

WHEN THE BODY TALKS

This is an unsolicited testimonial for “When The Body Talks,” an online course taught by Lauren Starnes. I recently completed this life-changing course and strongly encourage anyone who might be considering taking the plunge to jump in with both feet.

Having dealt with anxiety and related issues for the better part of my life, I am no stranger to individual and group therapy. Taking this course was a totally new and refreshing experience. It began slowly and addressed some basic, simple practices that had never been suggested to me before. In the process, I discovered that my body had a lot to say to me but I had never learned how to listen. With Lauren’s guidance, I can now hear it loud and clear and I’ve gained knowledge and understanding about my nervous system that I never had before. More importantly, Lauren helped me to discover various ways to manage and alleviate the stress in my life.

Some of the many things I most appreciate about Lauren are her non-judgmental understanding and her unique manner of pointing you in the right direction until you discover, for yourself, the pot of gold at the end of the rainbow. It’s obvious that she sincerely cares about her clients and rejoices with each one at even the smallest victory.

I know that, like everyone else, there will always be stress in my life but I face the future with a new-found confidence. I have more knowledge, new skills, and someone to call on when I need some more “tweaking”.

Thank you, Lauren!