Start your life...

Helener Cole · 10:57 Hi Charles 😊 please please listen to what he is saying , you need not suffer another day , I had all of these symptoms, did the program and recovered , they are amazing people , just do it !! And start your life 😊👍. Lots of love Helener xx



facebook

It's changed my life...

Vafa Whattford · 0:00 I am forever grateful to find your program during my severe anxiety, it's changed my life ❤️❤️



facebook

I'm living proof...

Shell Jenkins · 19:05 This guy is worth his weight in gold, I honestly thought I'd never get through it and live a normal life again I'm living proof this will work 😊

If your mind has the ability to switch emotions on and off in an instant, it has the ability to switch off your disorder as quickly... you just haven't told it to yet... but it WANTS to.

That's exactly what we teach you to do.
Creating simple, fast and lifelong calm.

It makes complete sense...

You have probably been told that you suffer from a mental illness or depression.

You have probably been prescribed antidepressants or sedatives. You may have been referred to talking therapy, hypnosis or counselling... but why?

You see, NONE of those treatments '**treat**' the **disorder** and you certainly aren't 'ill', frail or depressed... psychology and medicine have got it SO wrong... and we'll prove that to you.

Clients come to us knowing that everything they have tried has failed them and **within a**

day they fully understand exactly why they suffer, what causes it, what every symptom is, why they happen and how to overcome it all fast.

It's just such 'common sense' BUT, more than that... it's simple science.

Best of all though... it's **reassuring, easy and enjoyable**... why? Because it produces such **fast results** and the relief feels wonderful.

The **ONLY** reason you suffer now is because you haven't yet been given the solution.

The science of recovery is simple, the process is simple and recovery happens naturally, quickly and completely... your search for the true solution is over.



TOTALLY unlike any other anxiety resources or organisations

No other professional treatment organisation...

- focuses on producing removal of anxiety conditions and lifelong recovery outcomes
- includes unlimited guidance and support by qualified psychologists and psychotherapists
- provides online, app, workshop and residential programs of recovery
- is the first ever (since 1996) provider of online and home-access recovery therapy
- has the reputation backed up by thousands of testimonials, case studies and endorsements
- is on speed-dial of thousands of celebs, sports-people, TV & film studios, Drs & Clinics

World's 1st



DID YOU KNOW... that we the world's first online recovery psychology service - since 1997.

"Since 1997 our Psychologists and Psychotherapists have been providing online, email and phone recovery resources to anxious people around the world and the outcomes we produce are wonderful and unique."

Jenny Brookes. Psychologist BPS - Lead Educator

Have you been told that you will always suffer?

Despite what you may have been told, your anxiety disorder has an 'off' switch.....

...you, like all humans, have the in-built ability to switch off your anxiety disorder... actually in the blink of an eye.

This is just 'everyday science' - high-school science!

Anxiety is not fear - Anxiety is a FEAR DISORDER.

If you have been told that medication, coping, management or talking therapy are the only options and that you may have to 'live with', 'cope with' or 'manage' your disorder, you have been severely misled.

We will prove to you that people DO recover fully.

Practising since 1997, we have developed the only accredited anxiety disorder recovery therapy. It's called LAR

TLM produces reduction of anxiety levels **from severe to normal** in trials and in over 250,000 cases we have helped.

RECOVERY TRIAL RESULTS: Average reduction from GAD7 18.24 out of 21 (chronic anxiety) to 2.84 (Recovered)

It works because it's just 'science' - the science of the psychology of the emotions - simple recovery science based on the biology we all learn in school.

Most of psychology and medicine ignore this science because it's too costly to use in practice and we are the only organisation to provide it.

TLM will show you how to modify what you currently DO in your day in order to evoke a response in the area of the brain that controls fear activation.

Our Online, Workshop, School, Residential and Corporate programme formats mean that we can reach people wherever they are.

Mobile technology allows you to carry us with you at all times, there, ready to provide reassurance, guidance, support and real recovery when YOU need them.

We know that when sufferers realise how simple it is and how quickly they can feel so much better, they often say how they regret not having started it sooner.

Combining the sciences of neuroplasticity and psycho-educational recovery, TLM activates the only internal biological process that removes anxiety.



The process doesn't only remove your current disorder, it removes the ability to suffer again by reprogramming you with resilience... the new, authentic you!

THE 5 TRUTHS ABOUT ANXIETY

The FIVE truths about anxiety you may not have heard before...

1 - Anxiety is a condition of the emotion of fear. Anxiety is **NOT** an emotion - It's a **DISORDER**. Anxiety, panic, phobias, obsessions, compulsions, overthinking and anxiety with depression can be removed.

2 - Your body and mind can switch off anxiety quickly and simply. Here's the evidence. This is 'academic' psychological science that's as old as humanity itself. It's 'high school' biology.

3 - The reason you haven't done this yet is because you haven't been told how to. In the next few minutes, you will be taught this simple science and how to use it.

4 - Contrary to what you may have been told, your mind and body don't want to be 'anxious' - they constantly fight for 'normality'... we just show you how to restore that normality. Failure is impossible.

5 - The reason your doctor or psychologist hasn't mentioned this is that many don't have the benefit of the hundreds of thousands of clients, research and 20 years practice that we have. Practitioners have restricted ways to help you, most chosen by business people at the top of that organisation - doctors want to help but often don't know what's best.

THE DIFFERENCE BETWEEN US AND OTHER PRACTITIONERS...

...**OUR** Psychologists, Psychotherapists & Anxiety Recovery Practitioners have decades of experience producing REAL recovery and **they have all suffered and recovered too.** They know how you feel and exactly what to do about it. If kids of seven do this with ease... you can too.

From now on, THEY are YOUR advisers... on an unlimited basis.

RECOVERY IS 'UNAVOIDABLE' - You won't be able to stop yourself recovering

The possibility that TLM can fail is like placing you on a treadmill for 60 minutes every day for the next 3 months and telling you to stop yourself from becoming fitter... it is physically impossible. By virtue of the fact that your legs would be moving at speed, the signals your brain receives would increase your fitness throughout your body... try as you might, you CANNOT stop your body and mind creating fitness if you are exercising.

EVIDENCE BASED RECOVERY

Take a look at our testimonials from real people and then take time out to look across mental healthcare to find ANYTHING that comes close to the recovery successes we generate. What we do isn't 'new science' it's very simple psychology.

THINK ABOUT THIS...

...the last time an anxiety free person you know was sad, happy, jealous, angry or fearful... did they have therapy, medication, hypnosis or anything else to return their emotions to 'neutral'? No of course not. Why? Because the brain takes care of turning those emotions back OFF after they've been utilised. Your brain is fearful, not because of illness or frailty, but because ONE thing has got in the way of it turning OFF your inappropriate fear. So if you could erase that ONE thing, it would go back to 'normal'... agreed? So let us show you how to do just that.

*CBT - In 2017 independent university trials concluded that having CBT is exactly as effective as doing nothing. These findings are echoed by tens of thousands of our clients who tried CBT; many stated that it made them far worse. Our trials demonstrated 100% effectiveness... there's no comparison.

The 12 **BIG** questions

12 commonly asked questions answered.

The things people want to know before joining

1 - Does it really remove anxiety disorders?

You won't find any mental health resource with better results or more client testimonials of true recovery

2 - How long does it take to work?

The average time it takes to reduce all anxiety, phobias, obsessions and symptoms is around 2-10 days (often faster)

3 - Is it simple to understand and do?

Children of just 7 years of age do TLM with ease. It's very simple to do. Most don't realise they are doing it!

4 - Can it fail to remove your anxiety disorder?

The human process we show you cannot fail. It's like eating removing hunger, it's a human pre-set - it cannot fail

5 - Is age or time suffered a factor?

No, Clients range from 6 years to 94 (so far). Recovery time is not effected by age or the length of time suffered

6 - Does taking drugs stop recovery?

No. If you are taking medication, it will not prevent recovery. Once recovered, you will no longer need the medication

7 - Is it about distraction or diversion?

No. Distraction and diversion will NOT remove an anxiety disorder. This is about recovery, not coping

8 - Do I have to stop taking medication?

No. You do not have to stop anything at all. You can stop when your anxiety has gone.

9 - Do I have to set time aside to do TLM?

No. The process will slip into your daily routine. There is nothing to write down or practice

10 - Is it CBT (cognitive therapy)?

No. CBT attempts to change your thoughts to change emotional responses - This is impossible to do

11 - Is it meditation or relaxation?

No. Science proves that relaxation and meditation makes anxiety worse and can even cause it.

12 - Does it involve 'facing your fears'?

No. Facing your fears will make your anxiety worse. Exposure therapy cannot cure anxiety conditions.

How does TLM compare with other therapies?

TLM Provides...

No costs per session

Out of session support access

Online resources, guidance & apps

Recovery focused therapy

Unlimited support by qualified Recovery Specialists*

Videos, audios, first-aid apps & webinars

Professionally accredited Recovery Specialists*

Evidence based psycho-educational recovery

Counselling, CBT, Hypnosis, Psychology...

Costs £40/\$60 up to £120/\$160 per 50 minutes

Provides no interim support or guidance

Provides no online or offline resources to use

Are NOT recovery practices

*Our support team is made up of qualified Recovery Specialists who are also psychologists and psychotherapists. BACP & BPS. They have decades of experience as therapists but are also ex-sufferers.

The most obvious difference between TLM and other therapies is in the outcomes. TLM produces fast and simple removal of the anxiety condition, while other therapies try to teach sufferers to accept their condition and the often horrific symptoms, thoughts and feelings it creates.

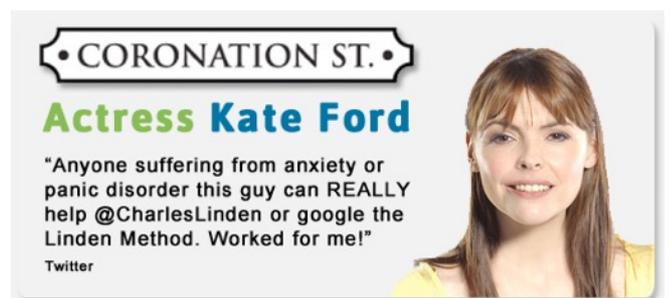
No other therapy uses psycho-educational recovery, which means that none of them address the cause of the disorders or provides the structure, reassurance, guidance and support needed to create instant relief and long-term wellbeing.

Cost is a big issue for many sufferers and even if a therapy is free through your mental health team, it could be preventing you from accessing what works or even making your condition worse, so why do it?

The most qualified, experienced guidance and support in the world - At Linden Tree, we provide £1000's in professional services, support and guidance for one small fee.

Why?

Because we are all ex sufferers who want the true solution to be available to every sufferer.



FREE UNLIMITED Private Anxiety Recovery Counselling for every TLM member.

Did you know that when you join TLM, you get unlimited access to experienced, qualified anxiety recovery specialists that would cost over £80 an hour in private practice. There to reassure and guide you when YOU need them. And they have all suffered and recovered, so they know exactly how you feel.

No other professional organisation provides constant, unlimited, recovery support!

Our team are BACP and BPS psychotherapists and psychologists.



Adele Hilden

I bought the home method - it has changed my life - I still can't believe I'm actually able to live again - when I feel it coming on I know how to control the sensations..thankyou



Justina Akehurst

I came to your retreat with my daughter Erin in June, the help and support she got was just amazing thank you. It has changed her life



Claire O'Connor

I've used the online programme and it's brilliant. The support workers are also there for support. It's helped me 100 percent.



Laura Downen

8 months anxiety couldn't even answer my front door or hang washing in my own garden. Brought the method within 3 weeks back at work and independent... it's a promise



Jane Callicott

Before I did the Linden I had tried medication meditation and various counsellors c.b.t. talking therapies they did not work please listen to Charles Linden



Craig Ansell

Hi Charles 😊 I attended the retreat it really does empower you to promote your own recovery great team



Amy Quinn

It doesn't cost a lot of money and it's worth it's weight in gold! Have a look on the website and you will see 😊



Nicola Hancox-Parkes

I did the home method 9 years ago and it was absolutely amazing. It gave me back my life which I love. I will always be so thankful to you and your team. I recommend every anxiety sufferer to you 👍. Thank you from the bottom of my heart



Laura Downen

Josephine, I stopped my councillor to do te method and it's a massive improvement



facebook.

Thanks so much TLM

Phillip Heathcote · 0:00 I would have probably had to come home from work and lost my job if I hadn't done the linden method. Now I'm getting great appraisals and looking to find an amazing career that uses my skills and abilities, so thanks so much for TLM



facebook.

Start your life...

Helener Cole · 10:57 Hi Charles 😊 please please listen to what he is saying , you need not suffer another day , I had all of these symptoms, did the program and recovered , they are amazing people , just do it !! And start your life 😊👍. Lots of love Helener xx



facebook.

So glad we found it...

Charles Cee We used Charles's programme for my 12 year old son and it really has worked... I'm so glad we found it!

Some of our wonderful Linden Recovery Ambassadors



Plum Sykes - Vogue Editor

"I highly recommend the Anxiety Recovery Retreat & TLM."



Lady Jemma Mornington

"Anyone suffering from high anxiety or panic really should use TLM."



Miranda Hart - Actress

Miranda is Director of our Childhood Recovery Programs and Workshops.



Linda Robson - Actress

"TLM - not just life changers they are life savers."



Jodie Kidd - Supermodel

"I bought TLM and within days, I was feeling better,"



Kate Ford - Actress

"Anyone suffering from anxiety should do TLM. It worked for me."

How to Join or Attend



LIFETIME MEMBERSHIP - UNLIMITED, PROFESSIONAL RECOVERY SUPPORT

You will receive everything you will need in order to remove any inappropriate emotional issues you experience. Children's version also available.

We will provide you with guidance, knowledge, reassurance and support about every aspect of your condition.

We will leave 'no stone unturned' and you will have no doubt about how to achieve recovery.



LIFETIME MEMBERSHIP - 12 MONTHS UNLIMITED, PROFESSIONAL SUPPORT

You will receive everything you will need in order to show you child how to remove any inappropriate emotional issues they experience. The portal contains the entire TLM programme and additional resources for your child. As an example, included are audio tracks your child can use alone or with you, in order to help them to defocus away from the anxiety and to sleep at night.

We will provide you with guidance, knowledge, reassurance and support about every aspect of their condition including explaining every symptom and thought and how to erase them.

We will leave 'no stone unturned' and you will have no doubt about how to achieve recovery.



Join The Linden Method online at
<https://tlmportal.online/order>

OR

Call the centre on **+44(0)1562 742004**

Anxiety Recovery Retreats and Workshops

The ultimate anxiety disorder recovery experience

People travel from around the world to our Retreats and it is often visited by famous people looking for a place to overcome their anxiety disorders effectively, completely and discretely.

The Retreat doesn't place focus on the individual, can be attended alone or with family, is set in a 'home from home' venue and is hosted and run by a team of ex anxiety sufferers who are now psychologists and Anxiety Recovery Specialists with BACP memberships and LAR accreditation. They are there for you... day or night, they will make sure that you are happy, comfortable and maximising your experience.

Our Retreats are unique in so many ways as well as being focused on real recovery and they really are very enjoyable.

After clients leave they continue to receive email and telephone support to help them to complete their recovery journey. The Retreat venue is **The Elms Retreat & Spa** in Worcestershire.



THE 1 DAY ANXIETY RECOVERY WORKSHOP AND LIFETIME MEMBERSHIP OF OUR RESOURCE PORTAL + 12 MONTHS UNLIMITED, PROFESSIONAL SUPPORT

Our team will lead you through an immersive and simple to follow Workshop of reassurance, knowledge, structure and guidance leading you to recovery.



The program is designed to be enjoyable, relaxing and fun. You will receive all materials plus refreshments throughout the day.

You will NOT be asked to roll play or do anything that, in any way, increases your anxiety. All of our team are ex-sufferers who know only too well, how it makes you feel.

You will receive full access to the resources and support portal and ongoing guidance and support for up to a year.

For more information or to book:
www.anxietyrecoveryretreat.com

OR

jo@thelindencentre.org
[+44\(0\)1562 732078](tel:+44(0)1562732078)

The Linden Method has changed my life...can't be more grateful!

#AnxietySufferNotAnymore

@TheLindenMethod @CharlesLinden_



6:18 PM - 19 Oct 2017

1 Retweet



Tweet your reply

Following

@CharlesLinden on the left is me agrophobic and 280 pounds. On the right cured, leaving for Las Vegas at 180 pounds



RETWEET 1 FAVORITES 6



6:50 AM - 5 Mar 2015



HAWK @thatdamnhawk · Mar 5

@CharlesLinden thank you. Wasn't until The day I landed in Mexico for my honeymoon I said to myself "this really worked.. Wow!"

1 Retweet 1 Favorite



HAWK @thatdamnhawk · Mar 5

@CharlesLinden was a chore to get to my job 10 minutes from home 6 months before that

1 Retweet 1 Favorite



HAWK @thatdamnhawk · Mar 5

@maddiemoo136 @CharlesLinden trying isn't an option. You need to do this.

2 Retweets 2 Favorites



Jo Bell

I bought the Linden Method after my Son sent me the link 18 months ago. I was so ill with depression & anxiety, it works!! You have to work hard too, do what is says to the letter, I know even that was hard to do but I promise you it's worth it! As I started to feel better I recognised those feelings of panic / anxiety & can now control them, it's like being free, please try it, worth its weight in gold! Good luck xxx



Gemma Sunderland

I bought the linden method pack including cd's, the book and dvd's 3 yrs ago and i cannot believe how my life has changed since. I couldnt have a panic attack now if i tried and my case was extreme where i couldnt leave my front door or be alone for 5 mins without complete panic consuming me. I always recommend the linden method to everyone who is struggling with anxiety and stress related illness. Surprising how many people actually are. I want to take this opportunity to thank charles and the team for changing my life. Xx



Nicole Cole

I've got this, it changed my life, absolutely fantastic, had it a few years and don't let it out of my site, I can do everything and can honestly say haven't had a panic attack for years



Tina Kavanagh

This changed my life ..it took awhile for me but in the end u got it...thanks so much to The Linden Method



Margaret Fishwick

The linden method is so good ,the best money I have spent ,tried lots and lots of other things they didn't work but the London method has done me more good than the others would recommend it to all who suffer from anxiety ,thank you Charles



Joan Smith

I bought this after a dreadful series of personal loss, job loss and a medical misdiagnosis - it works and you have nothing to lose but your anxiety - it's like learning again and I found the part of me that was lost - try it.



Jan Metcalfe

Andrea, of all the different approaches, this one has the best results 😊❤️🥰 xx



Lindsay Flood Aygun

This guy is amazing my mom as been the retreat ,

All other enquiries:

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