

THIS YEAR HAS TRULY BEEN INSANE
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Enter —→ Certifiably Sane

a self-paced self-help course
for managing anxiety



Welcome to Certifiably Sane

online course
now available

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

- 2 Hours of On-Demand Video Lessons
- 10+ Modus Downloads for Different Challenges
- Everyday Human Planner 30-Day PDF



Welcome to Certifiably Sane

online course
now available

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

online course
now available

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



taught by certified
cognitive behavioral coach

online course

"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."

elizabeth fischer
course creator



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certifiably
sane

Full Price \$74

Sign Up Now for \$50

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