

Discover a Breakthrough System to Reduce Your Anxiety, Shut Down Your Panic Attacks, & Get Rid of Your Stress With NO Pills, NO Medications, and NO Supplements...

In 63 Seconds or Less!!

The woman across from me was sobbing uncontrollably.

"I can't live like this anymore," she cried. "I can't handle everything right now!"

Sue barely had time to think: she was a married mother of two, a teacher at a middle school, and a PTA volunteer.

Sue found it difficult to concentrate during the day, her IBS was out of control, it was impossible to fall asleep at night, and she felt her mind racing constantly.

But the worst part were the panic attacks.

She would be in class with students, or at a PTA meeting, or even at a restaurant with her family and suddenly feel as though she just *had* to race out of the room.

She had tried traditional relaxation and meditation techniques, as well as several expensive medications, but nothing helped.

Chances are you might be reading this and thinking, “Yup, that sounds like me.”

As a hypnotherapist, I understand how you feel.

In fact, many of my clients have felt the same way.

What they found is that they need the ability to control their stress or anxiety “in the moment.”

In my office, I regularly teach my clients how to use incredible, simple methods that allow them to *lower feelings of stress and anxiety in two minutes or less!*

Although skeptical, Sue tried my techniques...and noticed immediate results:

- Her IBS diminished rapidly
- She went to sleep easily each night
- While sleeping, she enjoyed deep restful sleep
- She woke up feeling rested and ready for the day's challenges
- She regained her ability to focus and concentrate during the day
- She noticed herself smiling more and feeling better about herself
- She felt more confidence in herself and spoke her mind more
- Her family and co-workers told her that she seemed like ‘a whole new person’
- She even mastered how to reduce (or eliminate) her headaches in just a few moments!

- She regained more control of her feelings than she believed possible

“It’s been incredible!” Sue explained. “I realized you can *learn to control your stress and anxiety quickly and easily* just by doing a few of these simple, fast techniques.”

“You owe it to your family and co-workers to *improve your mental and physical health*, like I have,” she finished.

If You are Ready to Take Back Control of How You Feel, Then You *Need* to Read This:

What would happen if your life improved that quickly? What would it look and feel like?

Imagine how different your life will be with...

- No more “knots” in your stomach
- **Being able to easily focus and concentrate**
- Having the ability to shut off feelings of stress and anxiety at will
- **Drastically reduce or eliminate headaches with NO pills... in just a few moments!**
- Getting IBS and other physical side effects of stress under control
- **Feel so much better physically and mentally**
- Easily get to sleep each night
- **Getting along better with your family, friends, and co-workers**

- Being able to handle whatever life 'tosses your way.'
- **Regaining that feeling of being in control of your life!**
- And much, much more!

BUY NOW

I'm Cris Johnson, Board Certified Hypnotist and Instructor through the National Guild of Hypnotists, the largest hypnosis organization in the world.

Since 2005, I've helped hundreds and hundreds of people reduce stress, control anxiety, and 'take back the wheel' in life.

I've continued to take hundreds of hours of continuing education in the form of workshops and classes to give my clients the absolute best tools possible.

I also regularly consult with accomplished psychologists to ensure I'm incorporating the most up to date neuro-science data when helping my clients.

My clients pay me top dollar, and invest several hours of their time, for me to teach them these tools, one on one, over the course of multiple sessions.

My clients love how I have helped them take back control of their lives.

**Now You Can Learn These Same Incredible
Techniques in a Fraction of the Time from
the Comfort of Your Home or Office!**

I've assembled my most effective methods of stress and anxiety reduction and put them all into a series of simple, take-you-by-the-hand-and-walk-you-through-everything online videos.

I call it "***The Educator's Stress & Anxiety Reduction Toolkit***" and it will change your life!

My system is different from most of the other offers out there because most of my techniques are designed to be lightning-fast... and completely invisible to the naked eye.

How fast is "lightning-fast?"

Once you've practiced them, several of the techniques will usually noticeably reduce your feelings of stress and anxiety in a minute...or less.

And by "noticeably" here's an example:

On a 1-10 scale, let's say your stress or anxiety is at an 8 or higher, and in less than a minute, you'll lower that feeling to a 2 or 3 with these techniques.

Or it may reach Zero and be gone completely!

Every person's experience is unique, so maybe in certain situations you might need an extra 30 seconds. Possibly an extra minute.

Yup, THAT fast.

What about "completely invisible?"

Imagine you're teaching a class or in a meeting and you suddenly feel that familiar churning feeling in your stomach...or that panicked 'I have to get up and get out of here NOW' feeling...

What can you do? You can't excuse yourself and run off to listen to a CD or mp3. You can't close your eyes during the meeting and meditate without others noticing.

In fact, you'll be able to use many of my techniques while in a room full of people, or even while someone is looking at you...and no one will have any idea that you are "doing anything."

That means you don't need to sit in a specific chair, listen to a special audio recording, or go visit a distant office to use these incredible stress-busting methods!

Many of the methods may seem like magic, but they are based on rock-solid principles of physiology and neuroscience, positive psychology, NLP, guided imagery, and more.

Also, I teach you a DOZEN techniques so you'll have a 'toolkit' (*hence my clever name of the program*) you can use for different situations.

The best part?

The system is designed to be entirely private and personal, with no contact through your workplace.

You can do everything on your own, with no group meetings or counseling.

You can relax and enjoy the process with complete privacy.

BUY NOW

Regain Control of Your Life with Fast, Easy-To-Digest Videos, Learned at Your Own Pace!

Since the pace of this 21st Century is so fast-moving and chaotic, I've made these videos super-short.

Most clock in under 10 minutes, so you can view and master a technique quickly, often after the first viewing.

Here's a small sample of what you'll learn in this amazing series of 18 online videos:

- **A DOZEN simple stress-busting techniques...many can be done anytime, anywhere!**
- How to easily chart your own progress so you KNOW the techniques are working!
- **Why many people overeat because of stress...and how to stop it!**
- A simple 3-step system to assess any stressful event
- **The secret of how to physically *trigger feelings of relaxation anytime, anywhere!***
- Why that memory of your last vacation can be your best friend
- **How to use a simple ball point pen to *banish stress in seconds!***

- The secret trick to using your own brain's structure to wipe stress out in *less than a minute!*
- **How simply moving your hand in a circle can *change your mood instantly!***
- Eliminating anxiety by using an ancient Chinese healing technique...updated for the 21st century!
- **Why the way most people do a traditional relaxation technique is completely wrong - you'll learn the correct way!**
- And much, much more!

Right now you're reading this to yourself...thinking about how it applies to your life...and maybe wondering how much your life will improve using these techniques.

BUY NOW

Who Is This System For?

I originally designed this system for teachers, parents, school faculty...anyone associated with kids or education.

Because I visit 150 schools a year with my live programs, I intimately understand the stress and anxiety that school faculty and parents feel.

Educating or raising kids is incredibly important.

But I now realize this program can benefit so many more people. We are ALL feeling the stress of these challenging times.

So wherever you are in life, these techniques can help you *regain control of your feelings*, **regardless of age, profession, or location.**

In short, if you are feeling stress or anxiety, this program is for YOU.

Here's something important to keep in mind: Change happens when you want it to happen. I can show you important and effective tools, but unless you're ready to use them and take control of how you feel - you won't know what's possible.

You can have confidence that these techniques will drastically improve your life because thousands of people before you have successfully used the exact same techniques you're about to learn.

I'm also including a few bonuses if you respond NOW...

BONUS #1: Quick-Reference Guide PDFs of Each Technique

Once you watch my videos, you'll easily understand how to do each technique, along with why they work.

That being said, you may want a quick way to refresh your memory and review a technique if you need to, without going online and re-watching a video.

So I'm including a PDF document which provide details of each technique.

Use this PDF guide to 'brush up' on any technique quickly and easily.

This PDF guide is useful as a 'print out' to:

- carry in a briefcase or purse
- place in a night stand or kitchen drawer

- even a vehicle's glovebox

or anywhere you need to reference it!

BONUS #2: Free Membership in “*The Educator’s Stress & Anxiety Reduction Toolkit*” Facebook Group

This Facebook Group provides a private, safe, and 'members-only' community with the opportunity to meet others who have been introduced to the techniques.

This Private Group provides a place where you can ask me any questions you might have about a technique or its use.

Some members also enjoy sharing the dramatic improvements they are experiencing in such a short amount of time after using these effective techniques.

BONUS #3: Three Stress-Reduction Audio Recordings

The main focus of “*The Educator’s Stress & Anxiety Reduction Toolkit*” is to offer you FAST techniques that you can start using today.

However, there are massive health benefits, both physically and mentally, to making time for yourself to slow down, refresh, and recharge your batteries.

With that in mind, this bonus will give you three mp3 audios from my previous in-person hypnosis clinic that you can put your feet up and listen to when you have a few minutes to just shut down.

Each recording is very short, with the longest being less than 11 minutes! These bonus audio recordings will further enhance your stress reduction.

Besides, let’s face it: after a busy day, you might think that sometimes it’s nice to simply let someone else take the wheel and just relax like a passenger.

BUY NOW

You Are Completely Protected By My 100% “No Questions Asked” Money Back Guarantee

Because I'm so sure that these techniques, when practiced and applied, can and will improve the quality of your life, I'm protecting you with a full 30-Day Money-Back Guarantee:

If for any reason in the next 30 days, you don't like the program for any reason (even if it's simply that you don't like the sound of my voice) just let me know and I'll cheerfully return your investment.

So, to sum it up, here's what you get in ***“The Educator's Stress & Anxiety Reduction Toolkit:”***

- Lifetime access to 18 videos that teach you:
 - how your mind works
 - the nature of stress
 - a DOZEN power-packed stress / anxiety reduction techniques
- FREE handy reference guides in PDF form
- FREE membership in my private Facebook Group
- FREE 3 relaxation audio mp3s
- 30-Day Money Back Guarantee

This entire package is available to you for just \$47 as a one-time payment. That's less than ***one-third of what I charge for a live one-on-one session!***

How to Get ***“The Educator’s Stress & Anxiety Reduction Toolkit:”***

Here’s what to do:

Click on the “Buy Now” button below. You’ll be taken to a secure PayPal payment page where you can make your payment and gain instant access to the program.

BUY NOW

You can be learning how to take back control of your life in the next few minutes!

At this point, I’ve shown you how my stress and anxiety reduction program is unlike anything else being offered. And I’ve shown you my guarantee.

All you need to do now is order to get instant access to ***“The Educator’s Stress & Anxiety Reduction Toolkit”*** and the bonuses.

If you’re still reading this, then you know there’s no way you can continue on, white-knuckling your way through life.

You want more control over how you feel about your life, outlook, everyday mood, and destiny.

I don’t know if you want to simply reduce your stress right now, or if you want to stop it completely, because this important decision is really up to you and you alone.

Remember Sue? She experienced massive, positive change in her life almost immediately.

Wouldn’t you like to have your life be like that?

Just click the orange “Buy Now” button to get started.

Best,



Cris Johnson

P.S. Even if you just implement ONE of these stress management techniques, it could make a massive positive impact in your life...and I'm handing you a DOZEN life-changing techniques!

BUY NOW

P.P.S. Here are what just a few experts had to say after reviewing the program...

What Others Say...

"This is an excellent program!! Cris is providing quite a service putting all of these techniques for reducing stress and anxiety in one place! This program is aimed at helping educators and parents, but Cris explains these techniques very clearly and thoroughly in ways that can help just about anyone who is experiencing stress and anxiety during these challenging times. And I know these techniques and methods work, as I've learned and used all of them from Cris over the years he has been in practice. They all work quickly, many in a minute or less, but some like Altering Submodalities, the 'Headache Reduction', and Mental Massage are amazingly effective and can get rid of all feelings of stress."

– Billy J. Shilling, MA, CI, CAPT USN-Ret.

"As a 30-year veteran of Cleveland Public Schools, I know all too well how much stress and anxiety even a normal school year can provoke. Nowadays, it seems like teacher stress has increased ten-fold. Cris Johnson's Stress & Anxiety Reduction Toolkit is a wonderfully effective resource that I am very grateful for and wish I had used 20 years ago. The clear explanations he provides really helps me to understand why I get stressed and how it is affecting me. The short, easy steps to take, the simple techniques, and his calm explanations of what to do are really proving to be effective. I have never seen anything this good at speaking directly to teachers about how to help themselves to keep calm and stay mentally healthy."

- Jim Kleefeld, M.Ed.

"I have now had a chance to thoroughly check out your terrific program and I LOVE IT! Really well done. The quality of the video production is wonderful; your natural connection through the camera really spot on; and the comprehensive nature of the

content gives everyone really practical techniques to sink their teeth into. You have a really nice way of explaining things so that the concepts feel easy to understand; really perfect for school professionals who may not have a background in these ideas but really need to be able to understand, share and express them! Two thumbs up!"

- **Michele Rosenthal, Trauma Recovery Specialist**