



28-DAY BOOT CAMP FOR THE BRAIN

Healing the Trauma of Sexual Abuse

This 28 Day Boot Camp for the brain is a self-study training program that blends cutting edge neuroscience with easily accessible brain boosting lessons designed to strengthen and heal your brain and unlock your most remarkable self!

I want to share with you what my clients are calling THE ROADMAP to finally feeling in charge of their lives, understanding themselves for the first time EVER, and putting an end to the roller coaster of pain that results from sexual abuse.

The program starts the moment you sign-up.

Then, for 28 days you'll get an email every day that includes one of the following:



Vital articles to help you understand how your brain works



Easy-to-follow audio and video exercises for practicing do-it-yourself brain boosting drills



Hand-picked resources and practice tips to keep your newly formed brain connections firing towards healthier habits

Because **your brain is the resource center for your entire life!** It is because of the brain that you feel, think, speak, move, act – it's so powerful.

It's the roadmap that unlocks the door to freedom from the struggles that come every day for survivors of sexual abuse.

My guess is that no one has ever taught you how your brain really works, nor have they given you the tools to work with it in a very smart way. You see, for things to really shift, you need a combination of both.

I've got you covered because this IS my specialty!



Get FREE ACCESS at <http://bit.ly/28daybootcampgift>