



Introducing *Quiet Mind Mental Wellness*

Does depression or anxiety make you mistrust your brain and doubt yourself? I've been there too. Welcome to *Quiet Mind*, an emotional wellness program that returns your brain to its calm, agile and enriched state. A *Quiet Mind* experience is self-directed and achievable by anyone as it gradually builds skills that lead to permanent results.

There is a vibrant life waiting for you. I send you my personal warm and reassuring welcome - my greatest joy is sharing my success. The website is free and the cost of the book is minimal.

Finally, a proven alternative treatment for depression and anxiety.

- **Education:** The handbook, *Quiet Mind: How to Create Freedom from Depression and Anxiety*, outlines four essential tools to build new skills and create your foundation.
- **Inspiration:** *Welcome to My Porch* posts introduce higher-consciousness concepts to elevate your awareness and create a mind open to new concepts and positive change.
- **Affirmation:** Daily *Quiet Mind* seeds nurture positive thoughts and attitudes. Their consistent messages of joy and personal growth reinforce and motivate and their repetition creates lasting change.

Come with me ... I'll show you how!

View program @ SpinStrawtoGoldnow.com



"... exactly what I would tell people about my own recovery."

~ Shem Watson

"Linda's style is compassionate, humorous, and that of a knowledgeable mentor ..."

~ Dr. Ruth Anderson

"What I really loved was the realness, honesty and integrity that shine through every sentence."

~ Dr. Meredith Young-Sowers