

Special Alert...

# **“Are You Tired of Living With Depression, Anxiety, Fear, Insomnia and Panic Attacks?”**

## **How a Pastor from the Midwest Went from Chronic Depression and Anxiety, to Joy, Peace, Hope and Restful Sleep**

Dear friend,

If you are tired of the daily battle with depression, then this may be the most important letter you'll read this year.

Because if you have experienced the gloom and despair of depression, the discomfort of anxiety, the terror of panic attacks, the bondage of fear and phobias, or the frustration and misery of insomnia...

Then you have come to the right place.

**“Give me 5 minutes and I'll reveal the secret behind my breakthrough miracle healing.”**

Why? Because I've been where you are. And I know you can experience the same incredible relief from these crippling ailments that I have.

Imagine: What would it mean for you to actually wake up each morning feeling truly phenomenal? It sounds wonderful doesn't it?

Well it hasn't always been this way for me.

As a pastor for many years, a lot of people are surprised to learn that I struggled with intense depression and anxiety. But I know exactly how you feel. And these afflictions can be a nightmare, don't you agree?

The point here is this: I've had great days of course, but I've also had days where it takes everything I've got to make it through a day or to even get out of bed.

I have personally experienced the emotional pain caused by depression, fear, insomnia, anxiety *and* panic attacks. From a racing heartbeat, to tossing and turning at night, I've lived with it at some point in my life.

I used to try and muscle through it on some days. In fact it's often all you can do.

But I never really fooled anyone, including myself, because it wasn't just a matter of "the blues." There was more to it than that. I knew it and everyone else did too.

Your friends and family care, and they try their best to empathize - yet don't you feel like no one *really* understands what you're going through?

It's easy for people to say they "feel depressed", or that they feel anxiety. And maybe they do.

But still...

Unless someone you care about has suffered from clinical depression, anxiety or panic attacks, they'll never be able to fully understand what you're going through.

**WARNING: Real depression left untreated is a serious condition – and a serious condition calls for serious action.**

After all, there are a lot of myths about depression.

Here's the way I look at it: When your depression keeps you from enjoying quality relationships, keeps you unproductive, or even keeps you from taking care of yourself – then you need help.

And it can feel like you're all by yourself.

But yet you're obviously not alone. Millions of people like us suffer from these conditions on a daily basis. FACT: The National Institute of Mental Health reports that *up to 28% of Americans suffer from anxiety at any given time.*

Not only that, but I discovered that up to a whopping **30%** suffer from insomnia. That means 3 out of 10 people could have sleep problems tonight.

Are you one of those three that won't be able to sleep tonight due to worry, fear, anxiety or depression? And if you are, what can you do about it?

I'm going to show you that **you can significantly reduce, or even eliminate these problems.**

And you can do it starting today.

Listen: After years of suffering from these conditions, I want you to know there's hope because I've been there – and I've almost completely conquered my own problems.

But first you need to know something important: I believe God gave us medicine and doctors for a reason. Both can play an important role in healing – and this program isn't a replacement for those.

But unfortunately **most treatments only act as bandages** – they never address the *root* of the problem leading to these conditions. Not only that, but most treatments are unaffordable, unsuccessful, or even both.

Not to mention the side effects. They're certainly no treat.

From making you nauseous to giving you headaches, pills tend to leave you trading one ailment for another.

And you know what? That wasn't good enough for me.

I wanted more than that – I wanted to be **free**. Free from the pain of depression, free from the despair of anxiety, free from restless nights ... you name it.

I didn't want to have to place my entire well-being on over-the-counter sleep aids or prescription drugs. I wanted to experience what *normal* people feel every day.

I'm sure you know what I'm talking about; I wanted the experience of being truly healthy in a way that had seemed to come so easily to others – with little or no (if possible) dependence on drugs.

This led me to looking for other possible solutions. And I finally had to ask myself,

**“When are you going to get tired enough of living with this to *really* do something about it?”**

So I began to try different strategies and exercises to bring relief from these disorders, but I needed something more. I needed something that I intuitively knew was missing but couldn't quite put my finger on.

You see numerous studies have shown that we become what we think about most. Or as a psychologist might say **you always act consistently with the dominant pictures you hold in your mind**.

I felt that the missing piece of the puzzle needed to focus on my inner mental health – my beliefs about myself.

In a sense I was looking for something that would “rewire” the mind at a deeper level – although I might not have voiced it that way at the time.

Well I believe scripture can radically transform your heart and mind in this exact way. In fact there are specific verses in the bible that can produce profound changes for almost any situation you can think of.

**It was kind of my “ah-ha” moment.** I knew scripture could transform hearts, but I had never chosen to exclusively focus on healing myself in this way through repeated, directed repetition.

This principle has profound implications for your emotional and mental health, yet it's rarely applied in this way – even by most Christians.

Let me explain.

It's kind of like the “GIGO” that computer programmers talk about. It stands for “garbage in, garbage out.” That is – if you put junk programming into a program, don't expect anything but junk to come out.

But if you put in good programming ... and here it is, you'll get *good programming*. There shouldn't be any surprises there, right?

**Well you and I are no different.**

It just made sense that I should start by really focusing on combining my faith in Jesus with speaking and trusting Bible passages that promise God's healing, deliverance, victory and transformation.

So I sat down and started writing out biblical professions and transforming scripture promises about having peace, joy and hope. I then recorded all of these onto a CD with relaxing music and started listening to it every day.

Here's one if the biggest secrets I discovered.

I began to realize that it wasn't just my conscious mind chewing on the verses, but that the scriptures had begun “imprinting” onto my subconscious where **they started working on me from the inside out** as well.

As a pastor, this idea wasn't new to me – that God's scripture would come to mind when I needed it. But this was the first time I had put it together onto a CD for listening to every day.

And having “ironed out” the other physical exercises and meditative practices I was adding to my “get-well” routine, things really started taking off.

It was truly amazing to watch the changes that started happening.

**“How often do you really get excited because you know you're onto something special – something that *works*?”**

In fact I'm a bit embarrassed to admit this because this was only ever intended for me, but when one of my loved ones came to me with similar problems, they asked to use some of the material I had put together for myself – and it worked wonders for them too.

Every day I was starting to experience far more hope, peace and *happiness* than I did depression and anxiety.

It was exciting.

And when you get excited about something, you tend to want to share it, right?

“Six Weeks to Change” is the result of this personal journey. It's the program that God revealed to me - and it has produced dramatic, positive changes in my life.

And while it took me some time to make the journey to where I am today, I am confident that all of my positive changes are due to the steps I've taken that are laid out in this program.

I'm sure you can imagine the abundant freedom this has given me.

Now stop and think about this. This isn't something that will only work for me. **It will work for you.**

So how about it, are you ready to get started?

### **The Six Weeks to Change Program Experience**

The “Six Weeks to Change” program consists of a powerful, life-changing 30-minute CD with a unique combination of positive, biblical professions and transforming “scripture promises” for you to listen to once a day.

From finding just the right verses and putting them in just the right order, this CD is specially created with one goal in mind – to **maximize your healing quickly and efficiently.**

If you've ever cried tears of frustration or despair I promise you they will turn to tears of joy and relief after just six weeks of going through the program.

So let me ask you a question: What would your life be like if you could finally find true peace? I mean *real relief*?

Have you begun to see the possibilities?

Listen: In the next six weeks you could be a whole new person. A new wife, mother, husband or father - a new *you*.

**Can you imagine** feeling incredible at the start of each and every morning?  
Feeling great about what's in store for the day ahead?

**Can you imagine** not being afraid half the time anymore? Knowing there's hope  
and comfort whenever you need it for as long as you live?

**Can you imagine** not being anxious about going out, but actually being able to  
enjoy the activities you used to do like reading, being outdoors or just spending  
more time with your family and friends?

**Can you imagine** the hopefully curious looks on the faces of those who know  
you when they recognize the profound changes taking place within you?

**Can you imagine** the feeling of real confidence? That you're in control of your  
anxiety and not the other way around?

**Can you imagine** having a solid sleep schedule leading to more productivity and  
getting more accomplished than you have in months?

**Can you imagine** *finally* seeing the glass as half-full?

**THAT's the power of this program – and God's word for you.**

I like to think of it as when you haven't seen the eye doctor in years. You usually don't  
even realize how poor your eyesight has become. You know it isn't where it's supposed  
to be, but you're used to the way it is.

But when you come out wearing a new prescription you truly see the world in a whole  
new way. Everything becomes clearer, more vibrant.

And only then do you appreciate all the amazing details you've been missing, right?

Well this is more important than your eyesight. This is your life.

And while this may sound like "hype" to you, you *really can* finally start to "see" the  
world you were meant to. I have, and I believe with all my heart **you can too.**

**"So what are you offering and what does it cost?"**

With the program you get the special CD as well as a literature packet that provides  
specific instructions and reinforces the CD with other important daily activities to really  
fire up your progress.

In short, you get everything I've put together for my own personal use that was and  
continues to be responsible for my own healing. You'll get a clear plan for the relief  
you're looking for.

So what would you pay for real relief?

I mean how much would you hand over to someone if you really believed you could greatly reduce or just about eliminate your problems? What would it be worth to you?

Think about it. Would you pay a hundred dollars?

Of course you would. If you really believed I could offer you something that would bring you phenomenal results and relief in ways you've never experienced, I'm sure you'd pay more.

After all you can't put a price on your happiness right? Well this isn't going to cost you a hundred dollars. **It won't even cost you half that.**

I'll get to the cost in a second, but first . . .

**Your health is too important to wait - that's why I want to offer you an 'ethical bribe' to act right now.**

**Here are some FREE extras for ordering now -**

**GIFT #1:** What if you need quick, immediate relief? Use these **Freedom Cards**.

These are special laminated cards you can keep in your pocket, purse or wallet at all times so you're always ready to have relief.

When you're in the midst of an attack from sadness, anxiety or fear, these cards will provide you with quick and easy instructions on how to claim immediate relief using meditations and scripture. It's like keeping a doctor in your back pocket.

You'll also receive...

**GIFT #2:** **A one-hour tele-coaching call.**

For ordering now you'll be invited to join others like you on a teleconference call with me for questions and coaching. You'll be encouraged in your progress and will be able to potentially hear and share stories.

Think of it as a round-table discussion on your personal development during the six weeks with me as your personal coach. You'll be given a special access number limited to purchasers of the program. You'll also receive an mp3 recording of the call to listen to again at your leisure.

I want to see you succeed.

**Both of these gifts are yours free.**

This program needs to be in the hands of everyone who's desperate for relief. That's why I'm making it available to you for **\$27.00** - and that includes standard shipping and handling.

But let's be honest, if you've been reading this far you might be thinking to yourself that I've made a lot of BIG promises! Does it all sound hard to believe?

I can understand your doubts.

You might even be thinking, "*Ok so it worked for you ... but it certainly won't work for me. My situation is different.*"

The great thing about this program right now is that you don't have to believe me; **you just have to have enough faith to try.**

So I want to make it as easy as possible for you. I'm so confident that you'll be 100% blown away by the results of my program that **I'm willing to do something you can't do with medicine or counseling . . .**

**Let me take all the risk.**

You can take comfort from these two incredible guarantees I have for you:

#### **Unconditional Guarantee #1:**

Get it and look it over. If you don't like anything about it, send it back for a full, no-questions asked 100% refund in 30 days.

"But that's not six weeks. What happens if I don't see any results after that?" You also get my results guarantee and I'll give you **more** than six weeks. You'll get ...

#### **Incredible Guarantee #2:**

**"My Results Driven, 90-Day, You Have-to-Love-it-and-See-Dramatic-Changes or A 100% No-Hassles Money-Back Guarantee"**

Try it. Test it. Examine it. Prove it.

Get this program, put it to work.

Try it for 90 days, and if doesn't do everything for you that it did for me, then I'll gladly send you every penny back promptly with a big thank you for trying it out.

Your health is what's important to me. And I only want results – I want you to be completely *happy*.

## **You can't do that with pills or doctors!**

Don't you owe it to your friends and family? ... Don't you owe it to *yourself*?

**STOP** and ask yourself where you'll be in one week if you don't buy this program right now... Can you really afford to live another *day* with the sadness, detachment, or fear?

**Click on the order button below** and I'll get your package out to you right away and you can be on the road to recovery as soon as possible. You'll be taken to a secure order page where you can place your order and receive a confirmation in your email instantly.

So what are you waiting for? Let your new life begin! **Click below**.

**ORDER BUTTON**

Yours Truly,

*Henry Bechthold*

**P.S.** Remember you're going to notice encouraging and positive changes within three to four weeks. After six weeks you will have significantly reduced or (depending on your starting point) even eliminated your problems – or you can take advantage of one of the strongest guarantees I can offer.

Because if it doesn't work for you let me know within ninety days and I'll buy it back full price.

**P.P.S.** Remember the \$27.00 includes shipping and handling. You'll also receive the **free gifts**. You'll get the handy **Freedom Cards** that can be kept in your pocket, purse or wallet for immediate relief from sadness, anxiety and fear.

You'll also get a special call-in number to be on a **one-hour tele-coaching call** for support and follow-up during your journey towards healing. What are you waiting for? You have nothing to lose but your problems.