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Do you feel stuck in life?

1 message

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Hi, Nadine here...

I've got some insight that may possibly change your entire outlook on anxiety, FOREVER!

Have you ever felt awfully anxious in the morning?

And the first thing you decide to do is find a solution.

Some days you may believe it's work related, so to cope, you go do lots of work.

Some days you believe it's related to your relationships, so you tend to avoid people that day.

Other days you may not even know what it is, and you cope by eating, or watching netflix, or going on a walk.

But normally, your mind is racing with thoughts, searching and searching for a solution.

"Why do I feel like this?"

Let me tell you, that's exactly where the issue lies...

You see, although it may seem counterintuitive, searching and searching for an answer is not the solution.

Because the first step to finding an answer is understanding the problem.

Once you have a good grasp on the core issue, you can easily find a solution to move forwards.

If you jump straight to the solution, and fail to find it, you'll feel stuck.

It's like setting sail with a destination, but no map.

Until my cancer diagnosis I made the exact same mistake... I never looked within me and tried to understand the problem.

I was always searching desperately for a solution. And everytime I failed, my feet would sink deeper into the mud... Until I felt completely trapped.

The real 'solution' was to always address the problem first — Take the first step, before making the real change.

So here's what you can do...

Next time you feel super anxious, just sit and look for where that feeling is coming from.

Does your chest contract? Is there a weird feeling in your gut?

Your body will give you signals, which only you will be able to see and understand. Someone looking from the outside can only guess... A coach can help extract the right answers, with the right questions, but only you will truly know and understand the feeling.

Because the feeling differs for everyone.

After fully grasping a connection with this feeling, you can escape it.

You will feel relief like no other.

So your task is this, don't try to cope with the feeling initially. Sit and understand the emotion, physically and mentally. I promise the answer is inside waiting.

If you would like guidance, to help you take this first step, and make the change you desire quickly, then let's have a talk — I would love to help!

I have 10 Complimentary growth sessions available each week. There's no obligation, I'm not here to sell you anything, it's a full growth session to help you move forward!

Just click this **[LINK]** to apply.

There's a short application form which will help us get the absolute most out of our free session!

Love,

Nadine x

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