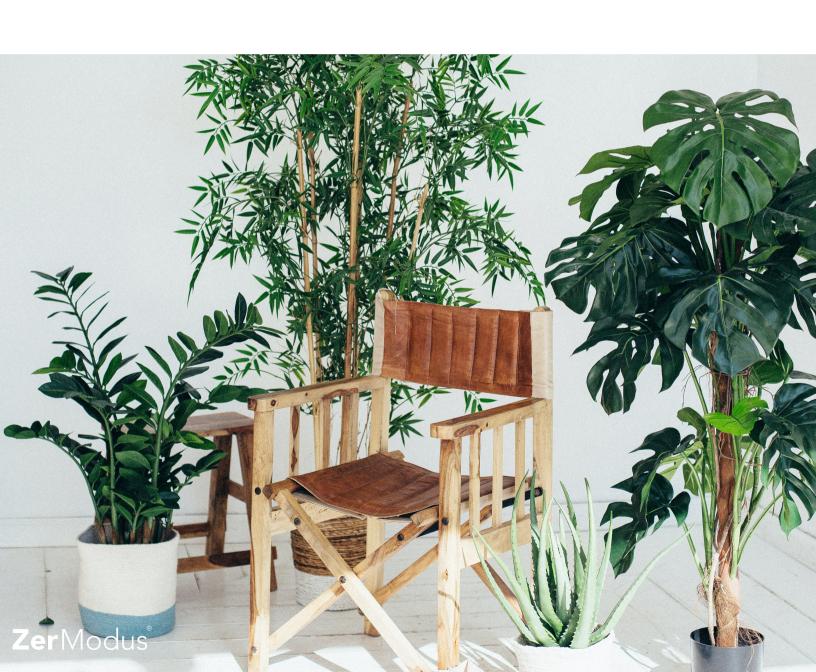
THIS YEAR HAS TRULY BEEN INSANE THIS YEAR HAS TRULY BEEN INSANE THIS YEAR HAS TRULY BEEN INSANE THIS YEAR HAS TRULY BEEN INSANE

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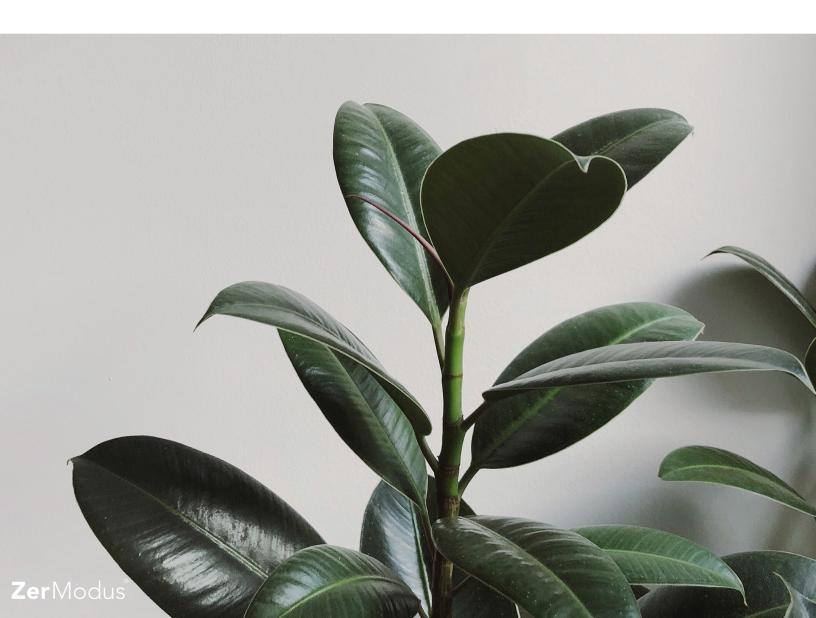
a self-paced self-help course for managing anxiety



### Welcome to Certifiably Sane

Where you'll get years of psychological learnings condensed into:

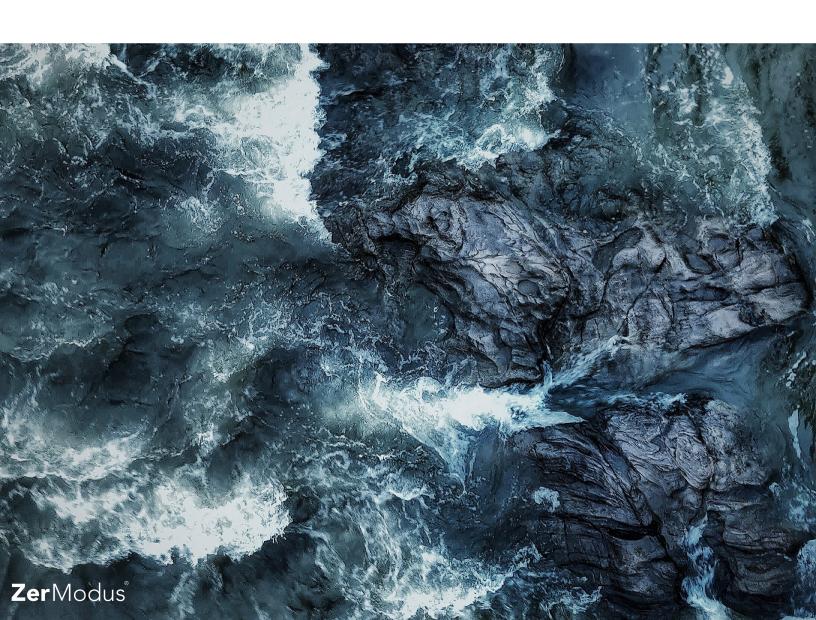
- 2 Hours of On-Demand Video Lessons
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#### we dive into 7 topics

- 1. Mastering Anxiety and Control
- 2. Biohacking Your Nervous System
- 3. Mastering Emotional Granularity
- 4. Addressing Anxious Fears
- 5. Processing Uncomfortable Emotions
- 6. Reframing Anxious Thoughts
- 7. Mastering Empowering Mentalities



# certifiably sane

#### you should take this course if you:

- are internally motivated to learn and grow
- are goal-oriented
- are ready and willing to change your thought patterns and enhance your emotional intelligence
- appreciate having clear processes and frameworks for handling various challenges
- want to work at your own pace on your personal growth
- want to leverage holistic techniques for soothing your nervous system
- want to enhance your cognitive skills and neuroplasticity

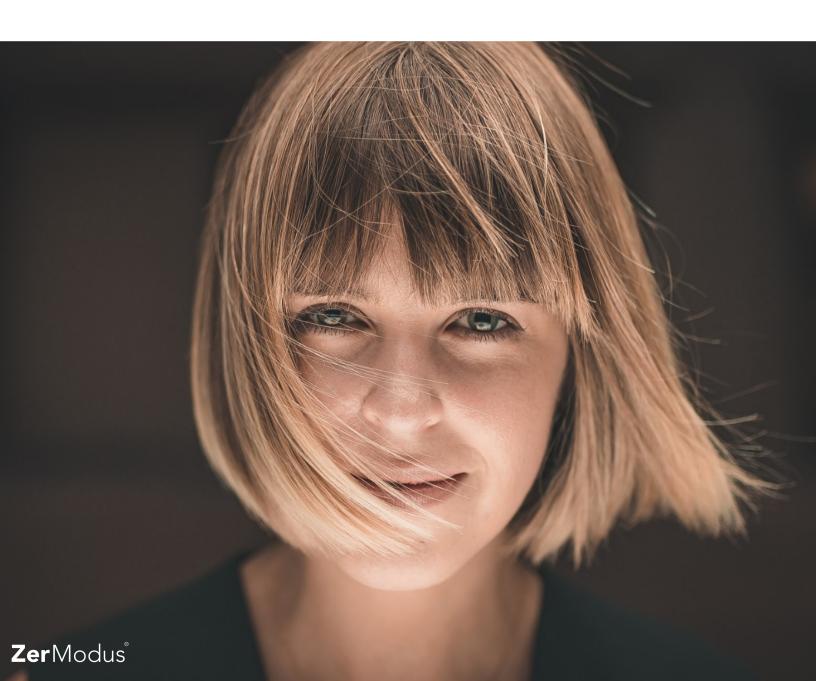


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### taught by certified cognitive behavioral coach

"I'm not a therapist. I'm a problem solver and solution designer. This course isn't about me listening to your problems. This course is about helping you have the tools to solve them."

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