

LEGACY

Charles Linden

If this is my mark on the world, I will have done more to save and change lives than any other living person working in mental health could do in 50 lifetimes...

...but this is only a small collection of the statements we have received... an indication of the impact achieved.

If I have saved or improved the life of just one human, my job is done, but I believe this book provides evidence of much more; a process that does what no other therapy on earth has done to date.

LEGACY is dedicated to my family, dead and alive and especially to my wife and children, Charlie and Flo, who have tolerated the madness and the jealous demons my work has brought into our lives; for that I am deeply sorry.

I love you.

Charles Linden.

www.thelindenmethod.direct

These statements have been provided voluntarily through email, social media and videos, thousands of which I can't technically publish in the pages of a book.

They are in no particular order and were copied from their sources as they appear in this book. They represent a small sample of many more.



Adele Hilden

I bought the home method - it has changed my life - I still can't believe I'm actually able to live again - when I feel it coming on I know how to control the sensations..thankyou

facebook



Leon Bryan Thank you !!!! A message to all !!! Please try this I randomly contacted ppl from the testimonials and spoke personally to them and they all spoke highly about the linden method !!! It works , just follow the program properly 😊 bye Charles and thank you again

Like · Reply · Message



Laura Downen This is the only method that will work!!! FACT

Unlike · Reply · Message



Tammy Roberts The Linden Method has been I incredible. Please give it a try and don't give up if it doesn't work the first time. You have to stick to it rigidly and you absolutely will see results. You really will xx

Like · Reply · Message



Debbie Egan I have only be using this method for 6 days and i feel so much more confident and no bad thoughts can not believe how fast it has worked its amazing how your mind works so looking forward to the rest of my journey and my recovery thank you so much charles your amazing 😊

Like · Reply · Message



Helen Scott This method really works! Charles and Beth you are all amazing!! xo

Like · Reply · Message



Eve Strach

Best decision I made for myself in life! 🙏 thank you



Justina Akehurst

Two yrs since we attended the retreat with our daughter it changed her life!

facebook



Leon Bryan Thank you !!!! A message to all !!! Please try this I randomly contacted ppl from the testimonials and spoke personally to them and they all spoke highly about the linden method !!! It works , just follow the program properly 😊 bye Charles and thank you again

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Like · Reply · Message



Helen Scott This method really works! Charles and Beth you are all amazing!! xo

Like · Reply · Message



PJ Kiely · 1st

1h ...

Regional Manager at Hidden Hearing

You are living proof your process works. Your method has had a very positive impact on my life and I shudder to think where I would be if I had not sought it out and instead left the mental health services stuff me full of all sorts of medication and ineffective interventions.



I'm living proof...

Shell Jenkins · 19:05 This guy is worth his weight in gold, I honestly thought I'd never get through it and live a normal life again I'm living proof this will work 😊



Charles is the man...

Davy Holden Charles is the man. Turned my life upside down. I love you Charles. Much love from Ireland



It's changed my life...

Vafa Whatford · 0:00 I am forever grateful to find your program during my severe anxiety, it's changed my life ❤️❤️❤️



Life changing...

Bluebell Buterrfly · 4:41 Thank you.....for waking me up to life again....did your program in 2009 and going back to different sections when I need it but it was life changing....thank you



So glad we found it...

Charlie Cee We used Charles's programme for my 12 year old son and it really has worked.... I'm so glad we found it!



You saved my life...

Grover Lescane Charles, just wanted to stop by and say thank you. Bought your book back in 2004 (before streaming). You saved my life. My friends and family and especially me thank you so much.



Changed my life...

Marv Elphick I can vouch the TLM method works I started after doing exactly what Charles said all the other methods Meds all sorts of therapies ect I was in a bad way. this method completely changed my life busting anxiety wide open. with help from the amazing support staff and the online method teachings I managed to change around my life rapidly and drastically. thank you for you're work Charles and the team is feel I owe you all. to anyone considering just do it.



It's amazing!...

Alex Jackson Mitchinson Fantastic Charles and team well done the programme is amazing xx



Brilliant!...

Charlotte Elliott Sam Howden. This is the bloke I used. He's brilliant x



Worked for me...

Chris Kehoe The method worked for me. Almost 2 years anxiety free. Thought I would never get out of the habit, and the method helped me to pull myself out of it. Would recommend it to anyone going through the same thing



Justin Gibbs

I recommend **Charles Linden** his method of anxiety recovery was the only thing that worked for me. My disorder was debilitating at one time as well

facebook



Jo Anne I've been using the method for just over a week ... I feel great and am already doing things that I haven't done for a long time ... Thank you so much Charles X



Rebecca Cook Do this really work people



Leon Bryan I've just joined the method !!! Has opened my eyes and already given me some self confidence only been using for a few days .. Charles your a gem



Jennifer Bunzosteel Hotbox Rowland One of my biggest phobias was the dentist but after doing the linden method, listening to the cds with the visualisation etc I was able to go to the dentist for the first time in years and have a filling, scale and polish.



Stephen Flipflop Jessop

I went to the Retreat early this year 2019 My wife came along for support my wife and the team was fantastic even met Charles linden I think it was money 💰 well spent I don't know where I would be today if I hadn't gone !! Money I waisted private councillors hypnotherapy was horrendous all you do is turn up listen follow the linden method and you do get better like many before me have I would like to go back at some point as a guest are just to say thank you to them all would recommend 1000%



Claire Mack

This programme has changed my life! 33 years of anxiety gone in a matter of weeks! I'm so happy! Best money I've ever spent! I've tried everything over the years and nothing works, this is the only real recovery! Do it! Don't delay or wonder if it's yet another thing that you'll try and won't work. It's so simple too! My daughter is now doing the method and is on the road to recovery!



Matt Billington

I initially felt it was expensive but when I began I realised it was very, very good. I think I read the book about 10 times, occasionally emailed the support and applied the ideas. Haven't had a panic attack since 2012. Thanks Charles x



THELINDENMETHOD.DIRECT

Anxiety Disorder
Recovery. Permanently E...[Learn More](#)**Ryan Coupe**

Making money from mental illness .. help and having the chance to stop suicide and murder should be free. I personally think that shit like this is another reason to be and feel disappointed with society.. reprogramming the brain and its functions isnt actually possible without chemically balancing it first and then you just ain't yourself. The best way is to deal with it how you know best yourself.

1 h Like Reply Message

**Irene Beardwoodnewone**

Comment as Ch...

**Leigh Park**

This guy.. wow... he saved my life... anixety free nearly 3 years now thank you

42 w Like Reply

 **Sharer****Laura Downen**

100% I promise what he's saying works.

42 w Like Reply





Justina Akehurst

I came to your retreat with my daughter Erin in June, the help and support she got was just amazing thank you. It has changed her life



Brenda Bennett

Charles your recovery online was amazing panic attacks were ruining my life. I done it online in 2014 and have never looked back. THANK YOU. 😊.

facebook



Michelle De Campos Kok Changed my life!! Living a more in-control life with a much happier me!! TLM is amazing and I thank God for it!



Stephanie Carter I brought the whole package back in 2008 ish Maria Angelina O Neil and it changed my life!! Charles Linden Is the best!! xxx
Unlike · Reply



Suzanne Carr Your method saved my friend. He nearly lost everything but thanks to you, he is back at working and hasn't had any attacks. X



King Jordan Charles Has The Best Program If you follow, you will beat your anxiety God Bless [Charles Linden](#)



Konstantinos Tsiaoussis You save and change my life for ever...It was 2005-2006.

Progress to Date

Evaluation/Feedback

Degree of improvement made in your symptoms since starting the Linden Method (10 being most important, 0 being least important).

0 1 2 3 4 5 6 7 8 9 10

Improvements you are most pleased with:

I could never have gone up the shop before starting the linden method now I can.

Improvements that other people have noticed: i.e. parents, teachers, friends.

My Parents have noticed I don't have so many Panic attacks.

My friends and teachers think im much more happier and not as tense when going to places in the school

Comments you would like to make to other young people who may be experiencing similar symptoms to you.

Just not to worry because everything will be ok and you will get over it.

Comment on the most important things you have learned about your condition and yourself.

That i'am not mentally ill or physically these symptoms are just feelings, its not real fear.

The linden Method is the best thing I could have tried.

Signed

Date: 27/06/08.

facebook



Jo Anne I've been using the method for just over a week ... I feel great and am already doing things that I haven't done for a long time ... Thank you so much Charles X



Rebecca Cook Do this really work people



Leon Bryan I've just joined the method !!! Has opened my eyes and already given me some self confidence only been using for a few days .. Charles your a gem





Jennifer Bunzosteel Hotbox Rowland One of my biggest phobias was the dentist but after doing the linden method, listening to the cds with the visualisation etc I was able to go to the dentist for the first time in years and have a filling, scale and polish.

 **Jan Metcalfe**
Andrea, of all the different approaches, this one has the best results 🥰❤️🥰 xx

 **Nicole Cole**
I've got this, it changed my life, absolutely fantastic, had it a few years and don't let it out of my site, I can do everything and can honestly say haven't had a panic attack for years

 **Joan Smith**
I bought this after a dreadful series of personal loss, job loss and a medical misdiagnosis - it works and you have nothing to lose but your anxiety - it's like learning again and I found the part of me that was lost - try it.

 **Margaret Fishwick**
The linden method is so good ,the best money I have spent ,tried lots and lots of other things they didn't work but the London method has done me more good than the others would recommend it to all who suffer from anxiety ,thank you Charles

 **Jo Bell**
I bought the Linden Method after my Son sent me the link 18 months ago. I was so ill with depression & anxiety, it works!! You have to work hard too, do what is says to the letter, I know even that was hard to do but I promise you it's worth it! As I stared to feel better I recognised those feelings of panic / anxiety & can now control them, it's like being free, please try it, worth its weight in gold! Good luck xxx

 **Tina Kavanagh**
This changed my life ..it took awhile for me but in the end u got it...thanks so much to The Linden Method

 **facebook.**
It's a 100% cure...


Tavi Hype October 0:00 You are not alone guys... I suffered for almost 2 years,the last year was the worst... I remember my brother came over from London to France in a visit and bought
Helener Cole 10:57 Hi Charles 👋 please please listen to what he is saying - you need not suffer another day , I had all of these symptoms, did the program and recovered , they are amazing people , just do it ! And start your life 🥰🥰 Lots of love Helener xx
(with links or a video or photo is necessary)
This method saved my life and I always thank Charles for that.
HiCharles,linden it's a 100% cure but with a 50% of legg work and believe in it 🙏



 **facebook.**

Thanks so much TLM

Phillip Heathcote 0:00 I would have probably had to come home from work and lost my job if I hadn't done the linden method. Now I'm getting great appraisals and looking to find an amazing career that uses my skills and abilities, so thanks so much for TLM



 **facebook.**

It works!...

Jane Callicott I am doing the Linden method. IT WORKS



Kristy Adams

Amazing.....bought this method about 14 months ago..... saved my life....no panic attacks since. Thank you Charles. Great work xxx



Samantha Shillingford

Given the tools & encouragement from these guys changed my thoughts & stopped The "A" word in its tracks .. 3 years on & im my old self again Thanks TLM 🙏



Jane Callicott

Before I did the Linden I had tried medication meditation and various counsellors c.b.t. talking therapies they did not work please listen to Charles Linden

Progress to Date

Degree of improvement made in your symptoms since starting the Linden Method (10 being most important, 0 being least important).

0 1 2 3 4 5 6 7 8 9 10

Improvements you are most pleased with: to be able to deal with an extremely anxious situation using techniques provided.

Improvements that other people have noticed: i.e. parents, teachers, friends.

Parents, both mother and father noticing calmness and more stability when facing anxious situations.

Comments you would like to make to other young people who may be experiencing similar symptoms to you.

Believe you will get better, there is hope out there, you WILL become better one day.

Comment on the most important things you have learned about your condition and yourself.

Increased optimism, the feelings I experience are only sensations. I have the power to change my life.

Signed [REDACTED]

Date: 27/6/08

Charles Linden: How I Used My Own Anxiety to Help Cure Celebrities and Supermodels: Charles' impressive client l... bit.ly/LdqAwG



Manjinder Joshi
@mannyjoshi

4 years ago today I bought [@CharlesLinden](#) to deal with my anxiety. No job no future, 4 years later in sitting on top of the world



Bruce Van Horn ✓
@BruceVH

Need a little help with stress management? [@CharlesLinden](#) has helped over 155,000 cure anxiety =>



Dylan O'Brien for #TeenChoice ✓
@Yo09Placebo88

[@CharlesLinden](#) You practically saved my life, almost all of it. Always gonna be thankful w/you. Eliana from Argentina.



Alexis Prior
@apriornutrition

"[@CharlesLinden](#): The Amazing Discovery that Changed my Life (and thousands of others) - panic-anxiety.com/articles/the-a..." It changed mine too!



kate ford ✓
@kateford76

Any one suffering from anxiety or panic disorder this guy can REALLY help [@CharlesLinden](#) or google the linden method. Worked for me



Gareth Dore
@garethdore

I still love hearing amazing stories about how [@CharlesLinden](#) and The Linden Method have changed people's lives so dramatically!



Mandy Smith
@MandysTheme

[@CharlesLinden](#) Well done CL on [@therealgokwan](#) tv programme. You really do make a difference!!!! Keep up your great work. M x x x



Nicky Tarrant · 0:28 This method has helped me! It really does make sense. Thank you so much Charles 😊
[Like](#) · [Reply](#) · [Message](#) · 1 · 12 mins



Sydney Drew · 25:47 Especially in the city I live in !! After I told my doctors how I cured my panic attacks and anxiety they now tell there clients to try the linden method ..
[Like](#) · [Reply](#) · [Message](#) · 4 · 1 hr

Progress to Date

Degree of improvement made in your symptoms since starting the Linden Method (10 being most important, 0 being least important).

0 1 2 3 4 5 6 7 8 9 10

Improvements you are most pleased with:

Not much touching

Do not listen to the voice inside my head.

Improvements that other people have noticed: i.e. parents, teachers, friends.

I do not touch the random objects.

I get to school early

Comments you would like to make to other young people who may be experiencing similar symptoms to you.

You are not the only person with OCD.
and do not listen to the voice, it is
not helping you!

Comment on the most important things you have learned about your condition and yourself.

I can beat this!

I am actually very confident but

I did not think this when I
had this condition.

Signed

Date: 7th August 2008.

• CORONATION ST. •

Actress Kate Ford

"Anyone suffering from anxiety or panic disorder this guy can REALLY help @CharlesLinden or google the Linden Method. Worked for me!"

Twitter





"If you doubt this method works, check out further evidence in books such as 'rewire the brain' by John B Arden. Its all out there proving that changing behaviour by using diversion etc will instigate neuroplasticity to rewire the brain to produce non anxious behaviour and feelings.

It worked for me, and will for anyone if they believe it and follow the method. In fact it cannot fail. Believe this with all your heart. Let your brain heal itself, and get out of the way!"

Hayley S.

via Facebook



"Just a note to anyone thinking of buying this product - It does work! I am 95% there now and the only reason am not 100% is because I've continued to drink a few on the weekend and have got a couple of phobias to deal with which I picked up with the anxiety!"

I had all the symptoms including chronic muscle pain - racing heart, horrid thoughts, OCD, I was too scared to talk to anyone.

I'd read every book, visited every therapist and this method is the best. I never got a correct diagnosis until I got The Linden Method it all made sense afterwards. The support staff are very nice too - buy it - you wont regret it!"

Robert K.

via Facebook

"I just wanted to thank you personally, Charles, for your method! I stumbled across this on the internet a couple of years ago, and didn't go ahead with it - I wish I had. I would have saved lots of money and heartache! I never thought I'd feel OK again, I thought my life would always be a struggle due to anxiety and OCD. After only 5 weeks I have my life back."

Gill H.

"I owe my life to Charles linden ... he was like an angel that came in to my life and made me believe that I can get rid of my anxiety. I love this man with all my heart .. he is saving lives! he is blessed by god .. he is simply blessed "

Rey

"I just wanted to email you and say thank you so much for your book, it has changed my life. I would have never had this feeling without your help. It's not over, but I know it will be. I have set so many new goals and want to help people and meet people now. I just can't thank you enough!"

Zach M.

"Just wanna say a quick thanks... You've made sense of it all now and I'm working with your pack every day. It all seems to be going well and I've started getting back into everyday life - even going swimming now. Worth every penny. Thanks Charles... The world's a better place with people like you. I know your method can and will help 1000s of other people."

Richard S.



"I just wanted to say how very grateful I am to your programme. I found it during a time of suffering from acute anxiety and panic attacks. The programme turned me around so quickly, not a single panic attack since, and that was 4 years ago. I know I'll never have another. Thank you so much."

Julie G.

"God Bless you, for you already have changed my life over 5 years ago! I can't thank you enough for all you did for me! I know your method works because I'm set free by it! You are a gift from God and I thank Him for you all of the time! THANK YOU."

Bill S.



"Before six year, at Pittsburgh airport, I've got my first panic attack. I knew that everything is in brain, but...

I cure these attacks with Bromazepam 5 mg (when it occurs) and before half year every night with Clonazepam, 0.025 mg.

In December, I had prostatectomy, and stopped with Clonazepam.

Occasionally, I find your website. You can believe or not, but I've read only first 12 pages in January, and for me, it's enough!

So, thanks a lot, thanks in advance (I have to read the rest of your book!)

Maybe my letter sounds weird, but everything is true.

Sorry for my Tarzan English, I'm from Serbia, and I never learned English grammar correctly.

I'm physician, specialist for clinical physiology and pulmology. In this moment I'm director of Institute for the health protection of workers Novi Sad - in Serbia. www.medicinarada.rs

If you want, you can use my letter as testimony.

Sincerely yours,"

Branko Miličević, MD, MS
Serbia



"Received my 'Linden' package; already much impressed! I have gone from not wanting to leave the house to going to an hours appointment at the hairdressers. I took a book with me and realised that I was breathing properly, felt 'normal' and calm and even enjoyed a cup of coffee. The weeks prior to this I would bolt in, have my hair trimmed, and bolt out again, in fear of panicking. So yes, something has 'clicked'.

After having anxiety attacks since childhood (I have just turned 60) this is miraculous to say the least. I have just retired from working in a Doctor's surgery. In fact, in a job like mine, it very easy to imagine you have every illness in the book, not the best place for anxiety sufferer to work and yet I have thoroughly enjoyed my time there.

I have just started the nine pillars. I thought they might be complicated but in fact it is simple and make perfect sense, because I was dwelling on my sensations which were horrific all day long, but not any more. From now on I will not mention the a..... word!

Thank you for the 'method'."

Regards

Angela K.



"Dear Charles...

I ordered your program on the 15th of this month... I believe I received the e-book, and materials on the 16th...

Less than 24 hrs later...

And A MAN OF YOUR WORDS!

**I PUT YOUR APPLICATIONS ON TOP OF WHAT I HAD
ALREADY ACCOMPLISHED AND BECAME ANXIETY AND
PANIC FREE!**

In actuality...the process took but a few hours to digest, but I was cautious about saying that I was "repaired"!

Note: I used the term "repaired" ...as an alternative to the word "cured"...as you had said I did not have a disease!

Question:

Have you ever heard of having a "soul mate"...or similar vocabulary as to your "persona" being the duplicate of another person somewhere in the World?

What is interesting is that it is alarmingly similar that...and do please note...I avoided using the words "fearful/scary"...

As my father in-law had always joked...

"It is like we went to different schools TOGETHER!"

The analogy is the striking similarities of struggle in life's challenges...and the "amazing" ability to "overcome" all adversaries!

I myself am a "non-medically" trained individual, not unlike yourself...

I found my "niche" in this world in the calling regarding "flight" and "aircraft"...

In my "hay-day" ...some twenty-odd years past I was considered the "doctor"...

As, if there was a problem that could not be reconciled...people would turn to me... Hence the "nickname" DOC...

And...Charles...

You are the same...helping "others" where no one else does!

I never asked myself where I could myself get "extraordinary" powers from? And the answer was in "adrenalin"...the same "adrenalin" which got out of control and caused the anxiety and panic. I just wanted to say Thank You... Thank You... your wife Beth...and your entire support staff...

I can NEVER go back to where I was in "LIFE"... and do not take my successes lightly. Although I grasped your knowledge quickly I have continued to grow each hour of every day. The endless possibilities a NEW DAY brings...are excitement to one's heart, mind, and soul...

God Bless...

Robert B.



"I am writing to thank you for writing "The Linden Method" and to tell you about the profound change it has made to my life.

Three and a half years ago I was having help from a Consultant Psychiatrist, a Psychologist, a Mental Health Nurse and my G.P. I was taking 10mg of Diazepam and 45mg of Zispin daily. In spite of the medication I felt dreadful. I woke early in the morning with a churning stomach. I had to get up right away and I trembled for half of the day. Because food made me feel ill I had developed a food phobia and often chose not to eat. My weight plummeted and my mouth was always dry. I was afraid to go out and I went nowhere, did nothing and had no friends. My husband and family were loving and kind and patient but perplexed and unable to help me. My mind teemed with worrying thoughts and I often thought about ending my life and thought about how I could do that. I had been in this state for a year.

When I saw the advert for "The Linden Method" I felt I was clutching at straws but sent off for the Introductory Video. I immediately felt I could relate to what you were saying as I had discovered myself that talking about my condition at the "Anxiety Meetings" made me feel worse, not better.

I embarked on following "The Linden Method" and gradually persuaded the Health Professionals that I could manage without them. I was told by the Consultant Psychiatrist that I would never be able to

come off Diazepam because I wouldn't be able to cope psychologically.

Gradually, my food phobia went and now I am back to eating with enjoyment, cooking and baking and having to watch my weight! I love our little garden and growing things from seed and am experimenting with growing some fruit and vegetables. When my husband had an operation I was able to get the bus to Tesco, do a big shop and get a taxi back by myself, and shopping holds no fears for me now. I read avidly and am writing my memoirs at the request of my grandchildren. I am able to go on holiday again and in August I went to Scotland by train with my husband - something I hadn't been able to do for many years.

I was able to regain my Christian Faith, to rejoin the Methodist Church, to meet again old friends who welcomed me with open arms and to become absorbed in all the activities of a very busy, caring church. I now have the joy of a loving God at the centre of my life.

I am now optimistic. I am busy and very happy and there are so many things I want to do I have difficulty fitting them all in.

Thank you to Fiona. I didn't phone The Linden Centre very often but when I did her calm, helpful and caring manner never failed to help me and just to know she was there kept me going.

So, once again, Charles, thank you! I hope my story and my appreciation will repay you in a small way for what you went through and for your hard work in helping others."

Shirley S.

"I am extremely impressed with the Linden Center and its very simplistic, yet effective program. Having reviewed other methods available, this one surpasses the others!

My husband and I researched the Internet, newspapers, books, libraries, medical books and physicians to find some help, but nothing even comes close to the thought behind The Linden Method. In a matter of weeks, I observed my husband showing progress; and now several months into the Program, the change is remarkable and wonderful!

The "other" programs out there promised success, but it seemed to me that they were more interested in money, and not the well being of my husband or myself.

Being a nurse I was a little skeptical at first, but after educating myself on the actual program; I quickly changed my mind and felt more positive of the promises that the Program offered. I particularly enjoyed the video that Beth made. It really opened my eyes to what the Program really means and what commitment we must all make, to make this work.

There were times that my husband displayed anger over a situation or towards my response to a situation, but I have learned that I am correct in not supporting his old habits. Reinforce the good and dissolve the negative.

I do tell my husband on a daily basis how well he is doing... ..and what gains he has made and that he should be proud of himself and what he has accomplished... ..incredible!

Because of my background in conventional medicine: I was accustomed to fixing problems and concerns, by discussing, analyzing and then medicating. The Method makes much more sense! Why continue to "train your brain" to reinvent anxiety... ..Why not erase that pathway and take the right road!!! Such an easy and sensible concept!

Very soon after initiation of the Program... ..I could see my husband start to do things that brought joy, and cease doing things that were painful and unpleasant. It was so amazing to see the change happen before my very eyes!

I wholeheartedly agree 100% with The Linden Method. I have even grown from the Program and I do not have anxiety.

Thank you for offering such a wonderful uncomplicated, realistic program. It is such a joy to find people who really care that some one gets help; and not for the monetary gains.

Again, God Bless You all... for such a remarkable Program... ...Glenn is Glenn again! What I mean by that is Glenn is better that he ever was... ...so glad we found you, I do not know what we would have done!"

Joy S.



Jack Murphy
@jackshaunmurphy

Follow

I could not recommend the Charles Linden method for anxiety anymore than I do.. I've had generalised anxiety since I was 11 years old and I'm 27 now, and it took this long for me to find the right method.Well worth the money. I'm now on the road to recovery. 🙌

5:06 PM - 17 Nov 2017 from [Dublin City, Ireland](#)

7 Likes



2



7



"I had suffered generalised anxiety for more than two years and I can tell that Charles' Linden Method helped me when I thought nothing could help me. I took medications like Valium, Zoloft, Lexotan, Xanax which had no effect over my anxiety, except making me feel very dizzy every day. Now it has been one year since I gave up the medication and I feel OK again."

Daniela S.
Romania



Chrissie-wissie Clark It worked for me 😊 two years free of anxiety and panick attacks 😊 😊 😊

Julie Dawson I use the Linden method. Works for me 😊

Carole Anne Johnson The Linden Method completely changed my life. There didn't appear to be a way forward for me until I discovered the Linden Method. Anyone out there who is feeling this hopelessness....don't hesitate. Try this method as it really does work!

Nicola Farrelly Anyone suffering anxiety or depression just do it ! It's really does work . It's changed my life 😊

Narelle Miles-Darmanin Sorry 4 years and have been unable to leave the house i have tried a lot over the 4 year and this program is the only thing I can really relate to and i can already feel I am on my way to recovering

Rachel Truscott Iv done the linden method and as worked amazing x

Helen Powis · 41:54 Merry Christmas to all at the Centre - cheers Charles and Beth from OZ !! Busy with Pilates , dogs and riding my pony !
Like · Reply · Message · 🗨️ 2 · 1 hr



Bluebell Butterfly · 36:23 Thank you for your method ...really changed my life.....👍

Like · Reply · Message · 1 · 1 hr



Maria Omerou

I really don't understand why you need to explain this truly amazing method time and time again until you are blue in the face Charles! I stumbled on your method by chance over 5 years ago and just did it! Within 2 weeks I got my life back! Just do it!! 🙏🙏🙏



Irene Rigopoulos

TLM saved my life!!!! Anxiety free and loving life. Thank Charles!!



Jo Bell

I bought the Linden Method after my Son sent me the link 18 months ago. I was so ill with depression & anxiety, it works!! You have to work hard too, do what is says to the letter, I know even that was hard to do but I promise you it's worth it!! As I started to feel better I recognised those feelings of panic / anxiety & can now control them, it's like being free, please try it, worth its weight in gold! Good luck xxx



Margaret Fishwick

The linden method is so good, the best money I have spent, I tried lots and lots of other things they didn't work but the London method has done me more good than the others would recommend it to all who suffer from anxiety, thank you Charles



Betty Higgins

Hi I have been doing this for a week now and I can't believe the difference of how I am it is like a fog has been lifted I can't believe it, thank you CL xx



Gemma Sunderland

I bought the linden method pack including cds, the book and dvd's 3 yrs ago and I cannot believe how my life has changed since. I couldn't have a panic attack now if I tried and my case was extreme where I couldn't leave my front door or be alone for 5 mins without complete panic consuming me. I always recommend the linden method to everyone who is struggling with anxiety and stress related illness. Surprising how many people actually are. I want to take this opportunity to thank Charles and the team for changing my life. Xx



Jo Anne

Off shopping with my mum busy shopping centre ... 🙄🙄🙄 what anxiety ... just do the method 🙏🙏



Rachel Truscott

Best thing I ever did 🙏 I owe this man my life in which I have back after doing the linden method x



Joan Smith

I bought this after a dreadful series of personal loss, job loss and a medical misdiagnosis - it works and you have nothing to lose but your anxiety - it's like learning again and I found the part of me that was lost - try it.



Cheryl Robertson

Micky the linden method WILL cure you it did me in Just 4 days and I recovered I promise you it does work and for so many of my friends please do it you will never look back



Nicole Cole

I've got this, it changed my life, absolutely fantastic, had it a few years and don't let it out of my site, I can do everything and can honestly say haven't had a panic attack for years



Betty Higgins

Hi I have been doing this for a week now and I can't believe the difference of how I am it is like a fog has been lifted I can't believe it, thank you CL xx



Yvonne Williams

Please if you are living with anxiety do the Linden Method if able go on the retreat IT WORKS!!



Rachel Enright

I am feeling so much more confident since implementing the TLM and enjoying life again! 🙏



Jan Metcalfe

Andrea, of all the different approaches, this one has the best results 🙏🙏🙏 xx



Lindsay Flood Aygun

This guy is amazing my mom as been the retreat,



Cheryl Robertson

Sandra Jersey is same but I am recently in full recovery thanks to Charles Linden please do the Linden Method I promise it works good luck 🙏



Joel Aranda · 41:37 I love your program man it's helping cure me Its amazing

Like · Reply · Message · 1 · 1 hr



Louise Tuck · 7:42 Thank you, following your method has changed my life, finally I'm anxiety free and back at work that I had to give up because of anxiety and everything that comes with it, it's now all gone 🙏 thank you x

Like · Reply · Message · 3 · 1 hr

Progress to Date

Degree of Improvement made in your symptoms since starting the Linden Method (10 being most important, 0 being least important).

0 1 2 3 4 5 6 7 8 9 10

Improvements you are most pleased with:

Being able to pick something off the floor indoor and out without hand washing. Repeating myself less. Worrying about germs hardly ever now. Being able to go into a crowded place and feel more relaxed because there is less of a worry about people touching me or putting things on me. It's on tough feeling. Other tablets ^{assisted} more.

Improvements that other people have noticed: i.e. parents, teachers, friends.

Hand washing has decreased. Worrying and repeating seems to be happier.

Looks more relaxed.

(Dave, Boyfriend)

Comments you would like to make to other young people who may be experiencing similar symptoms to you.

No matter how bad you feel or worried never give up, and attending the child/family service and using the Linden Method are the two main things which helped and changed me for the better, as well as the help from my loved ones. I would recommend both the Linden Method and the child/family service to people like me because it made such a difference to me.

Comment on the most important things you have learned about your condition and yourself.

The ASD was, is and will never be my fault, and that over the years I never gave up. No matter how I felt, I didn't give up on myself and right now I feel in myself I am the best I have been in years.

Signed: 

Date: 27-6-08.



Christine Williams · 33:31 Listen to Charles he is amazing and will give you your life back a million times better than it was before. FACT

Like · Reply · Message · 4 · 1 hr



Sydney Drew · 23:53 You should open a center in Canada...this program has cured my entire anxiety filled life !!

Like · Reply · Message · 3 · 1 hr



Sydney Drew · 25:47 Especially in the city I live in !! After I told my doctors how I cured my panic attacks and anxiety they now tell their clients to try the Linden method ..

Like · Reply · Message · 4 · 1 hr



Rachel Truscott

Best thing I ever did 🥰 I owe this man my life in which I have back after doing the linden method x



Maria Omerou

I really don't understand why you need to explain this truly amazing method time and time again until you are blue in the face Charles! I stumbled on your method by chance over 5 years ago and just did it! Within 2 weeks I got my life back! Just do it!!



Linda Robson
@LindaRobson58



Following

@CharlesLinden on Tuesday 9
anxious stressed people and 4 loved ones arrived at your retreat by friday they all left joyous and and happy xx

↩ Reply ↻ Retweeted ★ Favorite 📄 Buffer ⋮ More

12:09 AM - 10 Mar 2014



Anna Zelek

I wish people listen to you. Unfortunately they blindly believe doctors and take pills going nowhere. Recovery feels amazing!



Dylan O'Brien for #TeenChoice
@Yo09Facebo88

@CharlesLinden You practically saved my life, almost all of it. Always gonna be thankful w/you. Eliana from Argentina.



Robin Ruzan
@RobinRuzan

Wow! Amazing! RT @SonyaViaz: @charleslinden saved my life!



Mandy Smith
@MandysTheme

@CharlesLinden Well done CL on @therealgokwan tv programme. You really do make a difference!!!! Keep up your great work. M x x x



Mandy Smith
@MandysTheme

@CharlesLinden: Anxiety article - The Telegraph - telegraph.co.uk/health/wellbei...
>>> Charles knows his stuff! Tried and tested and it works:) TY CL x



Manjinder Joshi
@mammyjoshi

4 years ago today I bought @CharlesLinden to deal with my anxiety. No job no future, 4 years later in sitting on top of the world



Models and Moguls.com
@modelsandmoguls

Charles Linden: How I Used My Own Anxiety to Help Cure Celebrities and Supermodels: Charles' impressive client l... bit.ly/LdqAwG



Alexis Prior
@apriorinutrition

"@CharlesLinden: The Amazing Discovery that Changed my Life (and thousands of others) - panic-anxiety.com/articles/the-a-..." It changed mine too!



kate ford
@kateford76

Any one suffering from anxiety or panic disorder this guy can REALLY help @CharlesLinden or google the linden method. Worked for me



Gareth Dore
@garethdore

I still love hearing amazing stories about how @CharlesLinden and The Linden Method have changed people's lives so dramatically!



Bruce Van Horn
@BruceVH

Need a little help with stress management? @CharlesLinden has helped over 155,000 cure anxiety =>



Jamie Leadbeater
@jleadbeater

@annwilliamsTV @bendavy76 try #theindenmethod @Bethlinden1 @CharlesLinden it literally turned my life around after years of suffering! X



Deano Bosomworth
@DeanoBosomworth

@LindaRobson58 @carileo123 @CharlesLinden took my little family out for our first meal in 5 years. without a care in the world. we loved it



Jake Bytheway

Yep the only thing that works nothing else does let me tell ya !

1 w Like Reply Message



Michael Boyd

He's not wrong



 **Linda Robson** @LindaRobson58
@CharlesLinden @repmud your welcome Charles yours is the best method worked for my family thank you so much see you soon luv Linda mark lou

 **Lisa Gartside** @Lisagarty
@StaceySolomon try the @CharlesLinden method for anxiety it's best thing ever @LindaRobson58 cant recommend it enough x

 **Jodie Kidd** @Real... · 04/11/2016
@CharlieForJack charles doesn't believe in medication but he can explain @CharlesLinden good luck

 **Linda Robson** @LindaRobson58
@KathHulme @CharlesLinden yes it helped my son

 **Cube Hair Design** · 19/10/2017
The Linden Method has changed my life...cant be more grateful!
#AnxietySufferNotAnymore
@TheLindenMethod
@CharlesLinden


 **Jack Murphy|Actor** · 17/11/2017
I could not recommend the Charles Linden method for anxiety anymore than I do... I've had generalised anxiety since I was 11 years old and I'm 27 now, and it took this long for me to find the right method.Well worth the money. I'm now on the road to recovery. 🙏

 **Speedy Jenkins 2.0** · 15/03/2018
@lerogers86 Have you ever heard of the Charles Linden Method? Check it out.
@CharlesLinden

 **girlontherun** @girlontherun21
@ZozeeBo please check out @CharlesLinden - I suffered from panic attacks & this man & his program saved me. #hugsfromnyc

 **Jodie Kidd** @Real... · 08/01/2017
@AcetoneNights its a horrid horrid illness but it can get better it took me years im almost anxiety free @CharlesLinden helped me #beststrong

 **Chloë** @ChloeL.H.x · 30/12/2016
Reading "The Linden Method" has made me feel relaxed already! @CharlesLinden

 **Robocop** @wicket2... · 26/07/2017
@Totalbiscuit I don't know you but fight that shit because it'll eat you fast. Check out Charles Linden.. Great help!

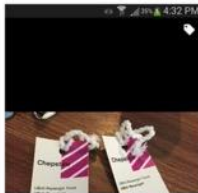
 **Jimmy Phu** @Jimm... · 24/02/2017
@CharlesLinden I'm living proof this method truly works. I'm cured in part to this and meditation. I'm very grateful. Thank you Charles!

 **AkaTheSnake** @Dar... · 14/05/2017
@lindenrecovery @wikileaks The world is lucky to have two great British men like Charles Linden and Julian Assange. Truth to the people!

 **Gillian Harvey** @Gill... · 28/02/2017
@CharlesLinden @mrjamesob It certainly saved me :)

 **Jimmy Phu** @Jimm... · 24/02/2017
@CharlesLinden I'm living proof this method truly works. I'm cured in part to this and meditation. I'm very grateful. Thank you Charles!

 **Del** @Derek.JamesM... · 01/06/2018
@PrettyRicc @ReturnOfMegco The charles linden method , the best £125 you will ever spend , cant recomed it enough 🙌



 **Vaper_Pix** @Stevie... · 27/11/2016
If you, or anyone you know suffers from anxiety... You need to reach out to @CharlesLinden... This man has saved my life. Honestly!!

 **Vaper_Pix** @Stevie... · 08/11/2016
@CharlesLinden I'm on day 3 of the Linden Method. I'm feeling a good bit different already. Thanks Charles!!

 **Jodie Kidd** @RealJodieKidd
@gilliankdavies @CharlesLinden and the linden method good luck x

 **Robert Grafton** @RobertGrafton45
@CharlesLinden The method changed my life.

 **touchtenniss** @tou... · 15/05/2017
Having met Charles Linden I wholly agree with @mermhart 's assessment. Get in touch.
@LindenCentre
#MentalHealthAwarenessWeek
#MH

 **Miranda Hart** @mermhart
Any parents worried about their kids with anxiety? This will help you out. X
twitter.com/lindenrecovery...

 **JohnDunning-Willi...** · 27/12/2017
@dapperlaughs My wife reached out to @CharlesLinden and followed his project... she has never been in a better place. Superb project they run. Good luck

facebook



Michelle De Campos Kok Changed my life!! Living a more in-control life with a much happier me!! TLM is amazing and I thank God for it!



Stephanie Carter I brought the whole package back in 2008 ish Maria Angelina O Neil and it changed my life!! Charles Linden Is the best!! xxx
Unlike · Reply



Suzanne Carr Your method saved my friend. He nearly lost everything but thanks to you, he is back at working and hasn't had any attacks. X



King Jordan Charles Has The Best Program If you follow, you will beat your anxiety God Bless [Charles Linden](#)



Konstantinos Tsiaoussis You save and change my life for ever...It was 2005-2006.

Jemma Kidd who is better known now as Lady Mornington is wife of the future Duke of Wellington, Arthur Earl of Mornington and sister to supermodel Jodie Kidd. Jemma has her own make-up line used by industry professionals around the world and her Jemma Kidd School of Beauty and Make-up in London.



Both Jemma and Jodie used The Linden Method to overcome their anxiety and panic attacks. Jemma also referred Vogue USA Fashion Editor and four times best-selling novelist, Plum Sykes to The Linden Method following her own success with the program, who also subsequently recovered.

Jemma also attended The Anxiety Recovery Retreat after her recovery in order to learn more about TLM and to cement her recovery.



Kristy Adams

I bought the online method...life changing...worth every penny
XXX

1 w [Like](#) [Reply](#) [Message](#)



Paul Spracklen

I had exactly the same experience two years ago. Completely changed my life.



facebook



Gail Tarver Georgina Devine I bought the CDs and read the book. I had spent so much money on hypnotherapy etc and nothing worked. this truly worked I would recommend it to anyone who suffers from anxiety or panic attacks Good luck xx



Ella Douglass I thought I'd just leave a comment for other people to read, if they view this video, or are contemplating joining up to the linden method...

I purchased this method and gained access to the materials today, and have only briefly encountered what It is all about, as I want to prepare before I fully dive into it and start my recovery. But I am lying in bed and I cannot remember the last time I felt this happy or confident, I am overcome with excitement and already feel like a completely different person. I'm not sure if that's normal or not, but all I know is that this is legitimate, valid and makes more sense than I initially presumed. You should definitely take that chance and go for it. The chances are, it will make complete sense to you.



Phillip Heathcote Done the linden method and I've gone from having loads of panic attacks at work to having none and being overly laid back like I used to be



Heidi Leeson Chedzey Its amazing....truly life changing



"I thought I would write in as it has been a while now. The reason for my writing is to thank you all for the support you have provided me since I became a 'methodite' in August 08. At the time I know I was your worst customer and I dont need you to sugar coat it, I was ringing twice a day complaining that my condition had not improved vastly overnight.

With the benefit of time and even hindsight I can now honestly say my life has improved massively and it is down to the information your method provided. I soon became aware that the NHS are no great help with these conditions and that the only people in the world who can help and understand you are those who have been there themselves.

I can now see the light at the end of the tunnel and once again life is worth living. I have as good a social life as I have had in years, I am back in the gym, playing football twice a week, I am back in my stressful job and what is more I am managing and without any medication.

One of the key things your continued help and support allowed me to do was go through with my marriage in December 08 and for that I was, and still am, very grateful to you. The constant words of encouragement and the sheer explanation of my condition gave me an understanding of what was happening as well as a base to work from. I also feel, that with my darkest days behind me, I have become a much stronger person for my experience both physically and mentally.

Thank you all so much and please do keep up the good work (the website is looking really good by the way and it is long overdue that

you got some mainstream recognition!) You have the ability to change people's lives and you continue to do that."

James Hartley

P.S. In November you said that when I was feeling better I should send you some wedding pictures. So please find enclosed a few along with a picture of myself in the Dominican Rainforest. The reason for this shot being that in the Method book it says your anxiety cannot and should not stop you going anywhere or doing anything. In light of how bad I was it shows what can be done.



"Dear Charles,

I call you Charles because you are a friend, a very dear friend...

The most wonderful thing of all about The Linden Method was the knowledge that what was going on. SOMEBODY understood. Every treatment I had been offered over the years gave explanations to people who were worried about going to the supermarket or couldn't cope with a job etc. None of them explained the weird and frightening thoughts I had experienced; thoughts I was, for so many years, afraid to relate to anybody in case they locked me up! I was locked in a desperate world!

Thank you, thank you from the bottom of my heart. I will never be able to thank you enough."

Sandra T.



"The Linden Method has improved my quality of life so much. Even before I had severe anxiety, it has made me realise how precious life is, and has opened me up to a new way of thinking and appreciating what I have got that I just took for granted before!"

I have always been an anxious person, even as a child I developed a form of OCD which caused me great discomfort for some time, checking and repeating the same ritual over and over. But even I knew deep down it was only when I thought about it that it occurred and therefore I knew there was really nothing wrong with me. The Linden Method has confirmed this for me but it took ages for the habit to cease! Now it is a memory and nothing more.

I purchased The Linden Method a few months back, after a couple of months deciding if it was really worth the money as I had to stop working due to the anxiety, which really did get bad, it felt like I was in my own personal nightmare and my brain had been turned inside out! I did some really irrational things which included staying with a friend at 5 in the morning because I was scared the electric was going to run out and I would be alone in the dark!

The Linden Method seemed so refreshing after being prescribed Valium and antidepressants which I did not touch! (St. Johns Wort was my alternative) I took to it like a duck to water! Anyone can do it if they put their mind to it!

I even told my doctor I'd eliminated my anxiety and he was like, 'But how?' I told him to have a look at the website to find out! I just want to enlighten people of this amazing method because I have 100% faith in it and myself, which is all you need!

Thank you to Charles and the support staff!"

Lindsey Burton

"I was diagnosed as 'mentally ill' when I was 15 years old... It was a nightmare! what started out as a simple worry about me being seriously ill spiralled into an intense anxiety condition. I was put on 'Psychotherapy' for about six months before an intense bout of Anxiety, OCD whatever you choose to call this condition consumed me. I remember calling my Psychotherapist and crying because I was sick and scared of all these disturbing thoughts I was getting. He finally told my doctor to "treat" me with Zoloft. It worked wonders for awhile until I Graduated Highschool. At this time Zoloft lost its effectiveness and I was put on Luvox. Anyway fast forward to university I chose to do Psychiatry because I truly believed it was a noble cause to help people battle the mysterious mental illnesses that plague humanity. As time went by I learned alot about psychiatry. I realized psychiatry isnt what I was led to believe. The idea that mental illness is a bodily disease dates back to the pre-modern medical conception of disease as a 'humoral imbalance'. As Psychiatric science progressed this finally became the cherished and loved medical model we see and hear about everyday. The notion that "mental illness" is a brain based disease is a downright lie! We have their excellent marketing to thank for that. Psychiatrist confuse theory for facts. FACT. Their arrogance knows no boundaries often cloaked in their 'medical qualifications'. Charles was right! All of you anxious people out there, You are not suffering from a mental illness! The 'symptoms' you feel are all completely normal human experience like what Charles said: part of our in-built survival mechanism, albeit inappropriate. All of you just have inappropriate anxious reactions due

to your anxious behaviour and memories of fear. The truth is you all have nothing to fear! God bless!"

Lui P

"The theory behind what you suggest is very sound, I discussed it with a neuroscientist friend of mine and he says it is consistent with what we know about the brain. Your advice showed me that and it takes will power and consistency but it does work and I hope I meet you one day to thank you for the 'kick' in the right direction I needed.

All the best,"

Adam Grey



Hi, Linden team!

I sent a mail about my sister 2 months ago.

Last week I went to Bosnia and I had a pleasure to share all the informations you've given to me. She said it helped her more than all the doctors that she visited in last 4 years. I hope I'll get good news soon. I will inform you about changes in her life. I had improved my life, too. My anxiety has gone.

Life was cruel to all the Balcan people. It wouldn't be bad idea to have Linden centres in Serbia, Croatia and Bosnia. There are lot of people you could help.

I visited many web-sites in order to help my sister,but.. you are the best, you are offering solution.. not stupid medicaments and bad advices. God bless you all!

Tatjana Arbutina-Mihajlovic



"I am a recent user of The Linden Method (indeed just started last week!) I was suffering from anxiety and panick attacks since last year, it got so disturbing I thought that even death was better, my thoughts drove me crazy and also these feelings which came with derealisation and depersonalisation. I then found The Linden Method as I was looking at videos on YouTube, about anxiety.

At first I was worried that it would not work, I was so negative and I did not want to spend my money (I was really bitter) but my friends checked it out and really wanted me to try this one, so I got the downloadable version. The effect it had was amazing! The panic attacks stopped immediately (I did not have one since then) and now after a week my anxiety is just like a faded shadow-still lingering but I have my life back in control, I enjoy going out and participating in fun activities! To all fellow sufferers I'd say - life is waaays to beautiful! Don't waste another day and get The Linden Method! The money you spend on it is nothing compared to what you get out of it.

Thank you so much."

Karin Regenass



James A Burris This is a great program!

Leanne Agar This worked for me
Like · Reply ·  3
↳ View 1 more reply

Leanne Agar I did it 8 yr ago worked great for me x
Like · Reply ·  1

Janet Henderson And it works.
Like · Reply ·  3

Kacey Whittington This really does work. It's worth every penny 😊

Karen Squance Cooper I bought you're linden method Charles a couple of years ago, to do at home, all I can say is thankyou, it saved my life! After struggling with extreme anxiety where all else failed this method was my saviour, I'm back to me, back to work and enjoying my life again, so Thankyou doesn't seem enough but I am so grateful!

Janet Henderson Yes I went to the retreat and am back to my normal self thanks to Charles Linden.xxx



Jill Martin

An amazing man, he certainly changes lives around for the better x 😊



Siron-rhodes Maire Angela

Plz have a go I did this 10 years ago and been free of it for 9 years and medication free for 9 years to



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Helen Powis Great method - great team of caring people !!

Like · Reply · 1 · 3 June at 22:28



Andrea Connelly I would advise and recommend this treatment then you can start living your life again x



Gina Box Six years ago, this wonderful programme helped me through a very dark time. It's easy to read a testimonial and not really believe it but I can genuinely say this changed my life and I still use it even now. I'd recommend to anyone suffering from generalised anxiety or panic disorder. Amazing.



Katrina Parker This programme actually saved my life. I know that quite a statement to make but it really did. In 2010 I was at my lowest. Terrible anxiety panic attacks everyday, ocd and on the verge of becoming agoraphobic. The programme stopped all of this and I haven't suffered since. Can't recommend it enough. Truly a godsend



Sarah Headinclouds Knowles Hi Charles I have literally only just started on The Linden Method, Thanks for all of your emails, I've read the manual watched some of your videos and would like to thank you already 😊 because everything you say is making sense and I'm actually starting to feel like a weight is being lifted I really think this is going to work

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Fiona Stretton I bought your book & CDs for my FIL 9 years ago.. They helped him tremendously Thankyou.. Good to see your still helping others 😊



Jo Anne Charles is amazing and the method works I promise .. x



Caroline Johnston Emma listen 2 this man he's amazing 😊🙏



Helen Powis My story aligns with yours - I have been slow , but the improvements have been enormous. Dogs and now a horse have come into my life - (I used to compete forty years ago) challenges will be in my path , but I am taking them head on and I know I can succeed because of Charles and his method ! All the best to you Alan and how many times can I say but will never stop to You Charles !!



Heather Bain Finally! I asked a mental health nurse in my area if she had ever heard of the linden method and she said yes! I asked her if she thought it works and she said she has limited knowledge of it but the gentleman whom she knew used it got better. This is the first time i have ever heard a doctor or nurse acknowledge your method in my area. So keep up the good work you are finally getting through Charles!! Xx

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Emma Curtis Christopher Phillip Carter this guy is brilliant mate This was wat I was telling u about xx



Craig Cox This works.. Ive tried the program

Like · Reply · 1 · 18 March at 00:24



Susan Davis-Norris After my Mother died in 2003 I really struggled with anxiety and panic attacks and I stumbled upon The Linden Method and thank goodness I did, because atopathic medicine wasn't helping, antidepressants just masked the problem and I wasn't getting any better, in fact, my problem became worse because when I tried to reduce my medication, the withdrawal was horrendous! I read the reviews, some were positive, others were negative but in this life you have to make up your own mind and I had nothing to lose and possibly everything to gain. Using The Linden Method I set myself free - no one did it for me and that's the important lesson here. Thank you Charles Linden - Author, Consultant, TV Presenter, Educator



Chris Odyssey I actually rang The Linden Method office and spoke to one of the customer service team about being scared of trying The Linden Method just in case it didn't work. Guess what? It did. It not only made me overcome my anxiety and OCD but it also made me take control of other areas of my life. This is the beauty of the methods that are applied with the techniques in the Linden Method. When I finally chose to use this method I can honestly say my life completely changed in so many ways. For that I truly thank you.

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Helen Scott Great video to share Charles! You and Beth and your team are amazing! Still keen to get TLM down here in some way so get in touch if that could work in some way xo



Marlynn Dirksen This WORKS . Back in 2011 , having severe anxiety combined with burnout unable to leave the house; this was my last resort. The 9 pillars not only helped, but they helped INSTANTLY. Of course it was a couple of months until I could say I was really cured. But if you want a non-chemical cure for anxiety : this is it!



Louise Sills It really does work, I have used this method and still implement it every day. I don't know where I would be now if it wasn't for this! Thanks Charles and team x



Dawn Green I went to the Charles linden place last year it was amazing. I've had the best year of my life in many years of suffering. Don't comment on things u haven't got a clue about. We'll done Charles and all the team.



Jill Martin I haven't looked back since I studied the Linden Method about 8 years ago. I'd tried so many alternatives including heavy medication I was in despair, as were my family. Nothing worked. However I read the Linden Method book, listened to the CD's, took in what Charles was saying, studied exactly as I was instructed and after a few weeks things started to improve. I still know what to do if anxiety strikes, and it can do at odd times, but Charles's voice comes tumbling back, I do the mental exercises he recommends, control my breathing and away I go again. Thank you Charles, I cannot recommend The Linden Method enough, it works, end of!!!! xx

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Sue Doolan Just wish the NHS would do this for free for people with low income. Lots of people need help x



Annette de la Roche Love this man and all that work with him - the answer to my prayers he saved my life and kept me sane and I make sure I tell those medical people who tried but failed who really cured me



Daisy Octav Everyone can cure from from anxiety. Follow this method 100% and you will be amazed what Charles can do. 1 year and a half almost since i did the method and never looked back again. Im in control at all times and I think stronger than before. I could never stop thanking you Charles for what you did for us. God bless you my friend.



Lisa Wills I signed a petition to make this available on the nhs just google and sign everyone!! X



Jo Anne It's amazing ...do as Charles tells you ... you need to really want to be rid of this I will be forever grateful xx



Karen Madsen I tried this method years ago, possibly 8 or 9 when my life was taken over by anxiety, agoraphobia, and feeling like I was in a constant panic attack, with hallucinations and my life was horrific !!! Within a few days of reading the method I started to feel better and I can honestly say I've never had a panic attack since. Thank you Charles for giving me my life back X

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Danni Want Can only describe you as an angel, showing the people the way, i cant help but just comment on the posts as its so hard to believe anyone can help when your thoughts arent your thoughts they are fuelled by anxiety. My only gripe - i wish i had known about this five years ago 😊 xx dont delay recovery its your whole life you get back. Xx



Helen Powis Notice on some of the comments - wishing and hoping - listen up guys - stop !! Trust Charles and all the testimonials - get the pack and get seriously going on the way back to a much better life . Surely by now you have had enough misery - it may take a little time and effort but just DO IT NOW !!



Laura Downen And this man I believed saved me!

Like · Reply · 👍 2



Gemma Rogers Me too

Like · Reply · 👍 2



Rob McGregor Good on you Charles. Your programme is amazing



Helen Powis Find the money - don't make that your excuse - get the pack and commit yourself to it - it will take effort to get going but it is really worth it . !!!!!

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Bec Bailey Hi Charles, I just want to say that my new years resolution for 2015 was to overcome my crippling panic disorder and depression. It seemed like something I would never be able to accomplish and after doctors giving pills out like skittles and no actual advice or help I started to search elsewhere. Continually talking about what was getting me down with therapy, was obviously not helping me get back up. After coming across your method I purchased it after a little research, and this has been the wisest decision I have ever made. Within no time at all, I can't even express just how quickly the transition was, I brought my life back together. A life that I appreciate much more than I ever could have if I had never gone through the ordeal of panic disorder. Myself, my husband and my twin daughters are free of a burden that I didn't think I could ever break free of. Such a simple method and it truly is self help. I've learned things that help with everyday life and everyday situations. I no longer fear fear. Thank you for putting together something so simple and effective. It's funny just how obvious the ideas are, but we're so wrapped up in our demons that we don't realise. Honestly all the way through I was like "duh I should have already realised this". Absolute thumbs up and I've recommended it to a friend that has been going through something similar. I hope someone else makes the same new years resolution for 2016! Bec x



Andrea Leeson My daughter has overcome her anxiety due to the Linden Method. I would recommend this to everyone who suffers from anxiety disorders. You have to put the work in, and if you do, it is quick and you have your life back again.

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Joanne Wigston I commented before and just want to say again that this method is fantastic. I have struggled for years with anxiety and panic.. within days of reading this everything changed...no more panic and very low anxiety..just amazing xx



Emma Fitzjohn They should do this on the NHS I think that would help so many people 👍



Kayleigh Williams Anyone who hesitates about this method.... DON'T hesitate. DO IT NOW! I've been doing TLM for 4 weeks now, and oh my god it's amazing! I started to notice the difference within days. Charles is my absolute saviour! His method saved me from myself. I'm still in recovery of course, but so positive about my future and being anxiety free. Thanks Charles 😊 X



Dean Spencer This is a great method I suffer with anxiety bad with this method and training keeps the naughty side at bay .good to have something out there that creates a strong mind mate



Gemma Rogers Best thing I ever did!

facebook



Mary Murray Godbless you Charles Linden a true inspiration of hope for people in their brokenness. I've suffered at times and have a teenager who currently struggling but we shall get there. I hope the good lord leads me into a path similar to yours to help others. It feeds my soul to help those in need and to heal their tears. Xxx



Andrea Leeson Well said Charles. Your method really works..my daughter is living proof that if you focus and put the work in, you will receive the results. No moaning, no criticising, just get on with it.



Andy Foz My life has changed so much for the better ! Thanks to the linden method x



Caroline Mountain Chris Mordue this is the guy I was telling you about. Changed my life. Check him out



Kgothatso Tshwaedi Wonderful man indeed



Janet Henderson Wonderful man.x

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Chrissie-wissie Clark It worked for me 😊 two years free of anxiety and panick attacks 😊😊😊



Julie Dawson I use the Linden method. Works for me 😊



Carole Anne Johnson The Linden Method completely changed my life. There didn't appear to be a way forward for me until I discovered the Linden Method. Anyone out there who is feeling this hopelessness....don't hesitate. Try this method as it really does work!



Nicola Farrelly Anyone suffering anxiety or depression just do it ! It's really does work . It's changed my life 😊



Narelle Miles-Darmanin Sorry 4 years and have been unable to leave the house i have tried a lot over the 4 year and this program is the only thing I can really relate to and i can already feel I am on my way to recovering



Rachel Truscott Iv done the linden method and as worked amazing x

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Leon Bryan I've just joined the method !!! Has opened my eyes and already given me some self confidence only been using for a few days .. Charles your a gem



Jennifer Bunzosteel Hotbox Rowland One of my biggest phobias was the dentist but after doing the linden method, listening to the cds with the visualisation etc I was able to go to the dentist for the first time in years and have a filling, scale and polish.

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Daisy Octav Charles just block those who moan...This method healed and helped me and for those who moan or disagree get a life and live this man to do his job...Well done Charles 🙏🙏🙏



Victoria Shelmerdine I agree completely
I am on my way to recovery and prefer only to read others who motivate me to continue
Your programme really does work if used properly
Many heartfelt thanks to you and your team



Jennifer Tracie Hilton I wasn't sure about the Linden method as I had put everything I had into other methods and just ended up back where I began, in fact probably worse off because I felt like I would never be free from the dark cloud I was living under. I can honestly say the Linden Method gave me my life back. I know I sound like some kind of sales person and I was sceptical before I tried it but I had ran out of options... The cost of the course is minimal for the level of support you get and it can be paid off in installments. It's the best investment I ever made, I invested in me.



Charka Chong Well said Charles. ...what you do for people is not to be mocked by anyone until they have tried your method and its brought there life back again



Christine Williams Charles Linden gave me my life back. ...I'll never be able to thank him enough. Ignore them you're too good for them x

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Heidi Leeson Chedzey Jane, cbt didnt work for me, the linden method is the only thing that has helped me. I would highly recommend the 4 day retreat or at least order the pack and do it from home.



Daisy Octav I did it for two months almost and never had not even 1 panic attack since...this happened in April after my birthday.I had a tuff situation in my relationship and also heavily drinker since I know myself...I had a horrible few months everyday panick attacks.I took medicine all sorts of it but didn't helped much.My brother order it for me and within 1 week I could be myself again.Quit drinking,helped me even more.I went to the gym 7 times a week to keep myself away of OCD.Belive me this works 100% if u belive and if you do it EVERYDAY the proper way.I was scared even to take showers or to lie down on my bed.Charles is the key if u have our "problem".



Chris Kehoe I started doing the Linden Method this time last year. It started to work for me but my wife didn't believe it, so I went to see a counsellor and saw minimal improvements. I decided upon myself to go back to the Linden Method and I'm so glad I did, because a month after doing it properly, and I mean to the T', I woke up this Thursday morning anxiety free.



Emily Plummer It really just makes the most sense! Trust in the program and do it!! You'll be amazed.

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Adds Gissing It works it works it works!!!!



Dave Robson Shannon Duffy I followed this method and it's fixed me 😊

Honestly give it a look over and don't be scared to try it xx



Helen Powis Felt this way myself , and the fact I was trawling the Internet desperate for help - all I can say is get on the program as fast as you can and stop wasting any more time on suffering - you all know what I mean !Just do it now !! Get a happier productive life back like I have - driving out regularly , looking after my two dogs , running two houses , helping grow vege and looking after a little farmllet and now I have a horse to get working on and I do pilates three hours a week . I used to hide away at home in tears most of time , zombied on Valium and Prozac with no personality left . Worth the risk - I will say yes every time !! Thanks Charles and Beth .



John Holden If you suffer from any type of anxiety, panic attacks etc, I urge you to buy this system, I bought it 9 yrs ago and I can 100 % guarantee that if you follow this simple method, then you will become a completely changed person 😊 thank you so much Charles and team for giving me my life back , God bless.

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Leon Bryan Thank you !!!! A message to all !!! Please try this I randomly contacted ppl from the testimonials and spoke personally to them and they all spoke highly about the linden method !!! It works , just follow the program properly 😊 bye Charles and thank you again

Like · Reply · Message



Laura Downen This is the only method that will work!!! FACT

Unlike · Reply · Message



Tammy Roberts The Linden Method has been I incredible. Please give it a try and don't give up if it doesn't work the first time. You have to stick to it rigidly and you absolutely will see results. You really will xx

Like · Reply · Message



Debbie Egan I have only be using this method for 6 days and i feel so much more confident and no bad thoughts can not believe how fast it has worked its amazing how your mind works so looking forward to the rest of my journey and my recovery thank you so much charles your amazing 😊

Like · Reply · Message



Helen Scott This method really works! Charles and Beth you are all amazing!! xo

Like · Reply · Message

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Alan Falconbridge It definitely works.



Milena Smiljic Thank you Charles ! You are my angel !



Mary Elsie Elizabeth Geeves what a fantastic man! x



Kelly Bullock Thank you Charles Linden for your utter most support & understanding throughout this condition dealing with anxiety, depression. With that being said you are a true inspiration always! To hear your story is to perceive it in a much more positive light, to not let it control you or weigh your spirit down. It can be a tough struggle but through hope we can prevail through anything we face in life. There is so much more to life than to suffer in silence, day to day at all & I would like to add, that is truly amazing you got through it after struggling with it as long as you have for 27 years. Exceptional work also in helping others around the world. You are a true testament of faith. Much appreciation & Kind regards.



Gunny Sodhi What can an ex-sufferer like me do to help you because YOUR program was the ONLY thing that worked??? Ready to help.....

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Michelle De Campos Kok Changed my life!! Living a more in-control life with a much happier me!! TLM is amazing and I thank God for it!



Stephanie Carter I brought the whole package back in 2008 ish Maria Angelina O Neil and it changed my life!! Charles Linden is the best!! xxx
[Unlike](#) · [Reply](#)



Suzanne Carr Your method saved my friend. He nearly lost everything but thanks to you, he is back at working and hasn't had any attacks. X



King Jordan Charles Has The Best Program If you follow, you will beat your anxiety God Bless Charles Linden



Konstantinos Tsiaoussis You save and change my life for ever...It was 2005-2006.

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Jacqui Bassett It's a bit silly to knock something before you've even tried it. I understand that folks feel exasperated because they've tried 'every avenue', however, please don't give up. The Linden method helped cure me of the most debilitating anxiety and I can never thank Charles enough 😊.



Billy Gallagher I was in very dark place. So much so I paid the money. The benefits I found was that it helped me understand what was happening, why and how.....I also went through a period of using the support line.....it was the best £135 I've ever spent.....at the time I would have paid ten thousand to stop it!!



Victoria Snowballnailen I CAN NOT believe this programme is not available on the NHS!!!! What fools they are to not have snapped you and TLM up....IT WORKS, always has always will #fact. Maybe it has something to do with the government making billions a year from pharmaceutical company's pushing drugs on people with anxiety !! If they have the cure, they loose big time!!! Makes me sick. Xxx All the best Charles, Beth and kids.xxxx



Gail Tarver Over four years ago now after I suffered from panic attacks where I got to the point I couldn't leave the house without having to take diazepam I had no control it was scary and awful for not just me but my family. I then heard about the Linden Method and after just four weeks I was off all drugs and had the ability to control my panic attacks. Touch wood it's been four years past since my last major panic attack. I can't recommend this guy enough, read his story and it's inspiring.

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Jo Anne I've been using the method for just over a week ... I feel great and am already doing things that I haven't done for a long time ... Thank you so much Charles X



Rebecca Cook Do this really work people



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Like · Reply · Message



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Like · Reply · Message



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Like · Reply · Message



Helen Scott This method really works! Charles and Beth you are all amazing!! xo

Like · Reply · Message



Plum Sykes - Vogue Editor

"I highly recommend the Anxiety Recovery Retreat & Linden Method Program."



Lady Jemma Mornington "Anyone suffering from high anxiety or panic really should use the Linden Method."



Miranda Hart - Actress

Miranda is Director of our Childhood Recovery Programs and Workshops.



Linda Robson - Actress

"The Linden Method - not just life changers they are life savers."



Jodie Kidd - Supermodel

"I bought The Linden Method and within days, I was feeling better,"



Kate Ford - Actress

"Anyone suffering from anxiety should do The Linden Method. It worked for me."



"Thank you soooooo much for putting together this program. I was very skeptical at first. But now I am a believer. After suffering severe and terrifying panic attacks after the birth of my second child I felt almost hopeless and crazy.

Even after the reassurance of friends and therapist I was still scared. But now... I am 98% panic free and it's been less then a month. Even with PMS (which always made it worse) I am doing just fine. Thank you from the bottom of my heart.

I will tell everyone I know who has ever suffered... about you and your method.

Love and light,"

Yvette Johnson

"The Linden Method is really working and I had results straight away. Anyone I know of that has panic/anxiety immediately gets told about this method. I am living proof it works! It takes a while for new behavior to become instinctual but this method has a serious and permanent effect on behavior right from the start and I cant believe that there hasn't been anything like this before. I've been surfing the web for answers and groveling for solutions for years and I've finally found it. My family doctor is very interested and I'm going to give him the website so he can look at it for himself. The thing is my doctor isn't a bad guy, just misinformed. The way this method came about is the only way it could've happened, through experience and dealing with it

WELL AND ALONE! I commend Charles on his bravery. Its just so hard to believe that, like I said, something like this hasn't come along sooner. Its just so new that its mind boggling! And it works so well, the answers are so simple and, well its just amazing. If Charles every reads this (O: I want you to know that this method has no place to go but up and out over the hills and across the oceans. Something like this simply cannot be ignored! Rest assured, the word is getting out."

Much Thanks

Matt. Driver

"Not sure if you will remember but I have had a few conversations in reference to my Fiancee Dean, we purchased your Charles Linden program a few months back and he is so much better I have not seen a symptom from him for at least 3 months now, he feels like a new person...

I can't thank you enough I just wish I purchased it sooner. I cant write in words how thankful I am to you, you are a very clever person to be able to achieve what you have and make all of those people cure there anxiety, I just wish I could re pay you in some way. I hope you have a very happy life and thanks again."

Love Sam Sheppard



"Thank you!

Whoever reads this email I would be very obliged if you could show it to everyone else.

I am cured! I haven't been in touch for a couple of weeks because I thought I would just see how it went. It happened without me really realizing and all of a sudden. I can't believe it and I shall certainly be "plugging" The Linden Method to anyone I know who suffers from panic and anxiety.

I am back working again, from home, but that's what I wanted to do anyway! I went into Manchester last week to pick up some work and went into a very crowded and busy firm of Solicitors and had a long conversation with the senior partner who gave me a huge amount of work to bring home. I have been going into supermarkets again and shops and last week I spent virtually all day in my little boy's School. I really cannot believe it and I cannot thank you all enough. I am cured! If I ever get twinges or doubts again - I know what to do!

There is no fear left inside me. I have well and truly kicked it into touch.

Please feel free to print this on the web site if you wish.

Many many thanks."

Gillian Brierley

"Dear Charles,

Thank you so much for speaking with Annie and me last week. It appears that the method is starting to click with her. My husband and I noticed that there's a 'light' in her eyes again, where she previously looked preoccupied with worry. The suggestion of my staying at

school with her seems to be working. I plan on doing it the rest of the week or more if necessary.

She's seems so much happier and it's only been a little more than a week since we started the method.

Thanks again for giving us hope. I feel that through The Linden Method, we are getting our daughter back. I wasted so much money and time going to therapists, reading info about OCD and anxiety etc. and I'm so glad I came across your website.

God Bless you,"

Cindi

"I'm simply e-mailing you to let you know that you saved my life. I'm 25, and I have always been a very outgoing, charming guy. Led an active lifestyle.

I've been on a downward spiral these past few months and I thought there was no way out. I had a sick feeling in my stomach all day long, felt like I was in a dream world and I couldn't get out. It was utterly hopeless. Felt numb, and agitated. Became very agoraphobic and spent most of my time in my apartment alone.

I went to see my doctor, and she diagnosed me with panic/anxiety disorder, and of course prescribed Paxil. she told me that what I have is a disorder, an imbalance and there's nothing that can be done to help me, except take meds. (i am very angry at her for being so quick to prescribe them)

I was terrified of going on medication and heard horror stories about Paxil. I took the pills for 4 days and felt much worse. I couldn't think straight, and I couldn't focus. I threw the bottle out and started searching the net for answers, as I've done countless times before.

For some reason I finally stumbled upon your site and bought your pack.

I'm going on 3 weeks of following your advice, and my anxiety is gone completely.

I can't believe it. It blows my mind that more people don't know about your method. It is the holy grail, as you put it. I was under the impression that I would spend the rest of my days popping pills and dealing with something that I didn't know how to cure.

You saved me, before I fell even further into the depths of despair, and I am eternally grateful

Thank you so much."

Dwight D.


"After many years of suffering anxiety in every form possible, I came across The Linden Method. Needless to say, at this point, I was so desperate I would have paid what ever it took to get back to my 'normal' self and be grounded once again.

I purchased The Linden Method and started to study all of Charles Linden's "holy grail" as I like to call it. At first I struggled, but was very determined. I knew all of what was written was so true and I think belief is the key also. You cannot doubt this method. You have got to believe it. So, after a good three months of practicing the method, I was well on my way to recovery. I had reprogrammed my amygdala and felt a lot better. The way I feel and think about things in life are so much different now. I'm calmer now than what I would class a non anxious person and cope much better in all circumstances life throws at me - all because of The Linden Method. It has also inspired me now to pursue a new career in Life Coaching, so all in all, the money I spent has paid itself back many times over! I would like to

take this opportunity to personally thank Charles for saving my life!
Because that's exactly what he has done! My hero...

THANK YOU!"

Candice White



Cheryl Robertson
Micky the linden method
WILL cure you it did me in
Just 4 days and I recovered I
promise you it does work and
for so many of my friends
please do it you will never
look back

Cheryl Robertson
Sandra Jersey is same but I
am recently in full recovery
thanks to Charles Linden
please do the Linden Method
I promise it works good luck
😊

Betty Higgins
Hi I have been doing this for a
week now and I can't believe the
difference of how I am it is like a
fog has been lifted I can't believe
it , thank you CL xx

The Linden Method



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Robin with ex Mike Myers

Robin Ruzan



Robin Ruzan ✓
@RobinRuzan

Wow! Amazing! RT @SonyaViaz:
[@charleslinden](#) saved my life!



Mandy with her ex Bill Wyman

Mandy Smith



Mandy Smith
@MandysTheme

@CharlesLinden: Anxiety article -
The Telegraph - telegraph.co.uk/health/welbei...

>>> Charles knows his stuff!
Tried and tested and it works:) TY
CL x



kate ford
@kateford76

Coronation Street

Any one suffering from anxiety or panic disorder this guy can REALLY help
[@CharlesLinden](https://twitter.com/CharlesLinden) or google the linden method. Worked for me



Flips your life back...

Laura Downen · 11:01 As I have a testimonial of n your site lots of people private message me and it feels amazing going from the sufferer to helping people shows how hard work and using the method flips your life back to normal



61 Linda Robson @LindaRobson08

@CharlesLinden thank you from the bottom of our hearts for helping our son Louis from his anxiety and stress your the only method that works

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Charles with Ricki Lake



Charles with Gok Wan



Charles with Jemma Kidd



Charles with John Bishop



Charles with Danny
DeVito & Sam Neil



Charles with Rupert Young,
Will Young's brother

- Cheryl Robertson**
Micky the linden method WILL cure you it did me in Just 4 days and I recovered I promise you it does work and for so many of my friends please do it you will never look back
- Jan Metcalfe**
Andrea, of all the different approaches, this one has the best results 😍❤️👍 xx
- Nicole Cole**
I've got this, it changed my life, absolutely fantastic, had it a few years and don't let it out of my site, I can do everything and can honestly say haven't had a panic attack for years
- Lindsay Flood Aynun**
This guy is amazing my mom as been the retreat ,
- Betty Higgins**
Hi I have been doing this for a week now and I can't believe the difference of how I am it is like a fog has been lifted I can't believe it , thank you CL xx
- Joan Smith**
I bought this after a dreadful series of personal loss, job loss and a medical misdiagnosis - it works and you have nothing to lose but your anxiety - it's like learning again and I found the part of me that was lost - try it.
- Margaret Fishwick**
The linden method is so good ,the best money I have spent ,tried lots and lots of other things they didn't work but the London method has done me more good than the others would recommend it to all who suffer from anxiety ,thank you Charles
- Tina Kavanagh**
This changed my life...it took awhile for me but in the end u got it...thanks so much to The Linden Method

Recent reviews from Facebook posts

- Siron-rhodes Maire Angela**
Love this guy and would 100% do his book and CDs 9 yrs medication free thank you
- Stephen Flippflop Jessop**
Kirsty Allen be best money you ever spent believe me
- Top fan**
Kristy Adams
Highly recommended helped me completely recover and have the tools to know what to do if it comes back sometime
- Marisa Tran** · 1st
English Teacher at Rialto High School 5h ...
The linden method worked wonders for me. I was nervous, discontented, and depressed. I was able to employ the methods and "starve" my anxiety. Subsequently, my derealization and depersonalization also subsided. I recommend this method to anyone suffering anxiety, paranoia, depersonalization, and depression. It works! There is hope for a peaceful and contented life.
- Leigh Park**
This guy.. wow... he saved my life... anixtey free nearly 3 years now thank you
42 w Like Reply 2
- Jake Bytheway**
Yep the only thing that works nothing else does let me tell ya !
1 w Like Reply Message 1
- Laura Downen**
100% I promise what he's saying works.
42 w Like Reply 5
- Michael Boyd**
He's not wrong 🙌👍 1
- Kristy Adams**
I bought the online method...life changing...worth every penny xxx
1 w Like Reply Message 1
- Siron-rhodes Maire Angela**
Plz have a go I did this 10 years ago and been free of it for 9 years and medication free for 9 years to
- Paul Spracklen**
I had exactly the same experience two years ago. Completely changed my life.



Stress is one of the scourges of our age. Most people feel *stressed* some of the time but many people feel it nearly all of the time. Living in a city is *stressful*, driving is *stressful*, working is *stressful*, not working is *stressful* and finances are most definitely *stressful*. This state of constant *stress* takes it's toll on our general state of health, sometimes to dangerous levels. We all have different circumstances to deal with and I'm a great believer in getting a bit of help in the form of therapy when needed. There are also many things to do to relieve general life stress. Exercise is hands down my favourite form of *stress relief*. I honestly believe it's kept me sane and healthy. Yoga, breathing exercises, taking time out of one's crazy schedule are all things that can help to *relieve stress*.

But what happens when *stress* turns to *anxiety* or *panic*? More and more people are suffering from *panic attacks* including the very young. Anyone who has suffered attacks knows that it's one of the worst things imaginable.

Charles Linden suffered from *chronic anxiety* from a very young age. By the time he was in his 20's he was having 8-10 *panic attacks* a day. He had it so badly he could no longer work or leave the house. He sought help everywhere but nothing helped. He started to do his own research and ended up curing himself. This process evolved into his own unique method and he has now helped many thousands of people recover from *panic attacks*, OCD and phobias. Gemma Kidd has talked about how Charles helped her in the press on many occasions.

Charles runs hugely successful retreats and workshops that he says will cure people of *panic attacks* and many other problems. He also has books and tapes on **The Charles Linden method**.

Glynis' recent Twitter Post to Charles



72 Glynis Barber @MsGlynisBarber

11 Jul 12

@CharlesLinden I'm going to start calling u guru! So many words of wisdom!

Details Reply Retweet Favorite Buffer More



Roger Smith

I suffered after I lost my son Paul in a car accident I went to the priory clinic and Harley street at a cost I found the Linden method on the internet it works 100 pc it took me 4 weeks But you got to do this yourself and stick at it. It really is worth it

15 minutes ago · Unlike · 1 · Reply · Message



Sherry Presley

Charles I'm so glad that you went live on this, I didn't like all the negative comments that people made so hurrah for you for standing up for what you believe in and for helping those of us who understand what you're trying to do thank you again because without you we would be without hope!

Friday at 17:53 · Unlike · 4 · Reply · Message



Ruth Higson

A truly amazing man. No one can take that from you Charles ❤️

Friday at 17:47 · Unlike · 🍷 7 · Reply · Message



Diane Davey

The video Charles makes for all the anxiety sufferers are amazing I have my life back because of the linden method so can u xx

Friday at 20:09 · Like · 🍷 1 · Reply · Message



Rachel Topham

I think people need to grasp the only person who can "make" them better is themselves. Your lost when you have severe anxiety and what you offer with the Linden Method is a clear guide that steers people to help themselves when they can't see the way! Merry Xmas Charles x

Friday at 17:18 · Unlike · 🍷 4 · Reply · Message



Evin Langley Fox

I did this 10 years ago. So amazing and life-saving.

Friday at 17:30 · Unlike · 🍷 3 · Reply · Message



Tracie Hill

I am the same Tammie get a complete check over and then when you know these symptoms are anxiety put 100 per cent trust in the progress and it will work I promise. I have crohns disease and Addisons disease and this trigger the anxiety into disorder but the program has helped me with inappropriate anxiety and has rid me of most of the symptoms already. Please give it a try xx The team are superb and Charles has a mentor facility for Tom members.x good luck

Friday at 19:24 · Like · 1 · Reply · Message



Laura Downen

2 weeks for me, wouldn't even leave my house to put my own washing out. 2 weeks later back at work and back to being myself.

Friday at 17:21 · Unlike · 6 · Reply · Message



Melissah Yount


I believe in everything you teach .
Your the first person in ten years of
my suffering that made me
understand me and why I am the
way I am .

Friday at 18:42 · Unlike ·  3 · Reply ·
Message



Maria Omerou

Thank you once again Charles!
Panic attack free for 3 years now
after suffering for years xx

Friday at 17:29 · Unlike ·  5 · Reply ·
Message



Evin Langley Fox

Seriously do what he tells you. It
works.

Friday at 17:32 · Unlike ·  1 · Reply ·
Message



Kirsty Sewell

The method is amazing 

Friday at 17:30 · Unlike ·  2 · Reply ·
Message



Brian Williams

People testifying that TLM works, people also testifying that the mainstream NHS methods of treatment don't work, yet people still attack Charles. He is offering you a no risk opportunity to recover and live your life anxiety free. Yet mindless idiots attack him and discourage people from trying it. Yet nobody attacks doctors dishing out meds like sweets, or therapists who walk away with their pockets lined, often after making things worse. Keep doing what you are doing Charles, the people you have helped, know the truth and will be eternally grateful!

Yesterday at 01:25 · Unlike ·  1 · Reply · Message



Alex Blake

Thank heavens I found your programme 9 years ago. Back then I was in severe desperation for 8 continuous years. The relief I felt by applying your techniques was unreal. S...w the pharmaceutical establishment and it's dogmatic supporters!

Yesterday at 18:48 · Unlike ·  1 · Reply · Message



Junior Turner

thank you for curing me after 7 years of hell I am a singer who nearly lost his career to anxiety and panic attacks



Christine Williams

Listen to Charles he is amazing and will give you your life back a million times better than it was before.

FACT



Sydney Drew

Especially in the city I live in !! After I told my doctors how I cured my panic attacks and anxiety they now tell their clients to try the Linden method ..



Nicky Tarrant

This method has helped me! It really does make sense. Thank you so much Charles 😊



Bronagh Hatzer

Thank you Charles, you have saved my life! I have another bit to go through the method but without a doubt I am seeing progress and starting to enjoy life again.. God bless you! ❤️ x



Sarah Masters

This method changes lives. Please, anyone suffering, get in touch with TLM. You will never look back x



Bluebell Buterrfly

Thank you for your method ...really changed my life.....👍



Louise Tuck

Thank you, following your method has changed my life, finally I'm anxiety free and back at work that I had to give up because of anxiety and everything that comes with it, it's now all gone 🥰 thank you x



Sally Anne Paul

Sandie Skyrme? My daughter-in-law was transformed by this man
XX



Darren Collins

Really works 👍👍



Alison Annable

Fabulous method-- done it yrs ago, @ never/ ever looked bk.



Helen Powis

The method is structured- you need the pack to fully understand- really worth it - changed my life !

"Had you told me three weeks ago that I would be driving to the shopping centre with my daughter, playing in the park with my grandchildren and going for a chinese meal with my hubby... I would have thought you mad! Well that's where I am and I can't tell you how much I owe you Charles. You are an inspiration and an angel. Thank you, thank you, thank you."

Margaret Beer

"The Linden Method was recommended to me by my psychologist who had given up I think!!! My anxiety, panic and OCD was out of control and my family were desperate. I joined The Linden Method and everything changed straight away. The sense of relief from reading Charles' story was overwhelming and my panic attacks stopped immediately. Thank you so much Charles and The Linden Method team."

Kendra Limick

"I am not sure if you will actually receive this email or not but I wanted to say a massive thank you for creating The Linden Method. The pack is really well put together and so simple to use. I listened to the introduction cd and the interview and could really relate to your story. Not only that but I also spent half my life in Mallorca (as I am half Spanish) and I now live in Hull! I have struggled with anxiety for eighteen years and have seen everyone from Counsellors to Psychotherapists and taken everything from Anafranil to Prozac. I am going to Corfu on Tuesday and am quite anxious about the flight but I already feel more equipped since starting the Method. I have listened to the panic eliminator cd and am contemplating crossing the Humber Bridge (I usually have a panic attack there) so that I can gain mastery over it. Many thanks."

James Noguera

"My name is Mark Johns and I just wanted to drop you a note to say how grateful I am that I discovered The Linden Method.

8 years ago I developed really extreme anxiety. I couldn't leave my flat, I couldn't face day to day situations, I had a permanent grimace on my face and things were very, very bad. Gradually I got better though but it took about 2 years and I never actually got to the bottom of how I had been feeling. My condition became something I couldn't explain and I visited all kinds of practitioners looking for answers but got nowhere.

Forward-wind around 6 years to around 8 weeks ago and I was there again! The nightmare had re-awakened, the feelings were back but worse than ever. (I suffered 3 weeks in intensive care at my fathers bedside and a dear friend also died) I cried and cried for days. I was waking up in the morning to panic attacks. I was freezing cold, sweating, crying and generally appalled at what was happening in my mind. Nightmare.

So, I did some Googling and lo and behold came across The Linden Method website. This was only 6 weeks ago. I remember clearly fighting back the tears as I ordered the pack (not because of the price!) as I felt I had come to the end of the road. I can't honestly rule out the admission of feeling suicidal. BUT I have a beautiful supportive wife and the most amazing 16 month old son. I stopped work and retreated to Devon (where my parents have a holiday home luckily) The next day the Linden pack arrived and I couldn't believe it. Just reading the first page I could see that I wasn't the only person in the Universe that felt like this. I cried a lot as I read the pages. So, I spent 9 days going through the pillars and using the visualizations. I could recount hundreds of situations related to panic and anxiety but I'll shortcut that by simply saying that 5 weeks later, I am back to normal. In fact not back to normal but beyond that, way beyond that. The combination of understanding what the sensations were that I was feeling, the nine pillars, the visualizations and my amazing family have, well, completely changed my life. I am no longer frightened of anything.

So, thank you. Thanks for real, sensible, practical and well informed advice in the pack and also for the great coaching and counseling on the phone."

Mark Johns,
Wiltshire

"Dear Linden Method Representative,

Greetings from South Carolina and the USA! My son purchased The Linden Method and since using the method, he has improved greatly, graduated from college this past May and is working in the area of Finance. We want to extend our sincere THANKS to Charles Linden.

Sincerely,"

Carolyn James

"I purchased The Linden Method online before Christmas and so far it's been fantastic. I am so much better than I could have imagined.

Many many thanks Charles, you are a savior."

Andrew Parks

"Ignore me if i'm talking rubbish but I really think The Linden Method should be prescribed by doctors instead of drugs or other books that don't work, if my doctor had given me The Linden Method all those years ago I wouldn't have missed out on so much of my life.

Owe you guys big time. Please let me know how I can contribute money to help spread the word. I am pretty positive that in the years to

come more and more people will be coming out of the woodwork with OCD, I want to help, I owe it them. You saved my life.

Regards,"

Drew Corben

"Thank you so much. This method is pure genius. Kudos to Charles."

John Knight

"I am shaking with delight as I type. I am so grateful to you Charles and everyone who is supporting you. I Finally have the 'tools' (and so does everyone else!) needed to rid myself of these horrible feelings that have taken enjoyment from my life. I feel better already! I got through your book and now listening to the CDs!! My first attack I believe was in 1992 when I wound up in the hospital. Thought I was having a nervous breakdown.

Well enough to know that I will never live as I did... in fear of fear. Exactly. You wrote/spoke it exactly how it is. Thank you from the bottom of my heart and soul and thank you from my family.

Thank you,"

Gwen Vllacot

"Dear everybody at the Linden Center,

I have learnt so much and knowing that I am not alone was probably the biggest help and of course all of you at the center (special thanks to Kathy).

The reason for writing is that I am actually Swiss (German speaking) and I just came across your new German website. Fantastic work! Should you ever need any help with translating something (an email from a German anxiety sufferer or anything else please let me know and I would be very grateful to help and translate.

All my love and also from Dylan (now 4.5 months)"

Claudia

"Dear Jenny,

You and your colleagues deserve a Knighthood. The Linden Method has completely transformed our lives. The support you gave us by telephone included the most common sense, logical and supportive approach we have heard in 20 years. From the depths of our hearts, thank you"

Brenda and Oscar Regis

"Hey Charles I have been using The Linden Method for Three month's, and it has completely changed my life. I was very withdrawn, and when I took your advice, and followed the pack it changed in almost one month. I was scared to leave my hometown, and after a month my wife, and I jumped in the car and drove 22 hours around Alberta sight seeing, and visiting relatives. It was amazing that I could have control again."

David

"I am not one to share with perfect strangers my problems with anxiety/Agoraphobia but I feel like I owe it to myself, you and others to share my experience with this program.

I have suffered from Panic Disorder with Agoraphobia since I was a young child. By the time I was 21 I was completely house bound. This was back in the early eighties and there was not much known about panic and Agoraphobia and it was usually treated with Valium, Centrax, etc. I would go from doctor to doctor trying to find someone to help me but the usual response was for me to loose weight.

Now fast forward twenty something years and I'm in my middle 40's and I am still alone fighting every day to be able to live as normal as possible.

I then ordered your program because one night late I typed into my computer 'panic, anxiety' and your web site came up. I followed it religiously and started applying the steps. The most helpful to me was the Panic CD which I played over and over again to instill in my head the points that you made. I have to tell you the greatest statement you made in your program that I constantly say over and over again when I get into "sticky" situations is: "Don't accommodate your anxiety". I didn't realize how much I did this until I started paying attention.

Today I am taking courses in a town 2 hours away from here. I have to drive alone in heavy traffic to get there which I do once every 7-10 days. I stay at school the whole day and when I leave I sometimes spend the night at my sister's home or I go shopping. I have even went through a whole, crowed shopping mall,which I haven't been able to do in over 25 years.I just wanted you to know this and how much I appreciate your help. You are truly one of the 'good guys'"

Name: **Matt Riusech**

"Just wanted to thank you for your method. I developed anxiety three months ago and had become paralyzed by it. Literally days after

listening to your tapes and reading the manual I felt much better. And now, a few weeks later, I have absolutely no anxiety at all. I can't tell you have incredible it feels to be free of that feeling. Thank you so much!"

Dan Smith

"Thank you SO MUCH for the answers to my questions. I appreciate all of the help you have given me through the email, helping me to understand what anxiety is and that it can stop. Putting the method in book stores sounds like a wonderful idea to me, it could help thousands of other people to stop their anxiety and help them to lead normal lives once more. If there is any way that I can repay you for your kindness and help that is within my reach to give you I would like to know, because you have been so helpful and honest in your answers to my inquiries. Thank you again."

Sally Bircham

"After stumbling upon your web site while searching for a more natural approach to relieving anxiety (I hate meds) I can't tell you how much better I feel, and this just happened Monday of this week. I started to feel strange about six months ago, usually around my PMS time. I discussed this with my GP and of course she immediately wanted to medicate me, but only during my PMS, I was reluctant and told her I wanted to hold off. The last couple of months have be really hard because it seems to have intensified it self. About a week ago my GP suggested prozac again, I told her I wasn't ready yet! After only getting to page 93 of your book I already feel a huge relief, (there hasn't even been enough time for the CD's to get to me yet) just knowing I'm not alone and all of these symptoms I have been feeling are all due to GAD. I was constantly taking my pulse and I thought I was such a weirdo because of it. After reading the typical symptoms (I experience most of them) and you saying they are all perfectly harmless was a major relief and I have never taken any medication, thank god!. After reading your story and the other emails from people

you have helped I have such a mild case of GAD compared to other people I almost feel ashamed writing this email but also grateful my anxiety never got to the degree that other peoples have. I'm 46, I work full time, my husband works away during the week, I have 12 year old twins that are very involved and am very busy. I don't have time for anxiety but I know I need to slow my pace down and take more time for me. I just know my quality of life will improve because today I already feel like it's a new day and I've hardly begun my journey.

Thank you from the bottom of my heart, my family thanks you also but they don't know it yet."

Yvonne Maywood, Washington

"Kathy,

Well, we went ahead and bought The Linden Method and hoped it would work.

I was very impressed with the quickness you and your team answered my queries at the start. This very much helped me to have faith in your whole enterprise. It didn't feel that you were there for the money only.

I have been amazed how fast she has improved. She read the book during school holidays and after fighting with her to go to school where her panic attacks were the most severe during the whole of the earlier term she has returned and during the last 3 weeks has missed only 2 days. The remainder of the time she has attended school full time and is also doing her home work.

I found it easier to get her to school because I knew if she had a panic attack she had a method to follow to get her through it. She hasn't even texted me to come and get her! This is only after 3 weeks!

She is back playing netball, dancing hip-hop, and doing normal things a 15 year old does.

We are even planning next years studies at school after thinking she would have to leave.

I have been talking to my GP and he is amazed that she is back full time at school.

Thank you for helping me get my daughter back to where she should be."

Jane Kelly

"I don't need support anymore but I just want to say how well this is working and I really wish it was more common knowledge among people to use this method for anxiety, panic, and just information about stress. I know lots of people with anxiety problems and I'm telling many people about this. Used to be I felt overpowered, now I feel empowered and it is truly amazing. THANK YOU!"

Name: **Denise Hagman**

Email: [address withheld by Charles]



Helener Cole

I'm back pressed the send button by mistake 😬 so I just hope that if you are listening to Charles now , you take action and do the linden method , and set yourself free like I have , they are all amazing people and just want to help you recover, and you will , much love Helener xx



Helener Cole

Ok firstly, omg mr Charles Linden you are just the best !!! I feel very sad that you had to go through what you did for 26 yrs because guess what !! You did and your suffering and understanding enabled you to be the person you are today , but I'm glad you did , in a selfish way , because without your suffering you would not have been able to have set me free to fly and live my life free from anxiety 😊 i thank you from the bottom of my heart ❤️ (sorry I'm getting emotional)



Joel Aranda

This is truly the cure



Chris Foxall

Works 100%... life changer



Tony Billy Robinson

I've been on this retreat and trust me, this does work. Everything Charles says, is true...I suffered from really bad anxiety for years and thank God, it gone now....



Mary Kimbrough

Thank you Charles for doing this video. Thank you for your reassurance. Thank you for giving people hope and a cure for anxiety. God bless you for giving of yourself to help others.



Kelly Whellum

I always say it but thank you Charles for saving me xx



Kieren Hunter

Charles you helped me sooo much
thankyou sir 🙏



Debbie Egan

You have changed my life thank you Charles



Amanda Jones

The linden method is fabulous. It truly does work. Thank you Charles. X



Mary Kimbrough

Thank you and your staff Charles. I am still doing the method and I am really starting to feel the anxiety fade. I know your method works. I had to just do it no matter how I felt. It really is about 100% compliance. I truly feel I am getting my life back and my peace of mind. I feel eternally grateful to you and your support staff.



Sherry Presley

I'm so glad that you take the time to do these prop two videos it's reassuring to those who are and who are not doing the method hopefully everyone will join that has this awful anxiety condition! It was such a relief for me to finally find you and your method I had no idea of what was wrong with me and that in itself lifted a great burden just to find that it was anxiety and that there was a way to switch it off!



Lucy Jane Bliss Roberts

Genius! ❤️ I just want to hug Charles Linden and thank him for his incredible work! I'm getting my life back! Thanks TLM xx



Sean Edwards

Charles Linden, top man, and the only way to get out of Anxiety Hell....



Leon Bryan

Said goodbye to mine a good while ago Charles !! 🙌 thank you . To all , listen to what Charles says !! It will work



Sara Turner

Yes it really does work I'm living prove I can't express how much this program helped and also changed my life xxx thanks to all you guys who have worked so hard on this especially Charles linden thanks alone will never be enough
👍👍❤️❤️



Claire O'Connor

I've used the online programme and it's brilliant. The support workers are also there for support. It's helped me 100 percent.



Taunt Yogg Saron

I use to ring the hospital in the middle of the night about 2,4 times within 1 weeks they knew my number and never answered my call "tavi calm down you won't dye just stop calling us please just go to sleep" from having 3-5 panic attack a day for 6 months,i went to 0 since the second day,the day my brother bought for me the method. I did it the proper way and i wanted so much to be like before. Never looked back since and im always thankful to Charles ALWAYS.

You need leg work im telling you because this is the solution.It worked for me,you don't have any excuse.Already 3 years since ;)

You are not alone 🙌

#LindenMethodThankU



Laura Downen

8 months anxiety couldn't even answer my front door or hang washing in my own garden. Brought the method within 3 weeks back at work and independent... it's a promise



James Jennings

It works, keep up the good work Charles!



Jane Callicott

Do the Linden change your life



Helen-Pru Ings

I used the method years ago (10) and since then have been completely in control



Amy Matthews

I came to your retreat and i have never felt better thank u xx



Nicola Hancox-Parkes

I did the home method 9 years ago and it was absolutely amazing. It gave me back my life which I love. I will always be so thankful to you and your team. I recommend every anxiety sufferer to you 👍. Thank you from the bottom of my heart



Joanna Roberts

I've been on a retreat! It's amazing! Do it x



Paula Andrews

You were the person that brought the linden method into my life about 15 years ago and helped me to live my life instead of just existing...no doctor, no counsellor or hypnotherapy helped me but you did!!! For that I will be eternally grateful. Best wishes to you Charles and a massive Thank you for giving me my life back. 😊



Jane Callicott

Before I did the Linden I had tried medication meditation and various counsellors c.b.t. talking therapies they did not work please listen to Charles Linden



Justina Akehurst

I came to your retreat with my daughter Erin in June, the help and support she got was just amazing thank you. It has changed her life



Tracie Hill

go to the linden method website ok and there is the number to the support team they are great and will help you get on the path to recovery i am a client and its working wonders please give them a call.



Amy Quinn

It could never make her worse, Sheila...only 1000 times better 😊
x



Béatrice Fuger

I can confirm, from France! TLM is amazing!!!



Jo Anne

I've just had my first Christmas in years that I've been able to go to the shops and buy presents you are and always will be the person that saved me ... thankyou for everything .. jo x x ps ... did you see the fires in PP ?



Val Dowens

your program is the best ever :)



Tracie Hill

We think you and Beth and the team are awesome and we thank you for your tireless efforts to rid us all of anxiety x I thank God for you x



Tasha Purdue

This program is amazing and Charles linden is brilliant he is honest and down to earth. This man has saved my sanity and I can't thank him enough I am doing the online one and I can't believe the difference this has made to my life. I would love to go on the



Cheryl Robertson

To all anxiety sufferers please please do the Linden Method it worked for me and WILL work for you 100% full recovery I promise you



Betty Higgins

Hi I have been doing this for a week now and I can't believe the difference of how I am it is like a fog has been lifted I can't believe it , thank you CL xx



Jan Metcalfe

Andrea, of all the different approaches, this one has the best results 😊❤️🥰 xx



Nicole Cole

I've got this, it changed my life, absolutely fantastic, had it a few years and don't let it out of my site, I can do everything and can honestly say haven't had a panic attack for years



Gemma Sunderland

I bought the linden method pack including cd's, the book and dvd's 3 yrs ago and i cannot believe how my life has changed since. I couldnt have a panic attack now if i tried and my case was extreme where i couldnt leave my front door or be alone for 5 mins without complete panic consuming me. I always recommend the linden method to everyone who is struggling with anxiety and stress related illness. Surprising how many people actually are. I want to take this opportunity to thank charles and the team for changing my life. Xx



Lindsay Flood Aygun

This guy is amazing my mom as been the retreat ,



Tina Kavanagh

This changed my life ..it took awhile for me but in the end u got it...thanks so much to The Linden Method





Joan Smith

I bought this after a dreadful series of personal loss, job loss and a medical misdiagnosis - it works and you have nothing to lose but your anxiety - it's like learning again and I found the part of me that was lost - try it.



Jo Bell

I bought the Linden Method after my Son sent me the link 18 months ago. I was so ill with depression & anxiety, it works!! You have to work hard too, do what it says to the letter, I know even that was hard to do but I promise you it's worth it! As I started to feel better I recognised those feelings of panic / anxiety & can now control them, it's like being free, please try it, worth its weight in gold! Good luck xxx



Margaret Fishwick

The linden method is so good ,the best money I have spent ,tried lots and lots of other things they didn't work but the London method has done me more good than the others would recommend it to all who suffer from anxiety ,thank you Charles



Betty Higgins

I am so glad I joined LM it has made such a difference to me and best of all it is so easy to do , if you do as Charles asks of you , thanks CL xx



6 w [Like](#) [Reply](#)
[Message](#)



Betty Higgins

It's weeks now and I have never felt better , made such a difference to my life 🙌



8 h [Like](#) [Reply](#) [Message](#)



Natalie Grullon

The TLM saved my life!!
Forever grateful 🥰👏



Linda Isaksson

I was hospitaliserad from anxiety, this program is the cure!!! Kind regards linda from sweden

1 h [Like](#) [Reply](#) [Message](#)



Louise Tuck

Do the Linden method, seriously it's amazing, you follow his instructions and you will feel and be so much better XX much love to Charles and his team.

37 m [Like](#) [Reply](#) [Message](#)



Siron-rhodes Maire Angela

Plz have a go I did this 10 years ago and been free of it for 9 years and medication free for 9 years to







Ruth Higson

Hi Charles ! God I remember constantly seeking reassurance from everyone it was a nightmare. Thanks to you I don't anymore :) xx

1 h [Like](#) [Reply](#) [Message](#)



Casey Taylor

Linden method has helped me and many others..i now live my life :)   2

1 h [Like](#) [Reply](#) [Message](#)



Joyce Harper

Hi I do work I had a Fear for the past 30 years and I have tyred everything and nothing worked for me till I found the Linden method but you have to do actually what Charles and he team says and believe me it works I have got the life I have always dream about xx



"I want to thank you for your help. I received The Linden Method about 3 weeks ago its brilliant very easy to understand and made so much sense I cant believe its taken me ten years of looking for the miracle cure. The amount of wrong information you receive from doctors is very frustrating. I'm doing really well once I started reading your book I went off the medication the next day and I am coping very well. Everyday life is not the misery it was.

Thank you so much,"

Patrice

"I was suffering from agoraphobia for the last seven years and at only 30 years old and with two kids I found living in constant anxiety very difficult. I started your method 5 days ago and after 3 days of doing it I traveled 150 miles to a family wedding. We are just back now and I am so happy, I found that the 9 pillars and the panic elimination cd was fantastic. Janice in your English office gave me so much help to get me going. I am so Happy. I can't wait for tomorrow to go out again. I am on a high with the sense of freedom I feel. Thank you so so much!!!!!"

Lorraine G,

Tralee, Co. Kerry, Ireland

"I want to let you know that you have changed my life and I am so grateful. The method has really worked and I am feeling so much better now than I was a few weeks ago. I was suffering from severe anxiety and panic attacks through the day and night. It became unbearable so I visited the doctor on numerous occasion tried out different medication had all the relevant health checks and had no serious conditions apart from anxiety. I was referred to a 'Putting a stop to Panic' course but couldn't even sit through the first session as I would have full blown panic attacks. I then discovered your method

and I have not turned back since. I am however still on some medication called ciprimil which are very mild but I know I won't be on them for long because I am better now thanks to you. I want you to know that you are an inspiration and you have changed my life for the better. Thanks to you I can now be a better partner, mother etc because my condition totally affected everyone around me. I even lost two stone in a month cause I couldn't look at food but now have my appetite back. You are truly amazing and I would love to share more of my story with you and visit the center. Please let me know if this is possible. It would be amazing to hear from you.

I can't thank you enough, I look forward to hearing from you.

Yours Sincerely,"

Carly W. (22 yrs from Swindon, Wilts)

"I would like to take this opportunity to ask if you could pass on the following.

I have suffered dreadfully with anxiety for most of my life. I am 31 and a mother of 3. I have never taken medication, it was prescribed several times but, thankfully, I chose not to. When I first listened to the Linden interview, I cried. For the first time in my life, there actually seemed to be someone out there who knew exactly what I was going through. I no longer feel alone. I have masked my anxiety pretty well although on the 2 occasions I was in A & E for suspected heart attacks, it was brought to my attention that anxiety was a cause. I didn't listen. I believed they had 'missed' the heart condition, despite 4 days in hospital having every test you could imagine!

I will make this brief, I am sure you have so many of these letters but the bottom line is, I want to thank Mr Linden for producing such a down to earth and detailed course on how to deal with anxiety and panic attacks. I would happily recommend this method to anyone in similar situations. It is fantastic.

Thank you so much,"

Jenny Smith

"I bought The Linden Method on the internet after suffering for almost a year with anxiety problems. It was a living nightmare. I thought I would never get better. I went to docs that prescribe meds that made me sicker and went to psychologists who cost me a fortune.

To make a long story short, it worked for me. I am so relieved to be free of that nightmare monster called anxiety. I cannot tell you how much better I feel and that I am back in the real world now. His course was easy to do, but you have to follow it.

I will tell you that I don't know Charles Linden and have never met him and that I have nothing to gain by endorsing his product. I just hope that he can help anyone else who is suffering like I was. I think that it is still less than 200 dollars and was worth 1 million to me to get my life back.

I don't know his web site but if you Google his name, I am sure it will pop up.

If you are suffering right now, don't torture yourself any longer. I would stay up nights surfing the web for an answer to my anxiety and I am glad I am now free of this burden.

Good Luck"

'Jacks dad' - Forum Member

"Where do I start... I am 33 yrs old have 4 children an am a single parent as I have suffered with panic attacks for 15yrs now an find it very hard 2 hold down a relationship but I have now reached the stage

where I feel like enough is enough and I don't want to live this life anymore... I went on the Internet tonight where amongst hundreds your web-site jumped out at me.. I read through it and bought your package and downloaded your program then I shut myself away in my room and listened to it all.. it was amazing.. I have tried everything just like you, I couldn't tell you how many times I have been near to committing suicide, if it wasn't for my children I wouldn't be here today but I'm glad I'm as your program has already made a difference to me, at 11pm tonight I put my dogs lead on, grabbed my son whom is nearly 16 and we took the 5 minute walk to our local shopping precinct, this I have never done in the 2 yrs that I have lived here. I have been stuck in a bubble and thanks to you I feel like I can burst it now.. I have cried tonight and I have conquered tonight so you are right in saying how many people could say they have done that in the period of a few hours. Thank you for that with all my heart."

Julie Hazel

"You have saved my life!

I am 100% better than I was before I started The Linden Method, am enjoying myself every day and am planning my wedding to my wonderful fiancée whom I thought was not the right man for me in my 'dark days'!

... I am actually starting to forget I was ever 'unwell'!

Regards"

Tanya

"Well what a change the last few weeks have been. I purchased your method and thank God I did. My life has definitely changed and its all

thanks to you and your method. I have started the withdrawal program and so far am going OK.

I am not used to the well feeling my body is feeling and think I am not normal. Dumb huh! This is what a normal person does feel but after 8 years of not feeling normal my body is going hang on a minute. Both body and mind are going through some changes I think.

I think what you have provided for fellow sufferers is fantastic and this method needs to be brought out so more people can get it. I wish everyone knew about it and I cant thank you enough for turning my life around. If you were in Australia I would give you a big hug!

I would like to keep in touch if that's OK and get advice if I need it.

Again, thanks heaps, YOU ARE A MIRACLE!"

Julie Martin

"I have struggled off and on with anxiety/panic/depression since I was in my early 20's and I am now 47. It wasn't a constant thing but it was devastating when it occurred. I would always be overcome by the panic and anxiety levels I felt. That seemed to take over and I just couldn't think clearly. My goal became making the rounds of anything that could help me get rid of the feelings and sensations I was experiencing. I never withdrew from life but I lived a horrible, painful thought life when these episodes would strike, along with the physical characteristics of anxiety and panic.

The last episode was 10 year ago and I went through 3 years of depression, anxiety, insomnia, not eating, therapy, antidepressants, tranquilizers, vitamins, and a 2-week stay in a psychiatric hospital. The last straw was a psychiatrist who told me I would be on antidepressants for the rest of my life because I would always have these 'mood swings'. I looked at her and felt that she gave me a death

sentence. I walked out of there angry and determined that that was not going to happen to me.

So when I found your website, I was immediately caught because of the offer that you could become anxiety-free without drugs. I couldn't quite figure out if you were for real or not, and so that is why I emailed you.

Interestingly, I decided to hedge my bets! If I didn't hear back from you, I was going to see my doctor to get the necessary antidepressants to survive this. I was actually on my way to the doctor's office when I received your email reply. I admit to being very surprised and still suspicious. So I took the information I printed off your website and went to see my doctor, whom I know personally. I showed her your information and she was very positive about it! She told me to go for it, what did I have to lose. Not at all what I expected. So I did!

Thank you for having the courage to share your story and to stand up and speak the truth. I believe what you have said because of the fact that you have experienced it. People along the way in my life probably shared some of the things you have learned but it had no impact on me because they had never experienced what I had and I didn't listen because they hadn't been there.

Thank you, Charles!"

Denise M

"Thank-you Charles... I have now worked it all out and am now fully incorporating The Linden Method into my life... I am amazed at how well I am doing...I am taking it one day at a time but am doing really well... you have been my lifesaver and I can't ever thank you enough.

Regards,"

Anna

"Hi Charles,

If you are ever in NYC or need any help with something in NYC, please let me know! I am flying to California for the first time in 5 years next week, THANK YOU!"

Peter

"Charles,

Thank you so much for your insight, I feel better already. It's been a true blessing. I can't thank you enough for the help your method has brought me.

God Bless You!"

Doña

"Thank you so very much. I just received your packet this week. I am already feeling free. Thank you, your method is all you said."

Victoria

"Your programme brought light back into a family that had been shrouded by anxiety for over ten years. Thank you from the bottom of my heart."

Gayle

"Thank you,

Your help has been a life changing transformation for me! Last night I went to a symphony and dinner with friends... 1 week ago I would not of been able to do that!"

Simon, NYC

"I would like to tell you that your information has been fantastic! I went more than seven years before being diagnosed with PDSD which caused a very severe case of anxiety disorder for me. It also caused my wife and I to get a divorce as she found my condition to over whelming and unbearable to live with. Even after being diagnosed no one seemed to have the right information to follow so I could be cured of this God forsaken disease. Your information has been more than helpful.

I like your straight forward and to the point approach to ending anxiety once and for all. I cannot thank you enough.

THANK YOU!"

Frank

"I would hug you if you were here! I feel so much better after listening to your program.

I think you may have changed my life.

Thanks again,"

James

"I am practicing your method every day and feel so much better. Everything you say is 'true' and I have found by playing your tapes at night has helped me enormously. I really feel positive for the first time in nearly 4 years.

Thank you,"

Rosie

"Reference our correspondence concerning my son ***** in August 2003.

Well, the news is brilliant to fantastic! After sitting on your method for 2 or 3 weeks, he finally decided to read it and a few weeks later said it was 'quite good' and that he would keep it in reserve. when I phoned again recently he sounded just like his old self and admitted that The Linden Method had really helped him and that it was 'fantastic.' He felt he had really identified with you and your story, he felt there were great similarities between the two of you (as I knew he would) and he sounded cheerful, positive and optimistic.

Now after following your method and continuing to so do so I am 100% certain that he will have a 100% recovery.

I am so very, very grateful to you, thank you so much, let me know if you want a testimonial for your website and let me know if you want me to start trying to get you some super publicity in the Mail. You deserve to succeed.

Very best regards,"

Dianne Redgrave



Yvonne Williams

Karen Robson don't consider it go for it I pondered over it for a few weeks even though I had read the testimonies and regret not doing it sooner xx



5 w Like Reply Message



Sharon Elder

This method gave me my life back. I'm living proof that it works 💜



3 w Like Reply



Johnny B. Goode Leivers

Charles and the linden method helped me so much now 100% anxiety free 👍👍





Michael Osullivan

this should be rolled out into the nhs,available to everyone,instead of dishing out tablets and poisoning people.



Stevie Garrett Walsh

I completed the Linden Method last year.. haven't had a panic attack since. This man is an absolute life saver. He 100% saved my bacon.



Jo Anne

Off shopping with my mum busy shopping centre ... 😬😬😬 what anxiety ... just do the method 💪🙏



Irene Rigopoulos

TLM saved my life!!!! Anxiety free and loving life. Thank Charles!!





Rachel Enright

I am feeling so much more confident since implementing the TLM and enjoying life again! 😊



Yvonne Williams

Please if you are living with anxiety do the Linden Method if able go on the retreat IT WORKS!!



Rachel Truscott

Best thing I ever did 😘 I owe this man my life in which I have back after doing the linden method x



Marktrina Kids

You changed my life for the better and I'm so grateful thank you so much and because I did it I was able to help my husband too 😄😄😄





Sam Robinson

Charles linden = a new life..
don't doubt just do!

3 d [Like](#) [Reply](#) [Message](#) 2



Laura Downen

100% I promise what he's
saying works.

3 d [Like](#) [Reply](#) [Message](#) 2



Maddie Horwood

I couldn't recommend the
programme more

3 d [Like](#) [Reply](#) [See response](#) 1



Laura Downen

Thanks to you I can celebrate
days like today

3 d [Like](#) [Reply](#) [Message](#) 1



Laura Downen

I couldn't leave my own
house to hang washing out in
my garden, 6weeks after
taking tr method I was back
at work and living every day
perfectly



Leigh Park

This guy.. wow... he saved my life... anixtey free nearly 3 years now thank you



Rachel Grogan

Drs should prescribe this book instead of loads of medication save the country millions on drugs and benefits.



Brian Smith

This stuff works - this man is a go to to guide you out of the rabbit hole of hell that is anxiety and depression. So glad I discovered this. Absolute life changer. Thank you Charles Linden





Annie Tumbridge

Im doing the linden method at the moment and im starting to get back to my normal self after 18 years of panic attacks and anxiety, if you follow the method you will see results so quickly , amazing 😊



Cheryl Robertson



One goes there shrouded in a black cloak and 4 days later after making new friends that black shroud has gone and you are feeling on top of the world Charles and his team are magicians we can now do what we have been trying to do for years it takes them just 4 days to put us back to normality please believe me just try it and you will never look back Good luck just pick up the phone now and talk to them x · Sun



micheleellis1

2 h

A few years ago I attended one of Charles Linden's Retreats , it was the best thing I ever did . Charles , his wife Beth and their wonderful support team provided me with the tools to deal with my anxiety . Their kindness , support and teaching was second to none and continued ,if needed ,after leaving the Retreat .Im so pleased to say I have never looked back ! I would wholeheartedly recommend Charles and his team , don' t hesitate , do it , it will change your life ! Thank you Charles , Beth and team . Michele x



Kristy Adams

I bought the online method...life changing...worth every penny
xxx

1 w [Like](#) [Reply](#) [Message](#)



Paul Spracklen

I had exactly the same experience two years ago. Completely changed my life.







Jake Bytheway

Yep the only thing that works
nothing else does let me tell
ya !

1 w [Like](#) [Reply](#) [Message](#)  1



Michael Boyd

He's not wrong   1




Siron-rhodes Maire Angela

Plz have a go I did this 10
years ago and been free of
it for 9 years and
medication free for 9
years to



Jill Martin

An amazing man, he certainly
changes lives around for the
better x 

"OMG! That is pretty much all I can say right now! I will give you a brief background into me and you can decide for yourself! I started having panic attacks almost 5 years ago, worked with a great therapist to eliminate them, but still had constant bouts of GAD. About a week ago, I ended up having my first reoccurring panic attack, trembled, depersonalized etc... and have had continuing one's since... it's debilitated me to my home, couldn't drive, went to the emergency room, took my husband with me on appts., saw my therapist and thought I was going crazy!! Today, sitting and wallowing, I finally downloaded your information... after reading, listening and comprehending and transcending... (I am pretty good at that after seeing a therapist for years...) it finally has clicked! I just went to the store, felt no panic even though I could drive anywhere before, but haven't in a week and I feel wonderful! My dizziness is gone, my symptoms have disappeared. All I know is that I thought my life was gone, and within a matter of hours, I have this renewed strength, calmness and the attitude that I can over-come this! I sell Real Estate and have a very active social life... friends and associates have thought for the past week that I have fallen off the face of the earth..here I am, feeling better than before... thank you!"

Susan, Ohio

"I feel that you should know this about your method. I originally had purchased it to help with some agoraphobic problems I've had since I was 11 yrs old, traveling alone and entering big buildings. Last month I lost my mom, we were extremely close this has caused me to have constant panic attacks, horrid ones coming on no matter where I am, at home or driving, and also to be totally obsessed with having heart trouble, although I've been to doctors and have been diagnosed with a very healthy heart. I was experiencing a racing heart, skipped beats and palpitations constantly. I was taking Xanax on a regular basis and thought I'd end up in the hospital for sure.

I have never read anything like your method before, it's really truly amazing. As soon as I read your booklet and listened to the CD's,

especially the Panic Eliminator, I ceased having any attacks, in fact, I can't even bring one on! I no longer am aware of my heart and I have been Xanax free for about the past 10 days. I feel like a normal person again. I'm also going into bigger buildings without the Xanax and also have already driven alone with ease. But most importantly, I am handling my bereavement with much less anxiety. I can't say enough about your method, no doctor or counselor I've seen in the past 30 yrs has ever been able to do this, and for all this to happen in a matter of a few days, well I can't believe it! I can't thank you enough for making your method available to anxiety sufferers everywhere.

Sincerely,"

Joanie, USA

"I just thought you might wish to know that I've cried (just tears no sobbing) through about 80% of the material I received from you. And all I can say is Thank you, and I really don't feel that is enough for what you have done.

Thank you for showing me the way.

And to all the other people with anxiety and have panic attacks please don't suffer Alone anymore let Charles help you, Please!

(you may print anything if you think it may help someone)"

Fredrick Turner

"Thank you, thank you, thank you...

...I have experienced such dramatic results so quickly. I never felt so calm, so focused, so confident, so much more involved in the longest time. Anxiety and panic attacks free days are in sight at last."

Follow up:

"Charles, the panic attacks and anxiety have now gone completely. I am back to normal, I love you for what you have done for me."

Peter. A. Petaluma

"Your Method has changed my life...

...the reassurance I experienced just by reading 'Your Story' was worth a thousand bucks alone. When I finished reading your manual, I felt like a weight had been lifted off of my shoulders. My panic attacks and anxiety disorder were gone."

Kevin O'Connor, Delaware

"My nightmare started in 2002. I awoke early one morning filled with anxiety and panic.

My doctor prescribed anti-depressants but they didn't help. He referred me to a psychiatrist who cost me £200.00 an hour. He changed my med's and prescribed Diazepam. I spent 18 months on anti depressants and 3 months trying to wean myself off diazepam.

January 2004 I discovered Charles Linden's website. I ordered The Linden Method and suddenly I had no anxiety or panic attacks. I gradually stopped my medication and just knew that I would be ok.

What can I say? It works. Believe me. I never thought I would come out of this dark tunnel of anxiety disorder and panic attacks, but, I have and I am well."

Rebecca Law

"Within just a few days I was back on my feet...

I was completely housebound when I found Charles' method. I couldn't leave my bedroom without the anxiety that I would have panic attacks and vomit. I had previously been dragged to relaxation and anxiety management classes. Psychologists and Doctors offered me the same advice and anxiety disorder drugs. I was desperate and alone.

Within a few days I was back on my feet and going for walks with my mother - no panic attacks, no anxiety disorder; and now I am back at work and have just been to America on holiday - it took 5 weeks!

I would say to anyone suffering the hell I went through, that Charles' method is THE solution as he says. Doctors said I would have to learn to live with anxiety disorder - what rubbish!"

Marc Merris, Birmingham

"Hi Charles, after years of panic attacks and anxiety disorder I am so much better now, in just three weeks.

Your voice is so comforting and everything that you say in your pack is so easy to follow. I can't begin to you enough for making me well again."

Brenda

I keep getting your emails and just wanted to let you know that I downloaded all the visualizations on my iPod as well as printing out the workbook. I have been using the visualizations for almost 2 years and IT WORKS!! I can't tell you how many things I had tried before I found the "Charles Linden Method" online when I Googled "what can

I do for chronic anxiety?"!! I am a Christian and honestly believe that God sent me to your website!! I do the Deep Visualization and/or the Beach Visualization once a day now and when I have just a few minutes, I do the Hill Visualization. I enjoy the soothing music of the Meadow and the Sea, too. God Bless you, Charles!! I "kid" my husband and tell him that I enjoy spending a few minutes each day with Charles---just to make him jealous!! I feel like I know you on a personal level---even though we are separated by the Atlantic Ocean. I love your country and have visited the U.K. many times!! Thank you from the bottom of my heart for what your visualizations have done for me and many, many others. I remember that "I am not ANXIOUS---it is only SENSATIONS!! Blessings for a very special Christmas for you and your family. Judy Miller, Gainesville, Georgia U.S.A.

Elvira Pxxxxxx Bxxxxxxxxxxxx posted on your Wall.

"Hi Charles just wanted to say your method works 100% only if we actually DO it and not think it!!! I wish everyone a happy journey on their new path, enjoy life and don't fear anything, go out and help someone who needs it, helping others is great and it helps you too!! Good luck everyone. And thank you Charles for everything, you're the best!!"

Hi Charles

I'm really really thankful for all your support.I've just started your program . I used to be an OCD sufferer for many years and sufffffffffffffffffffffffffffffffeeeeeeeeeeeeeerrrrrrrrrrred a lot. I proudly say "YOU are an angel"

All the best happy wishes for you

Zey Gxxxxxx

Tami Kxxxxxx posted on your Wall.

Tami wrote:

"I have been struggling/coping with anxiety/panic disorder for over 20 years. I purchased your program in March and have not had an episode since! It truly feels like a miracle and I am so thankful!"

Hey Charles how are you? I just wanted to let you know that in March me and my wife are heading to Mexico by plane. Flying is something that I have always been terrified to do (even before my anxiety disorder), and thanks to the method yet again I am stepping up to the plate to do something that terrifies me. It is causing me anxiety but I know what it is, and I know I can defeat it when the time comes.

Thanks again man! I am also working on that testimonial for you.

Brent Txxxxxxxx

Maria made a comment on your video:

"Hi to you too! Thanks so much for your holy grail! It has helped me a great deal. Thank you!"

Kyle wrote on your Wall:

"Big thank you Charles, Thanks to you my Anxiety has died down an awful lot, your sir are a legend"

Maria made a comment on your video:

"Thank you Charles! Thank you so much You have helped me tremendously! I'm panic free for months now! Thank you!"



Kristy Adams

I bought the online method...life changing...worth every penny
XXX

1 w [Like](#) [Reply](#) [Message](#)



Paul Spracklen

I had exactly the same experience two years ago. Completely changed my life.

1 w [Like](#) [Reply](#) [Message](#)



Jake Bytheway

Yep the only thing that works nothing else does let me tell ya !

1 w [Like](#) [Reply](#) [Message](#)



Karen Robertson

The Linden method changed my life 10 years ago. Do the program, take your time and really engage in it, it really works. I am so grateful to Charles, thank you so much.

0 d [Like](#) [Reply](#) [Message](#)





Marisa Tran • 1st

5h ...

English Teacher at Rialto High School

The linden method worked wonders for me. I was nervous, discontented, and depressed. I was able to employ the methods and "starve" my anxiety. Subsequently, my derealization and depersonalization also subsided. I recommend this method to anyone suffering anxiety, paranoia, depersonalization, and depression. It works! There is hope for a peaceful and contented life.



💎 Top fan

Kristy Adams

Highly recommended helped me completely recover and have the tools to know what to do if it comes back sometime



Stephen Flipflop Jessop

Kirsty Allen be best money you ever spent believe me





Stephen Flipflop Jessop ▶
Anxiety Recovery Retreats



43 mins ·

Hello to all the team hope your all well and in good health keep up the fantastic work your doing all of you amazing job you all do I'm living proof it can change your life I don't know where I would be today if it wasn't for all of you massive thank you to you all 👍👍❤️💜 can I just say to anyone reading this stop messing about and book yourselves in the retreat you will see results almost straight away take it from someone who's been and done it



Karen Robertson

The Linden method changed my life 10 years ago. Do the program, take your time and really engage in it, it really works. I am so grateful to Charles, thank you so much.

1



Claire Mack

Nay J Sanders I'm a linden cured client! I've suffered since I was 12 and recently completed the programme and I've never felt better! I always thought I'd have to live with it and "manage" it but it has gone for good! First time in my life I've been off prescription sleeping tablets! Stopped within days and haven't had a sleepless night and no more tablets!



Matt Welch

I would strongly recommend watching the Welcome to Recovery video by Charles - it explained to me why none of the other "treatment" methods I have tried had worked (CBT, acupuncture, hypnosis to name but a few).



GN Lydia

Charles Linden changed my life. I am always telling people about your method. When you understand the science, it's simple !



PJ Kiely • 1st

Regional Manager at Hidden Hearing

1h ...

You are living proof your process works. Your method has had a very positive impact on my life and I shudder to think where I would be if I had not sought it out and instead left the mental health services stuff me full of all sorts of medication and ineffective interventions.



Stephen Flipflop Jessop

I went to the Retreat early this year 2019 My wife came along for support my wife and the team was fantastic even met Charles linden I think it was money 💰 well spent I don't know where I would be today if I hadn't gone !! Money I waisted private councillors hypnotherapy was horrendous all you do is turn up listen follow the linden method and you do get better like many before me have I would like to go back at some point as a guest are just to say thank you to them all would recommend 1000%



Eve Strach

Best decision I made for myself in life! 🙏 thank you



Charlotte Bhatti

it's TRUE, its helped me! I have a completely different attitude about anxiety now, I wonder what the hell I've been doing all these years its laughable really x



Justina Akehurst

Two yrs since we attended the retreat with our daughter it changed her life!



Justin Gibbs

I recommend **Charles Linden** his method of anxiety recovery was the only thing that worked for me. My disorder was debilitating at one time as well



Claire Mack

This programme has changed my life! 33 years of anxiety gone in a matter of weeks! I'm so happy! Best money I've ever spent! I've tried everything over the years and nothing works, this is the only real recovery! Do it! Don't delay or wonder if it's yet another thing that you'll try and won't work. It's so simple too ! My daughter is now doing the method and is on the road to recovery!



Matt Billington

I initially felt it was expensive but when I began I realised it was very, very good. I think I read the book about 10 times, occasionally emailed the support and applied the ideas. Haven't had a panic attack since 2012. Thanks Charles x





Brenda Bennett

Charles your recovery online was amazing panic attacks were ruining my life. I done it online in 2014 and have never looked back. THANK YOU. 😊.



Laura Gunning

2 hrs · 👤

...

The Linden Method is the ONE thing that stopped my panic attacks and racing thoughts dead. I haven't had a panic attack in 7 years (and not because I have had a stress free 7 years, far from it).

So as it is [#mentalhealthawarenessweek](#), if anyone is suffering from panic attacks, racing thoughts, OCD, agoraphobia, claustrophobia, derealisation or depersonalisation, please do go onto the Linden Method facebook page or website.

The method may feel pricey to buy but it was worth every penny for me to get my life back.

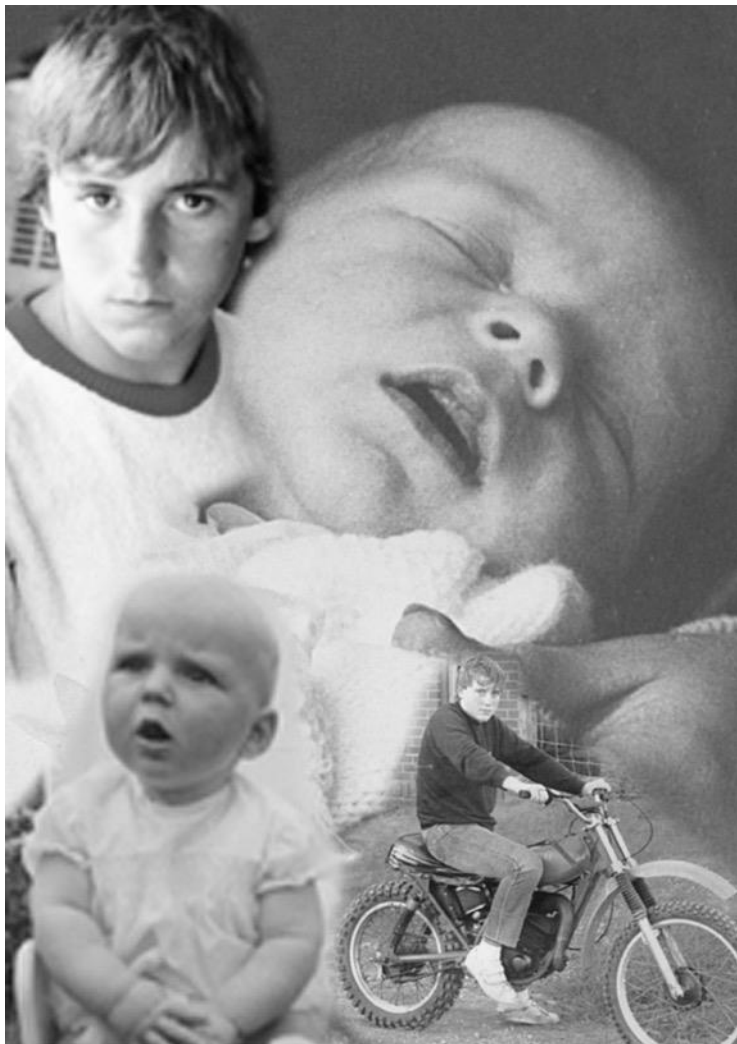
It's changed my life...

I've suffered high anxiety for as long as I can remember, I'm now 58 so that's been a long time, over the years I have spent thousands on various treatments ranging from seeing psychiatrists at The Priory who have prescribed me various different treatments all with complete failure; being Hypnotised at Harley Street guaranteed success as I'd had my sub conscious re programmed - complete rubbish and cost a fortune, CBT was nothing more than a joke, talking therapy for 4 years complete failure, after more or less becoming resigned too the fact that this was going to be me forever I was recommended the TLM Retreat by my son who went about 3 years ago and it helped him endlessly, so reluctantly I agreed to give it a go went there and must say it's been the Greatest experience of my life I have stuck to the programme and with hand on heart can honestly say it's changed my life, I feel so much better in everything I do or think etc and would recommend anyone who's suffering to do as I did it really does do what it says on the tin

Thanks Charles and fantastic team who work with him all the best keep up the fantastic work 🙌

Michael Boyd







Coronation Street

Corrie star Kate lives in fear of her nerves

2:44pm, Wednesday, 26 June 2013



Coronation Street star Kate Ford has revealed she still suffers from nerves.

The 36-year-old actress, best known for playing scheming Tracy Barlow in the ITV soap, said she uses the Linden Method, a way of treating panic attacks and anxiety, to help.

"I've been suffering with nerves for years. Sometimes when I'm getting a panic attack or a moment of anxiety, I can be fine, but then I suddenly get the fear of having one. It's a fear of embarrassing myself if I'm in the company of strangers or people I don't know very well," she told OK!

Kate - who is mum to five-year-old son Otis with TV producer husband Jon Connerty - continued: "I get this racing heartbeat and a feeling of being disconnected. It's very common now... For a lot of women, the hormone imbalances (from giving birth) can be the cause of the attacks.

"I have to realise what the cause is, deal with the symptoms and become unafraid of the panic."

She joked that her friends and family are 'scared' of her **Coronation Street** alter-ego, saying: "Though my friends all say I'm the complete opposite of a b****, I think they're all scared of me. I think my husband's scared of Tracy - I've got to keep them on their toes!"

Kate also revealed she wouldn't participate in reality TV shows like *Strictly Come Dancing* or *Dancing On Ice* because she isn't confident in her dancing abilities.

"I've been asked to do *Strictly*, but I'm not confident enough. If I was a brilliant dancer then I would, but I've got two left feet," she said.

"I did admire Samia Ghadie for doing *Dancing On Ice*. I'm too lazy to do all the training - it's full-on."

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RUPERT YOUNG BROTHER TO POP IDOL WINNER, WILL YOUNG, USED THE LINDEN METHOD TO CONQUER HIS ANXIETY

Rupert Young, Founder of The Mood Foundation & brother to Will Young changed his life using The Linden Method. Rupert did The Linden Method and attended our Linden Anxiety Recovery Retreat in 2011 after many years of anxiety and what he believed at the time to be, depression.

Rupert has been in the news in the past because of his substance abuse issues. His twin brother, Will, has been an enormously supportive influence in his life and is, it seems, the lovely guy we see on screen.

Rupert says: "At last! A place where someone can go to not only gather the vital life changing tools that I did, but also an opportunity to listen to others and for the first time not feel like it was just me and I wasn't going mad.

Having done the retreat life is now something I can look forward to not fear. Working in the charity sector as a director and founder around mental health I can say that if peace is what you are looking for, look no further."

Rupert Young

[Lose 2 stone in 4 weeks?](#)



Tip

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Coming up

EastEnders

Max discovers Kirsty's lie!

7:30pm, Thursday, 27 June 2013
BBC1



Coronation Street

Hayley worries about Roy's mood swings (VIDEO)

7:30pm, Wednesday, 26 June 2013
ITV1



Emmerdale

Can Debbie face Lisa and Zak?

7:00pm, Wednesday, 26 June 2013
ITV1



Emmerdale

Diane's keeping her eye on Steve...

7:30pm, Wednesday, 3 July 2013
ITV1



[Hollyoaks](#)

Charles,

This will be my second time writing a testimonial for the site, and I feel that it is needed because my recovery has been amazing since the last time I did. In my last post I was excited because I finally didn't feel high anxiety all of the time, and I was moving on with my life.. (not fully) but I was moving on.

Now I am Fully living my life... still not 100% anxiety disorder free, but I no longer let it get in the way of what I do anymore, about anything. I now drive 50 kms to work down a highway outside of town alone every morning (horrible canadian snow and white out's at times) but I am happy to say I arrive 15 minutes early every morning. I have started playing guitar and writing songs again like I used to, and performing live in front of large crowd's. I have been on road trips around western Canada with my wife, and we bought a new home in a new city and moved away from our old hometown. Kind of funny considering 8 months ago the thought of travelling from one end of town to the other sent chills down my spine, and I would avoid it. I used to suffer from high anxiety, obsessive thoughts, panic attacks, agoraphobia, and many other horrible feelings, and now the panic is gone, and my anxiety, thoughts, and phobias are getting so weak they rarely ever get the better of me.

Saving the best for last, in two weeks I am heading on my largest anxiety test yet. I will be flying to Mexico for a week's vacation with my wife to celebrate our honeymoon. Something I couldn't do when I was avoiding situations. I know what everyone is thinking.. am I scared? Yes, I am terrified, but I will do it. 8 months ago if you said airplane I would turn white and change the subject.

As I said before I am not fully recovered yet, but I know the end is coming as long as I keep moving ahead facing life's challenges each and every day. So there is no confusion as to if this is a real-life story, which I questioned about the site at first, I have added my website for my music at the bottom, so you can rest assured I am a real person, getting real results from this program.

Renton wrote on your Wall:

"Hi everyone. Charles and Beth have become great personal friends of ours. The Linden Method helped our son overcome the most awful anxiety and panic attacks. We had 2 years of hell until we met Charles. He even made a journey from Birmingham to Bath to help us, at his own expense. Our son is now fully recovered due to the "Linden Method""

Shawn sent you a message.

Subject: Oh my god its u!!!!!!!!!!!!!!

"You changed my life truly. I have made it to work many a day with u in my stereo. I frequently tell people who suffer about you here in the united states. My wife has been helped by you. I wish you could help Mr robbie williams...no kidding I mean that. So talented (not popular here but i think he is great) and suffers with so much anxiety and panic (ok drug abuse as well...but it stems from that). Best to you in the UK....such a great place to live....great music there...morrisey...the libertines...robbie williams....thanks again"

Ben sent you a message.

Hey Charles I just wanted to say mexico was a blast! and myself and my wife had an amazing trip! never thought I would ever get in that plane, but I did and I loved it. Was so awesome! cant believe that i went from almost housebound to flying around the world. its a great feeling!

David sent you a message.

"Hi Charles, you are angel...I remember reading about u years ago and thought..no..another non deliverer..I was wrong! I think god must have made u suffer on purpose to help all of us..how on earth can someone so ill reach forward make himself better and then do all this too??? My nerves are bad..im gettin there with ur method..i developed anxiety in 2000..I remember saying I have got the millenium bug..i dont feel right?? I am scared stiff of eye contact!!!! I hate walking in the street, public places, bars anywhere!!! I become stuck to the spot staring at people like a statue as i try to make eye contact, i get raging headaches, dont listen to a word people say just concentrate on eye contact..everyone comments on it behind my back too..i hate it! All i think about 24/7 is people looking at my eyes..i look like a rabbit in front of car headlights...all u can see are the whites of my eyes..wide open in a trance..i look ridiculous..im so tired all the time. Being a male im upset..I think my sex drive has gone as a result..i stopped takin medication before christmas thank god but i think the anxiety cud be robbing me of my sex drive still. The worst thing is charles ur books are so good but I need to do it again,,my anxiety has returned..but charles..my nerves are so bad im reading ur material but my mind is racing so fast i dnt think im takin it in?? I cant sit still for a minute, as soon as I hear or read something its like its forgotten straight away..any suggestions??. Thanx charles."

Jorge says, "Hey Charles, I got your method (in spanish) last year. On the 4th of July, to be exact. I just wanted you to know it did wonders for me.
Cheers!".

Claudia says, "I'm a Linden Method "graduate." :) Thanks for creating the world's best program, in my opinion."

Adam wrote on your Wall:

"legend mate, really does work, thank you"

Marie says, "It's nice to see you on Facebook!! You cured me of my panic attacks, and when I start to feel my anxiety creep up again, I'm able to stop it before I get full blown panic attacks again!! Thank you Charles!!!! You gave me my life back!!!!".

Jennifer says, "Hi there! im one of your clients! i love the linden method!".

Si says, "Thanks for set me free from my anxiety. Your Method is really working!!".

Joseph says, "You saved my life. I'd be honored if you'd accept my friend request.".

Florence sent you a message.

Subject: Thank You

Dear Charles

thank you so much for this programme. it kept me from going insane, and still almost every night before going to sleep i listen to one of your relaxation/meditation cds. i've suffered from several things for half my life, and even though a therapy i did help, it is only now, that i start to know how to deal with things. so thank you again so much for giving this other approach

Kay wrote on your Wall:

"hi charles, would just like to thank you and your wonderful team, i am now on the mend from my anxiety disorder, im finding it very hard, and emotional at times, but im getting there with all your help and advice, dont no what id do with out your team and method, thank you so much, will let you no how my progress gets better and better!! thank you x"

Adrian wrote on your Wall:

"Hey Charles, your method is amazing! It helped me a lot and I'm back to old self; panic free! I even forget I once suffered from anxiety! Thanks so much!
I've recommended you to others and they too have benefited from it and continually thank me!"

Drey wrote on your Wall:

"SAVED ME...love it! hope all is well"

Jennifer wrote on your Wall:

"You have helped me understand years of torment!!! im feeling so much better! i give big thanks to the linden methodxx"

Eric added you as a friend on Facebook. We need to confirm that you know Eric in order for you to be friends on Facebook.

Eric says, "Hi Charles the Linden method has been a god send to me thank you."

Kirsten wrote on your Wall:

"Hi Charles. Your method is VERY good and VERY easy to use. It helped me get out of panic. And if I ever feel a bit of it I just think of the 9 columns. "It's not dangerous and it never harmed me in any way." I don't use med. any more and I am having a good life now. So thank you very much."

Matthew wrote on your Wall:

"Thank you for The Linden Method. Its simplicity makes it so easy to use...and become whole again. I highly recommend it. God Bless."

Sophie sent you a message.

Re: Thanks

"thanks so much i have seen it on the internet before but only go by what u say because i trust your support 100%. Thanks so much for everything! U must be a guardian angel! take care all the best!"

Tor wrote on your Wall:

"Hi Charles.... I would like to say HUGE thanks for your 'method'. I was thinking my life was over due to panic attacks and high anxiety last year.. then i read and re read your book and , i remember one very bad day, sat in my car in a car park trying to find the strength to get

into college and i was listening over and over and over to your panic eliminator cd... god i was so scared..... and guess what 2 weeks ago i completed my course and am now a qualified hair dresser.... so thankyou for your wisdom, your voice was soothing, reassuring and really helpful... i have since told my GP , pyhsciatrist, (sp) and friends i know that suffer about your terrific work and hope it will go on to help all the poor poor folk that suffer... yuk I'm glad its over for me. Thanks again xx"

Marie made a comment on your video:

"YAY!!! I love this!! Thank you Charles for helping us all to recover from our panic attacks!! You are such a remarkable person for doing what you do!!! I've been panic attack free for months now, and am going to be going from a scared, constantly terrified person - not able to leave my house or exercise - to competing in fitness competitions come September!! :):):):) I'm EXCITED about my new life now!!"

Angela made a comment on your video:

"I hope that all sufferers will find their way to you! I have just started using this method and my panick attackks are gone! My anxiety pops up every now and then but its less than nothing to what it used to be ^__~"

Burak made a comment on your video:

"I always beleived that the process that made my panic attack should be reversed somehow. Any sources I have read, or any professionals I have visited were lacking something. People without experiencing PA could never understand us. So I searched for an ex-sufferer who should have solved the roots. This person could tell us the story in our own

language. I am new to the program, I even have not started to study it, but I know that Charles made it. I have no idea if you know how important you are for the humanity. You are no different to me than Newton. Every person that gets into this program, should help you to reach mass population. You have +1 already :)"

spewgra has made a comment on Insight into what we do at the centres:

Guy has the most down to earth answers and information about things I've ever heard from any human being in my entire life. I've gone through the Linden Method and he is probably the most revolutionary guy in the world today who is putting the word out next to guys like Deepak Chopra. I want to see your stuff grow to become as well known as something that everyone knows about. I am a huge fan of your work Charles. I honestly believe it has the potential to change the world most than anything yet.

spewgra has made a comment on ANXIETY & PANIC ATTACKS Elimination - The Linden Method UK:

They should have the Linden Method available in every mental institution in the world. Clear out those institutions.

spewgra has posted a comment on your profile:

Linden has the most down to earth answers to questions and information about things I've ever heard from any human being in my entire life. I've gone through the Linden Method and he is probably the most revolutionary guy in the world today who is putting the word out next to guys like Deepak Chopra. I want to see your stuff grow to become as well known as something that everyone knows about. Kleenex even... I am a huge fan of your work Charles and I honestly believe it has the potential to change the world in an extremely profound way.

Thank you

~Drew

Stacie made a comment about your link:

"yeah it works!!! nearly 1 year panic attack FREE BABY!!!!!"

poeticfeet has made a comment on Inappropriate Thoughts and OCD During Anxiety Disorder:

I have dealt with all of this all my life and I had no idea that it was this. I thought I was evil. As a child I always imagined sex and death in every fashion which led me to become nothing in life and lose my conscience. Gosh, how blind I have been. I'm so happy that I found you.

gosh. you're a saint. i could just cry listening to this. there's so much hope that you give. thank you so much from the bottom of my heart.

pulsating123 has made a comment on Anxiety and Panic Attack Symptoms by Charles Linden:

i did the linden method about 6 years ago, it really works. I was really really bad and tried all kinds of things. Dont ever think "but I have something different than you had".. Anxiety manifests in so many ways that it can be perceived as something different but its not. The exact same mechanism in the brain allowed it to develop, and its through that mechanism that you reverse permanently.

bundeslig has made a comment on Sweating - perspiration during anxiety and panic attacks - by Charles Linden:

dear charles, god bless you ! if only there are more people like you in the world

Kerensa wrote on your Wall:

"hi charles, bought your fabulous linden method whilst in the uk. made it on the flight back home to oz by myself (which i was dreading) with the cds, book and rescue remedy as my best friends. was really proud of myself but with going back to college, working etc. have let things slip abit and have had a couple of panic attacks and experiencing some anxious thoughts, racing heart etc. is there a phone number for linden available in australia rather than the email because i would much rather talk to someone on the phone? ps i think what you have done for all of us is amazing and thank you!!!!
xx"

Jennifer made a comment about your link:

"I think during my anxiety disorder, inappropriate thoughts were the scariest facet... they are what led me to the linden method! Thank god i found you! if i hadnt found the linden method i would have thought i was crazy! thanks again, i like the fact you can talk openly about the thoughts that you experienced."

Kay sent you a message.

Subject: i have been shopping!!!

"hello.. i had to message you because i am so pleased with my self!! today i have been cloths shopping treated myself to new shoes,tops etc... which i havnt done for so long!!! first time in ages, i used your mantra "ok im going shopping i might i have sensations (which i did) but ignore them im going to enjoy myself"! and i did, i was out for over 3 hrs which is long for me. so just wanted to let you no.. progress!!! yes!! thankyou,m soo happy i could cry :) thanks again for all you do, kayx"

Deborah wrote on your Wall:

"Oh dear Charles. 18 hour days is a lot! I just think we are all so grateful for the method and the fantastic work you have doing in working with anxiety sufferers. I know that I am grateful for getting

my life back on track...so thanks and keep up the life changing work
xx"

riotinbelgium has made a comment on The Linden Method by Drew
Cohen:
it truly changed my life around

Elaine wrote on your Wall:

"I would just like to say that Charles gave me my life back. I have
suffered extreme panic attacks for a few years and could not get to the
bottom of it. A friend who had used the Linden Method recommended
it to me and from the first page my life began to change! Im not saying
I was cured straight away but over a couple of weeks the change was
fabulous! Im still recovering and someday I see a glimpse of anxiety
but Im panic free and my life and my families life are much happier
now. Thank you Charles!"

Michela Bilello sent you a message.

Subject: Thank you!!!!

"Hello Charles. I live in Florida and just received your program about
a month ago. I have suffered from anxiety and panic attacks on and
off as far back as I can remember. This last episode started about 4 1/2
years ago after the birth of my son and Hurricane Charlie. I am
extremely fortunate to have a brother in law who is a psychology
professor who was there for me at the drop of a hat. My experience
was very similar to yours. Luckily my brother in law taught me the
same things you teach, but it's really nice to have a program to
follow. Since receiving your program, I've gone from being about
75% better to being about 90% better in about a month. I want to
thank you from the bottom of my heart. Your program is giving me
my life back. If my husband saw you in person, he would give you the

biggest hug you could ever imagine!!!!!!! And not only have you helped me, but my husband recommended your program to a friend, and in one week, he has already gone out by himself! Your commitment to this cause is very inspiring. Thank you, thank you, thank you!!!"

ChristPunk777 has replied to your comment on Neck Pain, Shoulder Pain, Throat Pain in anxiety and panic attacks:
You a Saint GodSend

Alison added you as a friend on Facebook. We need to confirm that you know Alison in order for you to be friends on Facebook.

Alison says, "I want to say a big thank you..you saved me from myself...and I now enjoy life once again."

Lauri wrote on your Wall:

"Hello Charles...I just wanted to let you know that I purchased your method quite a few months ago and I feel great. Before trying it I was at the Naturalpath and well all I did was talk about the problem and that didn't help much at all so being skeptical I thought what the hey and tried your method. I have never had such rapid results in my life. I suffered from this anxiousness since 2004 I can even give you the exact time and where I was. Well I thank you very much. I even got some other people I know with anxiety to take a look at your method. I just hope it works as good for them as it did for me. I wish you had seminars here in Ontario Canada or an office cause I would love to come work with you and tell people about my success. thanks again Lauri"

Lui wrote on your Wall:

"Hi charles thank god you arent bound to psychiatric or psychological discipline I wasted two years of my life in doing psychiatry in my university. two years into the course i realized how arrogant and unscientific psychiatry is. medicalizing normal human feelings and behaviour deemed "odd" Your method is clear and concise without the psychiatric giberish."

wally666247 has made a comment on Britain's Got Talent:
Thanks for sharing your unique talent Charles...pretty cool.

biglogstrongman has made a comment on Why are YOU STILL Suffering from Anxiety?:
You bet it works - it's amazing - but you have to work the program every day

Jennifer Merheb commented on your wall post:

"By the way i think they are great too! Anyone who is lucky enough to stumble across the linden method and eliminate their anxiety is blessed!! I think positive feedback is great!!!"

Andrew wrote on your Wall:

"Your journey out of agoraphobia is blowing me away! Bloody amazing Charles. :-) You are, the greatest ever, man, I can hardly find the words to tell you. It's almost hard to believe a person like you exists on this earth. I've been processing this for a while now. They don't come around very often but this Charles Linden man is a true

Saint without exception. You look up saint in the dictionary and there should be a picture of Charles Linden right there. If the people who criticize him only knew the truth... I know the truth and I knew it from the second I read the website because I know how it feels and I know now that the support system really is very vital indeed *Make sure you use it if you don't understand.

King sent you a message.

Subject: ocd

you saved my life god bless

Jordan

Gary wrote on your Wall:

"Just wanted to say a MASSIVE thank you, I did suffer from panic attacks, and since following the Linen method, I have my life back! Thanks very much, Gary"

King Jordan commented on your wall post:

"hey charles you a miracle man god bless you when are you gonna have more visualation those are awesome I bring my CD plyer and i love it!!"

Luke says, "Your A Genius!".

Tracy Atherton commented on your status:

"I have been doing the method and im 100% better. I can't thank Charles enough. The thing I found is you have to really, really believe in it. You cannot do it half heartedly. Really take it to your heart and try it again, you will get there. x"

Lori wrote on your Wall:

"Hello Charles...just a note to let you know that you are a blessing!!

I knew when I first saw your name that it had to be some sort of sign. Let me explain. My grandmother (and many Latina Grandmas) would give us kids a tea to calm our nerves or help us sleep when we had nightmares called "Te de Tilo" translated it is LINDENFLOWER or LINDENTREE TEA. Being Hispanic, I always knew the tea as only "Tilo." I never realized that "Tilo" meant "Linden" until I was researching the tea out of curiosity on the Internet. You, Mr. Linden, were made to be a relaxing remedy to the masses. How about that!!????!! :) :) :)

oldspice4444 has made a comment on Smothering Sensation & Shortness of Breath in Anxiety & Panic Attacks:
i purchased the linden method, and i love it, it has helped me alot and i havnt had a panic attack in about 4 months now, but i seem to still have trouble with swallowing do you have a video for that?

Alison posted something on your Wall and wrote:

"I have to say that charles and the linden method totally saved me from myself life deals so many stresses its no wonder theres so many anxiety sufferers the key is how to deal with it and to regain control of

your life.you charles by compiling linden method saved me at my darkest time."

Gary Viall commented on your status:

"I went from finding it hard to go out, then found The Linden Method, and 2 weeks ago (Been doing the method longer than that), I drove for 3 hours, qued for a couple of hours, then was in a crowd of 80,000 people watching ACDC concert, then qued for an hour to get out, and drove another 3 hours home, I couldnt have dreamt of doing that, but I have stuck by what this man told me..... and suprise, its working perfectly! And I had one of the best times of my life!! And now next year Im getting married! So much you can do, when you stick to it!"

Dave Collyer commented on your status:

"From never going out, to going shopping once a week, to now having a whole week of going out activity's. I'm starting to wake up to reality :)"

Teresa posted something on your Wall and wrote:

"Hi Charles i wanted to tell you that i have just got through an operation with a lot of help from you, i have been very anxious to the lead up to it almost to the point where i was going to cancel it altogether, but i listened to your cd's and read the book (again) and got myself into a "good" state of mind. That was 4 days ago now and i am sooo proud of myself! I just wanted to thank you again to get me into a normal frame of mind. T xx"

Rosie 'Blondey' Meachem commented on your wall post:

"Just buy the pack and your have all the support you need and best of all you will get your life back again,Im starting 2get my life back on track now thanks 2the linden method."

Kerenza posted something on your Wall and wrote:

"hey charles just want to thank u so much for helping me with your pack its amazing iv been normal for nearly a month now and i feel great im taking my daughter to the zoo next weekend cant wait!!!"

I just recieved your Method two weeks ago and I can not express the gratitude I feel for having purchase this Method. I just thank God for stumblng onto your Method. I don't want to go into the termoil I was going through because as you said don't discuss it or look back on it and I have not and WON'T. I can say I went to church this morning anxiety free for the last four years and I have a smile on my face that just won't stop. I start a new job next week and I am not fearful but excited. I love my life and I will always carry a part of you and your wifes graciousness with me. Thank you for the encouraging letters via e-mail. I still use the CD's every day and will not part with them other than to spread the word to stop medicating and visiting doctors all anyone needs is you Method (its really true).

Thank you and God Bless,
Karen

Bryan posted something on your Wall and wrote:

"I used your technique for getting rid of panic attacks, and I haven't had one since. Thanks!"

Rachel Sinnott commented on your status:

"Me too, can't thank you enough. My life has changed beyond recognition :-) xxx"

Marie posted something on your Wall and wrote:

"Charles - you are a wonderful man! Thank you for making such great cd's!!! Even though I no longer have my panic attacks - it is really wonderful to be able to relax to one of your visualisation cd's after a LONG day, or if I'm feeling stressed or a little bit overwhelmed!!! My favorite one is either the Hill, or the Beach one. I love them both! Really helpful for not just panic or anxiety, but also as a good everyday moment of relaxation! You're great!!!!"

Kenneth posted something on your Wall and wrote:

"Thanks for all the great work Charles :)"

LaCaliente6969 has made a comment on Charles Linden - The Linden Method - Message to Sufferers:
I HAVE SOME AUDIOS FROM U :-)U R THE BEST

Kerensa posted something on your Wall and wrote:

"linden method is awesome!!! with love and many thanks from australia!!! xxxxx"

Hi Charles and team,

I just wanted to let you know i think you are doing a wonderful job. I am far from over my anxiety but am getting great comfort knowing you guys are there, and i feel as if you know me personally because every feeling i have you have also experienced it. I passed my driving test 2 weeks ago and i seriously don't think i could have done it if i hadn't read Charles' book and watched the dvd's and used the cd's. Even getting the e mails helps just to know your there and understand. Like you, I will beat this.

Thanks so much :-)

Dear Charles,

I just wanted to express my admiration for what you do. To have the decency, generosity and strength of character to design and put together the publications that you have, and run the service that you do is truly honorable and is an absolute inspiration to me. It changed my life into the wonderful one I'm living today.

Also, your Stress Free in 30 days book is another breath of fresh air, which has proved equally as concise and inspiring as the Linden Method.

I wish you all the success in spreading the Linden Method and your other publications around the world, so that others can claim back and use properly what we pesusably only have one of... life.

Thank you. Andrew McDermott

"Charles, You have been sooooo great! My life has done a 180 since i started your method!"

Rifka Conway asks:

Just wanted to tell you Charles, that your method was instrumental in my recovery from a nervous breakdown about two years ago- to the point where even my psychiatrist was amazed and agreed to take me off all my medication!

Having used your relaxation exercises to enable me to travel and fly to new places, as well as one which i would've previously avoided,- thank you for giving me my life back, as well as allowing me to seek out new challenges, as well as conquering those on the horizon with vigour and vitality!

Many thanks

Rifka

I suffered extreme anxiety for years, I could barely leave the house...

Hi everyone, I suffered extreme anxiety for years, I could barely leave the house, I couldn't have dental treatment, I couldn't go in a shop, if I did, I ran out again, I was borderline anorexic my weight was under eight stone and there were only three foods and two drinks I considered "safe" to eat. I was so overwhelmed with physical symptoms of anxiety I felt like I was losing my mind. I saw Dr after Dr, phycologists , I had CBT , I had over ten long stays in hospital, sometimes I was in for months. I had every drug going thrown at me in huge doses. I was told I was beyond help. I was told I would always be like this. I was told to accept it and to go home and 'exist'. But, there was not a chance in hell this was going to beat me. Then I found Charles linden, I read his story and it was like reading my own. Everything started to make sense and I couldn't believe I had found someone who understood how I felt.



I visited the Anxiety Recovery Retreat and from the minute I walked in my anxiety just lifted It was the start of summer and I was in a beautiful place with this amazing team: it was a lovely few days and I learned so much. I met other people who suffered and it was structured so well. I just did it. I was up before anyone in the morning and sat outside with a coffee and I will always remember those mornings as being some of the most peaceful in my life. So when I left the retreat, I began to apply the method and yes it worked.

Fast forward to now. One day recently I walked to the dentist and made an appointment for a check up. When I walked out I realised that I'd avoided the dentist for years; it was one of my biggest fears. If I even got to the door I would have fainted; but I'd just made an appointment, without even thinking about it, and my god it felt wonderful. I proceeded to have a number of appointments, a lot of treatments done and it was like a miracle that I could do it.

The only reason I did that was because of Charles, how much I trusted him and his method, and how I listened to every word he said. I now have a completely normal diet, I ate 3 foods for years, now I can eat anything. There is so much more, but it all comes down to one thing, do the method, listen to Charles and the team and ultimately get your life back.

I now consider Charles and Beth friends, and I'm forever in their debt because I know for a fact without Charles I would be dead by now. He is an amazing, caring, human being and I strongly believe if he can help me, he can help anyone! Do the method people, listen to Charles and just do it. You will be forever grateful you did, I can promise you that. ❤️❤️

Ruth Higson

[More Client Stories & Testimonials](#)



Life changing...

Ryan Baxter I've recommended this method to so many people my age and truly believe in it. Anxiety disorders seem to be like an epidemic to the younger generation, it's on the rise. Before I found your method I was absolutely crippled by it. Panic attacks put my whole life on pause it seemed, I couldn't focus for a minute and would always fixate on the past and have totally irrelevant and irrational thoughts all the time. After understanding all the symptoms and following the method it helped me continue living normally, better in fact! Thanks Charles, what you've done is amazing, I'd have paid 10 times the price for the support and guidance; life changing

- Maria Omerou**
I really don't understand why you need to explain this truly amazing method time and time again until you are blue in the face Charles! I stumbled on your method by chance over 5 years ago and just did it! Within 2 weeks I got my life back! Just do it!! 🙏🙏🙏
- Irene Rigopoulos**
TLM saved my life!!!! Anxiety free and loving life. Thank Charles!!
- Jo Bell**
I bought the Linden Method after my Son sent me the link 18 months ago. I was so ill with depression & anxiety, it works!! You have to work hard too, do what is says to the letter, I know even that was hard to do but I promise you it's worth it! As I started to feel better I recognised those feelings of panic / anxiety & can now control them, it's like being free, please try it, worth its weight in gold! Good luck xxx
- Margaret Fishwick**
The linden method is so good ,the best money I have spent ,tried lots and lots of other things they didn't work but the London method has done me more good than the others would recommend it to all who suffer from anxiety ,thank you Charles
- Betty Higgins**
Hi I have been doing this for a week now and I can't believe the difference of how I am it is like a fog has been lifted I can't believe it , thank you CL xx
- Gemma Sunderland**
I bought the linden method pack including cd's, the book and dvd's 3 yrs ago and I cannot believe how my life has changed since. I couldn't have a panic attack now if I tried and my case was extreme where I couldn't leave my front door or be alone for 5 mins without complete panic consuming me. I always recommend the linden method to everyone who is struggling with anxiety and stress related illness. Surprising how many people actually are. I want to take this opportunity to thank charles and the team for changing my life. Xx
- Jo Anne**
Off shopping with my mum ... busy shopping centre ... 🙄🙄🙄 what anxiety ... just do the method 🙏🙏
- Rachel Truscott**
Best thing I ever did 🙏 I owe this man my life in which I have back after doing the linden method x
- Rachel Enright**
I am feeling so much more confident since implementing the TLM and enjoying life again! 🙏
- Joan Smith**
I bought this after a dreadful series of personal loss, job loss and a medical misdiagnosis - it works and you have nothing to lose but your anxiety - it's like learning again and I found the part of me that was lost - try it.
- Cheryl Robertson**
Micky the linden method WILL cure you it did me in Just 4 days and I recovered I promise you it does work and for so many of my friends please do it you will never look back
- Nicole Cole**
I've got this, it changed my life, absolutely fantastic, had it a few years and don't let it out of my site, I can do everything and can honestly say haven't had a panic attack for years
- Betty Higgins**
Hi I have been doing this for a week now and I can't believe the difference of how I am it is like a fog has been lifted I can't believe it ,thank you CL xx
- Yvonne Williams**
Please if you are living with anxiety do the Linden Method if able go on the retreat IT WORKS!!
- Jan Metcalfe**
Andrea, of all the different approaches, this one has the best results 🙏❤️🙏 xx
- Lindsay Flood Aygun**
This guy is amazing my mom as been the retreat ,
- Cheryl Robertson**
Sandra Jersey is same but I am recently in full recovery thanks to Charles Linden please do the Linden Method I promise it works good luck 🙏



It's a 100% cure...

Tavi Hype Octav · 0:00 You are not alone guys...

I suffered for almost 2 years,the last year was the worst...

I remember my brother came over from London to France in a visit and bought

Helener Cole · 10:57 Hi Charles 😊 please please listen to what he is saying , you need not suffer another day , I had all of these symptoms, did the program and recovered , they are amazing people , just do it !! And start your life 😊🙏. Lots of love Helener xx

since (it's been 3 years already)

This method saved my life and i always thank Charles for that.

#CharlesLinden it's a 100% cure but with a 50% of legg work and believe in it 100



Cube Hair Design
@cubehairdesign

The Linden Method has changed my life...can't be more grateful!
#AnxietySufferNotAnymore
@TheLindenMethod @CharlesLinden_



6:18 PM - 19 Oct 2017

1 Retweet



Tweet your reply



Helen Green I suffered terribly from anxiety attacks and had had therapy, hypnotherapy, medication tried just about everything this method finally put everything into perspective and helped me understand and overcome my anxiety this was 14 yrs ago. I was sceptical but I can hand on heart say it gave me back my life.

26 October 2014 at 09:21 · Like · 3



Danni Want Im looking back a year 8 months before i discovered YOUR method, i was fearful, riddled with anxiety sad and lonley, a year on looking forward to christmas , my first christmas with my husband, become a school governer and found a job where i have never been so happy , full of passion for what i do, this method works and with christmas coming my first one anxiety free i am so excited without fear pain or loneliness this is all thanks to you. I never thought another google search remedy would work, but this is living proof , i can feel again , real emotions. I thank you from the bottom of my heart, and my family would say the say. Merry Christmas from us all. You are amazing xx

Like · Reply · 48 minutes ago



Rebecca Stevenson I used this about 4 years ago and it really does work. Would deffo recomment i was at the point were i did not know what else to do. Please keep an open mind and go with it and it will work.

Unlike · Reply · 2 · Yesterday at 06:41



Rebecca Stevenson I used this about 4 years ago and it really does work. Would deffo recomment i was at the point were i did not know what else to do. Please keep an open mind and go with it and it will work.

Unlike · Reply · 4 · 22 December at 06:41



Joanna Roberts I am an ex client and ex teacher. I attended the retreat last May and it changed my life after suffering with crippling anxiety for 7 years. I would love to help others and be a LAR coach.

Like · Reply · 1 · 23 December 2014 at 23:26



Kerry Shanley I'm an ex client and followed the method to the core. I feel great now

Unlike · Reply · 👍 4 · 23 December 2014 at 07:38



Summer Rae McCabe ex client here. your method no doubt works. living proof. I have a life again thank you Charles Linden

Like · Reply · Yesterday at 04:22



Rachel Truscott This linden method is brilliant really working for me x

Like · Reply · 👍 1 · Yesterday at 15:58



Betty Scott IT WORKS!xx

Unlike · Reply · 👍 2 · 13 hours ago



Emma Danby Your method has made me be me again thankyou Charles Linden and your amazing team 😊 xx

20 June 2014 at 14:08 · Like · 👍 1



Patricia Campbell It saved my life!!! Thankyou.x

20 June 2014 at 20:55 · Like · 👍 1



King Jordan Charles Has The Best Program If you follow, you will beat your anxiety God Bless Charles Linden

23 May 2014 at 05:49 · Edited · Like · 👍 1



Matthew Langley Charles I think this highlights the amazing affect you have on real peoples lives! I still don't understand why this method is not the first choice prescribed by GP's all over the land ahead of any suppressant medication. Good work butty 😊

30 April 2014 at 08:03 · Edited · Like · 👍 1



Wendy Myers Charles I couldn't agree more, I have reached a huge milestone in my recovery. I am so proud of myself, after 15 years of severe panic attacks I managed to go on a two hour train journey ALONE!!!! last week. I am still smiling, and know that I can do it again. Thank you, thank you. 😊

29 April 2014 at 17:32 · Like · 👍 8



Hollie Tatlow It's not on the NHS because pharmaceutical companies would go bust! x

1 January at 19:52 · Like · 👍 1



Suzanne Carr Your method saved my friend. He nearly lost everything but thanks to you, he is back at working and hasn't had any attacks. X

13 December 2014 at 15:53 · Like · 👍 1



Yug Ayles I did this method years ago when it wasn't heard of. I went from being housebound agoraphobic full of panic and fear, to travelling the world, I've lived and taught in Spain and Singapore, I'm a qualified primary school teacher and I'm now returning to the UK to start my own business. This man changed my life, do it and you won't regret it.

17 August 2014 at 14:14 · Edited · Like · 👍 7



Michelle De Campos Kok Changed my life!! Living a more in-control life with a much happier me!! TLM is amazing and I thank God for it!

18 August 2014 at 06:48 · Like · 👍 2



Stephanie Carter I brought the whole package back in 2008 ish Maria Angelina O Neil and it changed my life!! Charles Linden Is the best!! xxx

Unlike · Reply · 👍 1 · 29 December 2014 at 19:59

 **Cheryl Hedley** For all of you that are cynical about this treatment! Linda is right in everything she said. Can't recommend this method enough. It got me out of a dark hole and I've never looked back. Charles I owe you everything. Xx
Like · Reply · 10 minutes ago

 **Joanna Roberts** I am an ex client and ex teacher. I attended the retreat last May and it changed my life after suffering with crippling anxiety for 7 years. I would love to help others and be a LAR coach.
Like · Reply · 👍 1 · 23 December 2014 at 23:26

 **Summer Rae McCabe** ex client here. your method no doubt works. living proof. I have a life again thank you Charles Linden
Like · Reply · Yesterday at 04:22

 **Matthew Langley** Charles I think this highlights the amazing affect you have on real peoples lives! I still don't understand why this method is not the first choice prescribed by GP's all over the land ahead of any suppressant medication. Good work butty 😊
30 April 2014 at 08:03 · Edited · Like · 👍 1



Marisa Tran · 1st 5h ...
English Teacher at Rialto High School

The linden method worked wonders for me. I was nervous, discontented, and depressed. I was able to employ the methods and "starve" my anxiety. Subsequently, my derealization and depersonalization also subsided. I recommend this method to anyone suffering anxiety, paranoia, depersonalization, and depression. It works! There is hope for a peaceful and contented life.

Dear Charles...

Please read this...if you would?...

I ordered your program on the 15th of this month... I believe I received the e-book, and mats 16th...

Less than 24 hrs later...

And A MAN OF YOUR WORDS!!!

I PUT YOUR APPLICATIONS ON TOP OF WHAT I HAD ALREADY ACCOMPLISHED AND BECAME ANXIETY AND PANIC FREE!!!!!!!!!!!!!!!!!!!!!!

In actuality...the process took but a few hours to digest, but I was cautious about saying that I was "repaired"!

Note: I used the term "repaired" ...as an alternative to the word "cured"...as you had said I did not have a disease!

Question:???

Have you ever heard of having a "soul mate"...or similar vocabulary as

to your "persona" being the duplicate of another person somewhere in the World?

What is interesting is that it is alarmingly similar that...and do please note...I avoided using the words "fearful/scary"...

As my father in-law had always joked...

"It is like we went to different schools TOGETHER!".....

The analogy is the striking similarities of struggle in life's challenges...and the "amazing" ability to "overcome" all adversaries! I myself am a "non-medically" trained individual, not unlike yourself... I found my "niche" in this world in the calling regarding "flight" and "aircraft"...

In my "hay-day" ...some twenty-ott years past I was considered the "coctor"...

As, if there was a problem that could not be reconciled...people would turn to me... Hence; the "nickname" DOC...

And...Charles...

You are the same...helping "others" where no one else does!

I never asked myself where I could myself get "extraordinary" powers from? And the answer was in "adrenalin"...the same "adrenalin" which got out of control and caused the anxiety and panic. I just wanted to say Thank You... Thank You... your wife Beth...and your entire support staff...

I can NEVER go back to where I was in "LIFE"... and do not take my successes lightly. Although I grasped your knowledge quickly I have continued to grow each hour of every day. The endless possibilities a NEW DAY brings...are excitement to one's heart, mind, and soul...

God Bless...

Robert

My son has just started using your method and has had immediate success. After 6 years of hell he is now getting his life back. It is the best birthday /Christmas present he and his family can ever have.

Thank you SO MUCH.

L.Steel

Raj Purushotham commented on your link:

"I felt the same way first, trust me it works..its the only way. Life is just great now, I go places, I rock at work, family..friends..music...games...all the best life has to offer. You can do it..trust yourself and the method..then its only a matter of time. wish you well. Peace."

mrigankvatsal has posted a comment on your profile:

Everyone needs this. Something wonderful I learned is " The best way to remove fear is to aquire knowlege & understanding" I also learned that the problem I had is named GAD which is not only with me but there are several who suffer from this illusion.

TheUsualSuspect77 has made a comment on The Linden Method by Etienne:

When I ordered the linden method and read charles's story I thought I was reading a biography of myself... This method works plain and simple; I haven't had a panic attack in two years, charles linden is a godsend and a humanitarian....

Name: Jovan Mxxxxxxxxxxxxx
Email: jovxxxxxxxxxxx@gmail.com
Signup Date: 11/11/09 08:47 AM Eastern

Comments:

I joined The Linden Method! Great work Charles! It's been only 5 days, and I've made more progress in my recovery from a severe mental/stress breakdown than in the past 10 months since it happened!

Rachel sent you a message.

Subject: Life saver

Dear Charles,

This is just the quickest of notes to let you know that 2 years ago your programme saved my life. I was struggling badly with OCD, GAD, panic attacks and anxiety. I was so anxious that I couldn't eat and lost a huge amount of weight - my doctor wanted to put me on a feeding tube. I cannot tell you how hard life was then and how it seemed so much easier not to be in this world at that time. My husband found your programme for me and it was, quite simply, a miracle. You saved my life the moment I read the book and I thank God every day that you wrote this programme. Thank you from the bottom of my heart for the gift of life. I am forever grateful that you took the time to share what you learned through your own experiences and want you to know that you are saving lives all around the world every single day. God Bless you and your family.

Rachel

Adam posted something on your Wall and wrote:

"Thanks to you Charles I flew from Sydney to New York on my own without taking 4 valium before take of, it was still a big task but I have done it and feel like a bird that has been set free. Peace"

the linden method cured me it was so easy and simple i think you should invest in a better webcam though haha

nesquikrabb1t has made a comment on Depersonalization and derealization explained:

i had derealisation depersonalisation violent thoughts and panic attacks ,the linden method cured me and i cant belive i was worrying so much about nothing i want to give charles a hug lol

Drumwerkz666 has made a comment on The Linden Method by former Anxiety Sufferer Drew Cohen:

linden method is true i spent a lot of money for zoloft but after sometimes my panic went back when i tried the linden method on my 2nd of my therapy i really felt better its good thanks charles God Bless you.

Rey posted something on your Wall and wrote:

"hi Charles ,its only been less then ONE day ,(first day today of using the linden method)and already i feel as if im half way towards recovery . may god bless you .. :)"

First name : Elizabeth

Last name : Pxxxxx

E-mail : lizxxxxxxxxx@gmail.com

Comments : I just wanted to thank Charles Linden for his Anxiety program. I bought the program 2 years ago when my anxiety had reached the point of me not be able to leave my house. Within a few days my panic attacks had gone from 10 a day to 1 or 2, and within a few weeks I was getting out and starting to enjoy life again. I am in no way a model success story. It took me more than a year to fully get my panic and anxiety under control and several times during that year I felt as if I were losing progress and going backwards. I had to start believing in myself again before I could fully "cure" myself of panic. I will never be 100% free of anxiety - I work in a very stressful

position, but now I know how to control it and how to let it go at the end of the work day. All I can say is Charles saved my life and a mere thank you does not seem enough, but I wanted to tell him. Thank you. :)

Kyle posted something on your Wall and wrote:

"Three months no panic attacks, I still have a chest pain 24/7 but its diminished greatly;

HAIL TO THEE CHARLES!"

Dear Mr Linden,

Really i got surprised with your e-mail about "Your Anxiety isn't What You Think It Is".Really it is amazing that how i am unaware about my problem and right solution.

The guidance which you provide me is very vital and make me positive.I am very happy to be with you.Now i feel hope about my future not like before.I have no words to express my happiness but i thank you.

With Regards
R.Manivarnan

i feel now that i have over come my anxiety with was caused by my mum being stabbed by her husband my step dad but thanks to you just knowing about it helped me it explains everything so you know its all anxiety and nothing else so i wolud like to thank you dearly for that

thank you
dan

Ok, thanks anyway.. i really appreciate you for publishing your method, so far it has helped so far within two weeks and I really relate to your experience in some ways as I am at university at the moment. Thankyou, Kayte.

dropboxcox has posted a comment on your profile:

U JUST EXPLAIN EVERYTHING THAT WASNT RIGHT IN MY HEAD !!!! U WORK WONDERS MATE !!! i will not buy your program im 100% sure i can overcome it myself and by thinking think i can i wil. i only suffer from low levels of aunxity but latley it has moved on too my head which i cannot cope with so i will think possitive from now on !! ITS ALL MIND GAMES AND THAT IS ALL !!!

Rachel sent you a message.

Re: Workshop and Website

"Hi Charles, Thank you so much for the quick reply! Please feel free to leave the testimonial up with a different name - I think that the fact that you saved my life is something to shout about :) I stand by the programme being a complete life changer and would love others to know just how amazing it is. Kind regards, Rachel"

Marie posted something on your Wall and wrote:

"Happy Birthday to the guy who is responsible for giving me an anxiety free life, and a happier future!!!! Thanks for all you do, Charles!!!!!! Have a wonderful day!"

Laurie Regattieri asks:

Dear Charles, I suffered for years with childhood torment, including parents who showed no love towards their children. I was molested in the late 70s by a school teacher. My 2 year old had cancer. I've been to psychologists (no help). Your program has helped me move on with my life. You're a life saver

Dave Collyer commented on your status:

"Now I'm recovered, what's the best way to show people it can be done?"

Dave Collyer commented on your status:

"I have gone from full Agoraphobia to being able to go to pubs, friends places, walk through town, get my social life back and all in all I was ill for 2 years. The Linden method was a big help."

Gareth Dore commented on your status:

"There is hope and I mean it when I say that it was the only thing that took me out of the dark hole of anxiety and into the wonderful life I have again! Don't think about doing the method, just get it and do it! Good luck! x"

Ray O'Brien commented on your status:

"I've been doing this method since xmas (as it was a present from my day, bless) and found that i've made massive improvments. Stay with it and wish you all well :)"

Ceilidh Mae Watkins commented on your status:

"the linden method gave me my life back!!! i was badly suffering with agoraphobia and panic attacks after my daughter passed....now i am out and about enjoying my life again with my 2 gorgeous sons.....i still have to keep ontop of it because it can creep back in but the linden method taught me how to do that....charles linden = GENIUS!!!!"

Kirsty Louise Abell commented on your status:

"Hi everyone!I have suffered from gad for 3 years!but since reading the method things are getting better!I'm not scared of going out anymore and I am not scared of eating!and the best thing is that I have beat my obsession of always thinking I was seriously ill!I still get the anxiety and panic attacks but I let them happen and there over and done with within minutes instead of hours!good look guys!and I hope everything gets better for you heather!xxx"

Jenni Beveridge commented on your status:

"Hannah I promise this works. Please please please believe in it and stick with it. I suffered from panic attacks and GAD for nearly 10 years. I worked through the Linden method for a year with HUGE improvements, I was then abel to attend The Linden Method retreat (one my own) in March this year and I am now cured. If you're not getting something do not hesitate to call the team - they know all the tricks of the trade. If you don't feel like you're getting anywhere you're

not doing it right. You can do it!!! (Shopping with be fun fun fun once again- my credit card bill is proof!) xx"

Sam Miller commented on your status:

"Charles, use away. I used your programme 18 months ago and haven't looked back since. Amazing value for money and completely effective in dispelling the anxiety I had accumulated during previous years. I had not realised that it had slowly crept up on me until after I had quit my job, made myself quite ill and lost track of my life almost to the point of contemplating suicide.

Now am traveling through Europe whilst waiting for a work visa for the US to be processed. Life couldn't be better. Thank you again."

Mark posted something on your Wall and wrote:

"Thank you Charles for helping me restore my life. As a result I'll be back on stage in front of an audience of an expected 10,000+ (East Park, Hull) in a couple of months. And I'm really looking forward to it! :)"

Andy posted something on your Wall and wrote:

"Thank you Charles for your program. I did it a few years ago. The Holy Grail, as you like to call it, the breathing and the distraction is really effective!. It's interesting because I was already using the distraction method without knowing it for many years (but obviously not as often) and I wasn't conscious enough of it. Now, if I ever do get a little anxious, I consciously try to distract myself and it works, it becomes more effective and easier each time I do it. Also the Qi Kung is extremely effective for me! It's like magic, it "remedies" my brain chemistry.

Nevin posted something on your Wall and wrote:

"Just wanted to give some kudos to Charles for work well done and to also shout out to anyone here who is still struggling with anxiety. I am another example of somebody who suffered with panic and anxiety and has beaten it. You can do it as well, there is no question about it. But you HAVE to commit to it 100%. If you do, great results are guaranteed. Half efforts do not get you where you need to be.

It is YOUR choice. You are in charge of your anxiety, you just need to make the right choices to get there. Your body may be fooling you into believing the anxiety is in charge, but you will see as you begin to heal that that is NOT THE CASE!!

Just so everyone knows, I am simply a client of Charles just like you and he did not ask me to do this nor do I have any direct or indirect affiliation with his program. The above comes straight from the heart.

Take care everyone. Make the choice to heal now."

Laura J. Valad posted something on your Wall.

Laura J. wrote:

"You're a magnificent man Charles!! My anxiety started right around this time last year!! I could barely face the day. Most days lately, I feel so much better after having started the method.. there are still some "strange" days, but over the last month I notice an incredible improvement. I'm hoping that someday I'll be completely free of it. I had so hoped to go to your retreat, I was devastated I didn't hear anything back.. but there's always another time. Cheers to you!!"

Just want to say I purchased your books and tapes for my partner and we are so excited and impressed. They have given us hope that this will rid my partner of the anxiety which has been with him for most of his life. We will keep you posted.

Mandy

Charles,

Appreciate the 'link' - I stumbled upon your cure by very good fortune. I saw it, bought and knew there had to be hope. In less than 1 hr read, i felt BETTER> U are amazing. God knows why you had to suffer for us, but then you cure so many. I am eternally grateful.

Jan



Rebecca Toyne

I have just returned from the anxiety retreat with my daughter and can never thank Charles, Beth, Jenny and Jackie enough for this life changing 4 days, Hannah is now on her way to living the rest of her life anxiety free thanks to the help and dedication of this amazing team



Siron-rhodes Maire Angela

Love this guy and would 100% do his book and CDs 9 yrs medication free thankyou



Dwayne Mullett

Charles saved my life I was having upwards of ten full-blown panic attacks a day. Bought his method and literally 45 minutes into reading the book all my panic attacks stopped. I have been having them for close to 18 years. Spent tens of thousands of dollars in the hospitals. Was off all Xanax within less than a week. And I did this all right in the middle of my little sister passing away. I can't say it enough good things about this program. 11 years and not a single panic attack.



micheleellis1

2 h

A few years ago I attended one of Charles Linden's Retreats , it was the best thing I ever did . Charles , his wife Beth and their wonderful support team provided me with the tools to deal with my anxiety . Their kindness , support and teaching was second to none and continued ,if needed ,after leaving the Retreat .Im so pleased to say I have never looked back ! I would wholeheartedly recommend Charles and his team , don' t hesitate , do it , it will change your life ! Thank you Charles , Beth and team . Michele x

"I want you to know that my life will be forever changed..."

Hello, Mr. Linden! I just wanted to introduce you to our first child, **Flora Linden Halstead**. We could not be happier to have her in our lives.

We named her after you, because I would not have had the courage to change my life and become somebody that she can look up to if I had not found your program. That picture of you in the manual, where you are holding your first child was a big inspiration for me. I know you have to hear this a lot, but I wanted to make sure, today that you remember the impact you have on people's lives. I want you to know that my life will be forever changed for the better because you crossed my path.

Over two years ago, I watched the introductory DVD, I made my lists, and I have been crossing off milestones this whole time. This was by far my biggest. Thank you for what you do, sir.

The world is a better place because you are in it.

Kenny Halstead, Iowa USA
(With Jesse, and Flora)



Lucy Burr I was stuck in the house for a year 8 years ago before my first daughter was born. I was constantly looking anxiety up and reading about it not realising this was making it worse. I woke with panic attacks in the night, I would panic at the thought of going out and having a panic attack. And constantly had that anxious tightness in the lot of my stomach. Such a vicious cycle. I thought that was it, i was gona be like this forever. I came across the linden method by chance online I'd never heard of it and in desperation I down loaded it. It fixed me, it's the only thing that ever worked. Now I've been to uni, I have 3 beautiful Chidren, I work and I go out even to crowded places where I can't see the door! It amazes me still, but it worked. I haven't had a panic attack since. It saved my life. xxxx

Like · 🗨️ 3 · 9 hours ago



Jo Anne

Off shopping with my mum busy shopping centre ... 😞😞😞 what anxiety ... just do the method





Ruth Higson

A truly amazing man. No one can take that from you Charles ❤️

Friday at 17:47 · Unlike · 👍 7 · Reply · Message



Diane Davey

The video Charles makes for all the anxiety sufferers are amazing I have my life back because of the linden method so can u xx

Friday at 20:09 · Like · 👍 1 · Reply · Message



Peter Carr

facebook

I truly hope that one day very,very soon, Charles Linden's wonderful Linden Method will be the gold standard used by psychologists and other health care professionals right around the world in treating and curing all of their clients who have any kind of high or inappropriate anxiety condition. As things are at the moment, all these so called "experts" (drips under pressure !!) can offer their anxious clients is coping/management strategies to lessen their inappropriate anxiety. No cure is even offered or suggested by them because they simply do not know how the emotion of anxiety affects the mind and brain of an anxious person, or how the Amygdala gland malfunctions in the brains of people who are suffering from anxiety conditions. I thank God that Charles Linden knows and understands this absolutely perfectly, because he has developed his Linden Method, which is the first and last word on how to cure all manner of anxiety conditions quickly,simply and permanently. May God continue to bless you richly, Charles Linden, as well as all of your Linden Method team of support specialists !! . [OPEN]

★★★★★ **Excellent again!**, Reviewer: **Alex Wooton** Like your Stress Free in 30 Days Programme, The Linden Method is a work of genius. I can't tell you how refreshing it is to find products truly written by someone who has been there, got the T shirt and then decides to impart all of that wisdom and experience with such wit, eloquence and respect to those of us who are desperate. Thank you so much Mr Linden.



The Linden Method Transformed My Life, Reviewer MJE Yates
Anyone who has suffered from anxiety and panic attacks will know what an utterly terrifying and debilitating condition it is. The Linden Method literally transformed my life. You have to follow the programme absolutely (and I also attended one of their residential courses), but it works and I can honestly say that I am now anxiety-free. If it ever starts to begin to creep back, I know exactly what to do now to stop it in its tracks. I recommend The Linden Method wholeheartedly and, for all you fellow anxiety sufferers - you need to know there is a way to overcome it without medication. The Linden Method is a god-send.



THANK GOODNESS FOR THE LINDEN METHOD, Reviewer: Sean Murphy

I have been an anxiety sufferer for many years and have designed my life around it.

I never thought anything could be done about it and just accepted it as part of my make up or Personality, suffering random panic attacks, and paranoia, and just permanent fear and worry, and Creating unrealistic scenarios in my head and freaking out about them, so, it just became A way of life for me. I managed to search the net and I came across "the

linden method"and I read the reviews, and thought that this was for me...I personally went on retreat,and met Charles and his partner Bev and I have to say it was a wonderful experience from start to finish!...Charles and his team put to rest all of those thoughts and programmes I was constantly running in my mind and educated me Into taking back control of my mind and thoughts that were inducing panic attacks,I came home from retreat feeling on top of the world and ready to get back into the flow of life,Charles and his team equipped me with the tools,(including the linden method book/cds)and encouraged to call them any time If I need help,so thankfully I am well recovered and getting better and stronger each day,thanks to " the linden method"....I would recommend the method to anyone,from the bottom of my heart I truly believe that this will work for you too....and if there is any doubters out there,come and speak to me as a first hand person who has experienced the method,thank you.....Sean



Helped me on first day!,

Reviewer: Jamie B I did a little research and found information on linden-method.org and decided to try this out. Had a death of a really close 14 year family pet and then a close family member went from pancreatic cancer diagnosis to death in less than 2 months and dealing with another "new" family member who depleted all money for health care and then going after property and other belongings with fake power of attorney papers before my family member dies while they were confused and not thinking clearly. We had to go to court get restraining orders and all kinds of other legal action. By this time my anxiety and panic levels were higher than they have ever been. I literally thought i was going to have a heart attack and die. I decided to make the purchase and i never looked back. First day i did a quick review of the 9 pillars and I started feeling relief by using some of the exercises. If you do not have time to go through the material and try the things out then you might as well live with your problem because it will not go away. While i consider this program an easy program to do it does require effort and a little work on your part.

★★★★★ **amazing changed my life,**

Reviewer: Mark 912

I've had anxiety for 5 years going from doctors to cbt felt they didn't work for me then I seen the tlm at first I thought it was a scam but I ended up getting it I didn't think it was going to work but I thought id give it a go nothing als is working so I orded it spoke to the counselors they was amazing answers all my question a week later I got the package through and within 2 weeks I started to feel better Charles carnt cure u but him and his team give u the tools and support to get rid of it I've learnt so much more in one month from tlm than I have in 5 years its worth every peny



Changed my life, Reviewer Sean Edwards

Every thought was a question, and no question could be answered. Lost doesn't begin to describe it. I felt completely alone. There was no rest...ever. No peace, no happiness. Every time I would wake, 3-5 seconds of silence were followed by ripping panic and confusion: questions, questions, questions! , Doctors, Psychiatrists, tranquilizers, sleeping pills, Prozac, 11 years at the psychologist: 2 times a week, complete waste of time, and money; digging, searching, deeper and deeper. GAD, OCD, obsessive thinking, destroying my life, my loves, and hope. At the age of 6 or seven I was already locking myself in a room to 'think' things out, locking myself away to panic. This Anxiety is learnt behavior, and I write not to do battle with anyone who disagrees with me, but to say that the only thing that has ever helped me, is the Linden method: is this information new, or revolutionary?...maybe not, you can find bits of if here, there, and everywhere, but Charles has put it all together, and I am very glad for that. I feel desperately sorry for anyone who suffers with anxiety, it is a horrendous, sickening condition, that sadly cannot be cured with pills, or traditional 'medicine'. The Linden Method worked for me. It took me 3 months to get there, but it worked. There is nothing secretive about Charles Linden, or any of the people that work with

him at the Linden Method, and there is no-one forcing you to pay the pittance they ask for their carefully compiled information pack, and support. This is not an 'illness' in the traditional sense: you have to do things different, in order to be different, and it's hard; it goes against what your anxiety is telling you 'should' do... but you should 'do' the Linden Method if you suffer with anxiety.



Just do it!.

Reviewer: Amazon Customer

As a long time sufferer of OCD I've tried every method and device known to man. The Linden Method is the only thing that has stuck. Linden has hit the nail on the head with techniques (CBT and others) that teach you to ignore the sensations, feelings and thoughts for what you already know they are(false messages, sensations and feelings). Trust me I've known they were false for 20 years, this method finally hammered it in. Why pay attention to what you KNOW to be false? With the Linden Method it's a step by step instructional manual. If you follow the method and put in the WORK it will work. He's really made it quite simple.



The most logical and simplistic cure for anxiety,

Reviewer: Hanah Danby

After suffering for many years with anxiety and with much misdiagnosis from so called medical professionals, the Linden Method has changed my life.It seems to have taken all the best from many different theoretical approaches and put them together is this logical and easy to follow program.Having suffered from terrible side effects from various cocktails of medications and other frightening diagnosis such as bipolar and personality disorders. Upon reading Charles Lindens own story, i recognised so much of what he had also experienced; it is like he lived my life. I would recommend the Linden Method to anyone with an anxiety disorder. i am completely anxiety free to the point I am now planning to train as a Linden Method coach.

★★★★★ **Life changing**, Reviewer: Steven Newland If you have anxiety, phobias or panic attacks, this is definitely the answer to all of your prayers, all of the claims Charles and his team make are 100 % true, this is definitely the answer, I was very sceptical before purchasing T L M, I wasn't expecting it to work, but to my and all my family's relief, it did work, buy into it, it will completely change your life!

★★★★★ **Amazing, truthfull, genuine. Brilliant**, 2 Reviewer: Bianca MacEwan As someone who suffered for many many years and believe you me spent most of that time searching the internet for help trust me this method is the only method. The pure fact that this guy suffered him self for so long. Puts him in my eyes at the top of his game when it comes to advice on how to cure anxiety. This book/pack it not only a great price but it alone gives you the tools you need for life to beat anxiety. I have not been on the Retreat as I have not needed to thanks to using this pack. The Linden Method is easy to use and in no dowl the best/only anxiety cure on the market. What more can I say? I urge any anxiety sufferer out there. Buy it. It works. Bianca

★★★★★ **Linden Method didn't just change my life it saved it!!**, Reviewer: Juliet1 The Linden Method not only changed my life, Its saved it, I have very strong views in people rating the method as 100% compliance to the program is vital for recovery, and the only people who give the Linden Method a bad review or charles for that matter are either not complying or they have no desire to be anxiety free... You have to comply to the methos and it works I am Living proof and I 'behaved' anxiously for over 20 years, Charles helped me not only understand why I was feeling the way I was, but how I could change it drug and therapy free within days to weeks, Haven't had a panic or anxiety attack for 3 years since coming across the method, there is simply no other solution in my mind!! I love the method and It only cost me the same as a single visit to a Therapist.. Your actually silly if you don't do the method but you must do it properly!

★★★★★ Works Wonders!! It is the only cure :), 2 April 2012

Reviewer: PanicFree My review will be short cause all you need to know is that The Linden Method works. I purchased the Linden Method 4 years ago out of desperation, cause I had tried EVERYTHING else. At the time I was suffering extreme panic attacks, had been certed off work, didn't leave the house. But thanks to the "common sense" approach of the Linden Method and the simplicity of it, I am now medication,panic & anxiety free. I would highly recommend The Linden Method.

★★★★★ Gave me a new lease of life!,

Reviewer elementalchild

Absolutely loved this product, it was a life saver! A step by step approach to eliminating anxiety with professional help and support from the qualified specialists when I needed it. The information given was straight talking and no nonsense.It is a mystery to me why certain organisations or people really take issue with the fact anxiety can be cured without medications or long winded therapy. Charles really has been to hell and back with his anxiety and the fact that he is prepared to share the story of his ultimate recovery with everyone is truly inspiring! I was reassured by the offer of a 12 month money back guarantee with the method but thankfully did not need to use it. If you are trying to get rid of anxiety then you do have to follow the expert guidance given to see real results given but genuinely this is amazing.

★★★★★ Life saving potential,

Reviewer Rushi

Excellent work and structured program by Charles Linden it really helping me ...I am still not out of woods yet, but now I feel much more relaxed and calm. I am applying all the principles from this book, and suggest anxexity sufferers to use this program to eliminate your anxexity and stress. It works! There is a regime of tasks in this book, stick to it, honestly I sometimes can't follow it completely but I am doing everything to get on track. With me, when I start feeling better I fall off the track, when feeling anxexity then I am back on track again!!



life saver, January

BReviewer: CS Trehwella

If it doesnt work you aint doin it right.simples!!!! If you want to get better just do it. Dont argue just do it. Tried everything else and only this saved me life. Good luck



Highly recommend!,

By Nathalie

Purchased TLM pack in 2008, ran through the course twice step by step, and can honestly say it is a very useful method. It may be applied both as an addition to your regular therapy, and as a self-help book if you don't visit a therapist, depending on the intensity of your anxiety problem. It's a very logical, structured method, easy to read and comprehend. Takes no effort to use, except for your own will and powers. You can use it step by step, just follow TLM on a regular basis. If you suffer insomnia, the audio visualizations are very much helpful ! You just listen and fall asleep in 10-12 minutes, fact. There are many problems covered, and you'll find your own, but in general bit of this and bit of that are always 'your case'. You'll get a handy assistant that's for sure. I would also recommend to buy TLM apps for iPhone & iPad available in iTunes. Basically the same stuff, but a great plus that you don't have to carry the heavy printed book with you or alternatively wait till evening when you get home. With the apps on your iPhone you can read and do the method any time during the day, when you have a 10-minutes break for example. Overall I give 5 stars, because it works, it has credentials from therapists (mine as well). Don't wait for a miracle, but just believe that it works. And if you suffer long time, investment of only \$150+/- will not ruin your budget :) good luck !



The conclusive anxiety remedy.,

By Will

Charles Linden's Method is the single most effective tool I have utilised in my battle against anxiety. I went everywhere for treatment and spent thousands of pounds. No where else did I get the assurance and guidance this method contains. Here are the stone cold facts...

Charles Linden formerly chronically anxious - medically verified... Ask for a copy of his medical referrals. Charles Linden CURED himself.

Charles Linden wrote down a method based on his experiences and cumulative data from other cured sufferers. Charles Linden's method has had National Health Service trails from which many have benefited. Charles Linden's method has the backing of health professionals. Charles Linden's method is academically appraised.

Charles Linden method cured me from my 4 year long bastard of a time with anxiety. Buy this. Do what it says. Never look back.

Congratulations. You just saved £3000 not seeking neurologist Dr Chaudri, cardiologist Dr Brady, and the barrage of unnecessary tests they'll so graciously extend to you. Great doctors by the way... Just totally unnecessary.



linden method saved my life !,

By Livid

this is like a holy book for me .. why ? cus my life sucked .. for two years .. and i didnt think that il be bale to recover. but this linden method is a life saver what was amazing is that it made me tackle everything by my self .. and this made me feel so fulfilled. god bless Charles linden . this man is saving lives ..!!!!right now , im back at the club , djing , im a financial advisor .. i have two careers.and my life that belongs to me . I AM MORE STRONGER NOW THEN BEFORE I HAD ANXIETY . I APPRECIATE HAVING ANXIETY BEFORE ... BECAUSE IT MADE ME REALIZE HOW STRONG I AM, AND HOW "I" ALL BY MYSELF CAN OVERCOME ANYTHING JUST LIKE THE MASTER OF MY OWN DESTINY .

RIGHT NOW I SEE SUFFERS ALWAYS CRYING ON YOUTUBE , FACEBOOK.. LOOKING FOR A SOLUTION..GOING TO DOCTORS WHO DONT EVEN KNOW WHAT ANXIETY FEELS LIKE, LET ALONE ANYTHING.IM 22 YEARS OLD , IM BACK . AND IL ALWAYS BE BETTER AND STRONGER ... I WORKED HARD FOR IT , AND THE MORE I STRIVED FORWARD THE EASIER IT GOT FOR ME . RIGHT NOW ... AFTER MY DAD .. I RESPECT CHARLES FOR GIVING ME MY LIFE BACK....



The new non anxious me.,

By Fawn

I have suffered with anxiety and agoraphobia for many years and like most people have tried everything to cure it. I stumbled on the Linden Method in the early hours of one morning when desperation again led me to the internet in search of an answer. Well I paid my money and got my prize, I am a non anxious person now. I see one reviewer was scathing about the Linden Method as it was too easy, well I would like to point out that it isn't easy but yes it is simple. Charles shows the reader that what we are doing to ourselves is simple, basic and quite terrible and that we can retrain ourselves. I have done the Linden Method, I still do the Linden Method and will continue to do it probably for the rest of my life as old habits have a way of sneaking up on us and I don't ever want to be the old anxious me. If you want, as I did, to take back your life, to actually live your life then you really should do the Linden Method. No magic wands, no mystical potion but the answers that give you your freedom. Thankyou Charles from all the people I love and who love me.



A light at the end of the tunnel!!,

By JDUSA

First I find the less than glowing reviews about this method comical. How many of these critics have spent hundreds if not thousands of dollars seeking one treatment or another and yet bitch about the cost of the Linden Method. I have been a high anxiety person

all my life and it finally culminated with me being given an SSRI which sent me completely over the edge and finally landed me in the emergency room with a full blown panic attack and all the physical symptoms that went along with it; the scariest thing I've ever experienced in my life. The emergency room doctor had to give me a downer to undo the upper, what a mess. I downloaded the Linden Method (way less than the hard copy version) and spent a week reading, re-reading and listening to the CD's. It was like a light of understanding got switched on and I finally understood why I had been doing this crap to myself all these years. Yes, doing it to myself. It wasn't something I was born with. I don't have a mental illness, I don't have a serotonin deficiency and I'm not nuts. I finally realized that I have a habitual process of reacting to things with a learned response of "Oh My God", nothing more. The drug companies, want to keep you medicated, the doctors and psychiatrists want to keep you coming back and most people are not patient enough in our instant gratification world to relax and learn this method for recovery. If you don't do it, it won't work. I was as skeptical as anyone ... part of that was that same habitual thought process that nothing would ever work but a drug pure hogwash. I have several family members on many different drugs for depression, anxiety, etc and I always wondered why they still seem so miserable. Their doctors were always switching meds, adding more meds, adding meds to counteract the meds; not my idea of recovery. These same family members were the ones I was always so vulnerable to and let convince me that my anxiety meant I really was mentally ill and drugs were the only way out. I even sought out what I thought was a CBT psychologist in an effort to rid myself of anxiety without drugs, but he wanted me to take SSRI's (requested by my GP of course) before we got started. I realized that his thinking probably was"it will look like I'm a genius, but the drug will numb her up enough that she won't be able to tell". Through the Linden Method I learned and am still learning how to fix myself. No more Band-Aids as a treatment for me. If I learned nothing else from Charles Linden than this, it would have been worth more than anything to me; I learned to do what is best for me, have confidence in my own decisions about my life, quit listening to others who want me medicated and learned to say "no" to others and "yes" to myself. That in itself was and is wonderful. Thank you Charles Linden!!



This book means so much to me.,

By K Tizzard

I have suffered with anxiety since I was just a little girl, have had agoraphobia from age 12/13 Had so many therapies and therapists, medication you name it, tv programmes, have even been to the Priory to try and get help, so have seen so many people read so many books. and nothing has ever really give me a light at the end of the dark tunnel that I have always lived in. I bought the method, I have had the honour of meeting Charles too. He is a great guy, and makes you feel at ease and explained things to me about my agoraphobia that no one else as ever done, he is the only person and his method is the only thing that has ever made me me feel like I can actually get over this, The method makes sense it gives u everything you should be doing to get over anxiety in a structured way, It gives you hope and it makes to start believeing in yourself and that you will be able to live the life you want. Ive never been in that place that I can be well again and since following the method I have that belief to get out of anxiety 100% the things that I have followed in the method has go me through really bad times, I am really looking forward continuing on my journey of recovery, if you have a family member or a friend that has anxiety please mention the linden method to them as it is really the best thing I have ever bought. I am hoping to help people with the linden too as I am so passionate about it.



I found it quite helpful!,

By Adam

Got this recently to help me through the anxiety brought on by a recent relationship. I felt terrible with nowhere else to go to for help. I started doing psychotherapy but that wasn't quick enough to deal with the sleepless nights, the intrusive thoughts, and the physical manifestations of anxiety. I learned about the Linden Method online and initially thought it was a scam. It seems like if you typed 'panic attacks' or

'anxiety' into any search engine, websites would pop up that would either refer you to the Linden Method, or were actually affiliated with it. Anyways, I was at the end of my rope and gave it a shot. Got the book and dug right reading and listening/watching to the CDs and DVD. I began to feel better quickly as I became aware of the symptoms and causes of anxiety, and how to short-circuit any attacks, or to stop them in their tracks when they do happen. Within a week, I would say I was pretty much panic/anxiety free. I think it worked because I really wanted to make it work, and believed in it. Feeling anxiety and dealing with panic attacks suck big time, so I was pretty motivated to do anything to get past it. Anyways, to each their own, but this method did help me out, and would at least suggest folks to give it a shot.

★★★★★ **Finally something that works!**

By Anxiety Free

I suffered with anxiety for 2 and a half years, but after seeing many doctors, having many tests, trying every 'alternative' therapy out there i finally came across this! It dealt with removing anxiety rather than coping with it which was very pleasing to me! Not only that it was very different to anything i have come across before and most importantly, unlike any other therapy i've tried, it actually worked!! Don't wait this honestly works and enjoy life without anxiety!!

★★★★★ **Awesome. Works 100%, Reviewer PhilipS**

I have suffered for over 20 years with anxiety...Nothing has worked, TLM works end of. Buy it, read it, implement it and YOU WILL RECOVER. Guranteed or your money back.....



Omg iz SO amasing!!!!!!, October 29, 2012 Reviewer: Marissa Marie
This review is from: The Linden Method: The Anxiety Disorder, Panic Attacks, OCD & Agoraphobia Elimination Solution (Paperback)

I waz watchinn tha videos n waz makin me so horney n I orgasm so much n hes so smexii n my anxiety iz so tottally gone like it waz neva thurr



Amazing,

By: :-)

It's been almost a year since my last panic attack thanks to this method. This was the greatest this that ever happened to me. I thought I would never be myself again. I felt completely crazy. It was the scariest moment in my life, panic attacks, anxitey and imsomnia. I went into the Linden method knowing this was my last resort. I would stop at NOTHING to make this work. I did this method, practiced thankfulness and did yoga everyday and honestly one day I woke up anxiety free and it WAS the greatest day of my life. I FIRMLY believe you MUST give this program 100% your ALL. If you doubt it,you will get frustrated and give up, trust me at first i felt like giving up, but I did not. I thank god everyday for finding this method. To the people who put one star i feel TERRIBLE for you. I know the method seems so simple you think hmm... is this fake? But if you do EXACTLY what he tells you to do I PROMISE this will change your life. PROMISE!!!! Can't thank Charles Linden enough for helping me live my life panic attack free. :)



I'M LIVING THE LIFE I ONCE ONLY DREAMED OF!
Reviewer: Samantha Dean

Charles Linden is AWESOME! God bless Charles for writing The Linden Method. Thanks to him I am now pregnant with the child I never thought I could have (due to my chronic OCD and anxiety). Don't focus on the negative comments...in my opinion the only reason for failure is if you aren't prepared to follow it! Charles story (in the book) is inspirational - this is a man who understands what you're going through and that is evident all through the programme. Remember, as Charles says 'If you do what you always did, you get what you always got' I HIGHLY RECOMMEND THIS METHOD as its the only thing that has ever worked for me. (tried CBT, drugs, hypnotherapy and EFT to no avail!) Go get your life back and reach your potential! Good luck!



Finally... something that works,

Reviewer: Scott Stevens

This is a great book!! i cant recommend it enough. Finally i've stopped my panic attacks. I was very skeptical at first, but also very desperate. After a few days of reading. i finally deciding to take it seriously, stop thinking about it and took some action. Now i sit here a few weeks later, finally panic attack free, which have held me back in life for soo many years. I really can't believe how simple it was. I wish i stumbled upon this method earlier. I would just like to thank Charles and his team for all their support and kindness - I feel like a new man.



the truth about anxiety disorders,

Reviewer: behindspace

I bought this method about a year ago now and since putting the method in place my life has completely changed. the most important thing to remember for people who say it does not work is to STICK TO IT !! adopting new behaviours takes time, just as it took time to adopt anxious behaviour over the years. last year i was in a very bad place and i thought there is no way i could possibly get out of the rut i was in. BUT if you persevere with the method, happiness, positivity

and just feeling NORMAL will come as naturally to you as your anxiety does now, i know i probably sound just like the book lol, but that is because its the truth, and when your 100% better you then realize the truth and it all makes sence

★★★★★ **Very, very helpful pack**, Reviewer: **S. Gilmore** I was initially a little skeptical about this method – it seemed too good to be true, and besides, I wasn't convinced that anything was ever really going to help my panic attacks. Then I decided to give it a go (since there's a money-back guarantee just in case). The pack arrived the next day, and has a book (well, a file) of information, and 6 CDs which contain a mixture of 'The Method', visualisation exercises, the 'Nine Pillars' method, interview with Charles Linden, and some relaxing music tracks. The book was very helpful. I had read a lot of information before on panic attacks and anxiety, so there wasn't much that was new to me, but somehow the way it was brought together made sense and gave me confidence that trying these things would work. Some of the exercises are visualisations, which I always found very difficult to do, but this pack talks you through it and they're really helpful. You obviously have to be prepared to put in effort into doing everything the pack tells you to – it's not a magic cure, but a process (which can work very quickly!) of learning new habits and practices. Since buying the pack a month ago, I've still had bouts of anxiety (I haven't had time to work through everything fully yet though), but have successfully 'headed off' my panic attacks before they were able to start, and that is a major breakthrough. I really recommend this pack to anyone who suffers from anxiety and panic attacks – it is making a real difference to me.

★★★★★ **GIVE IT A GO, ITS WORTH IT**, Reviewer: **Mrs. D. Hingley** I HAVE HAD THE LINDEN METHOD FOR JUST A WEEK AND FEEL SO MUCH MORE POSITIVE ALREADY, HAVING SUFFERED WITH ANXIETY FOR 24 YEARS I HAVE TRIED MANY SELF HELP BOOKS, COUNSELLORS ETC ETC AND SPENT ALOT OF MONEY AND NOTHING WORKED. THE LINDEN METHOD IS FULL OF ADVICE THAT REALLY HAS

HELPED ME, SO IT COULD HELP YOU TOO IF YOU GIVE IT A GO, IF YOU ARE DESPERATE WOULDNT YOU TRY ANYTHING?

★★★★★ **Excellent. Heads you Win – Tails you can't lose.,**

Reviewer: **DL (UK)** This book has helped transform my daughter. The change is unbelievable. She can now go back out to work and lead a normal life. Thanks a million. The method obviously doesn't work for everyone (i.e. the guy from Cork) but with the money-back guarantee I can't see why anyone should have reason to be displeased. If it works – great, if not – invoke the guarantee. What's with all the negativity?

★★★★★ **id recommend it for those who are not housebound.,**

Reviewer: **S. Hinchcliffe “pinkcandygal19?” (S.Yorkshire.)** This is a great pack, expensive? yes, but what's your life worth?! I thought about buying this method months ago, i decided against it, and bought many hyponosis cds and books instead {not all at the same time!} I'd say i spent bout £200. Then i decided to actually buy the linden method, i went halves with my mum{she suffers too} It makes total sense and to me, shows why some 'normal' people out there suffer one attack and never suffer again. Im a housebound agoraphobic. the method eliminated the anxiety within 7-8 days, But i still havent got the confidence to go out and cant see that coming anytime soon. Maybe a little cbt will help and then put the method back in use. If your not housebound but do suffer any anxiety/panic disorder, id reccomend it. If your still unsure check amazons u.s website for the reviews on this method there, mny many ppl have tried it over there, But ignore the review from someone who says its dangerous, i checked her member profile and followed her links to find she has her own 'method' at around \$300!!! There is a light at the end of the tunnel and its brighter than you think!

★★★★★ **Excellent Package, Reviewer: A Fawcett (Midlands)**

Purchased this for a good friend, and it has worked wonders. Considering the amount she was spending on seeing independant therapists although on the face of it the linden method seems a bit pricey, in reality its actually very cheap. I watched the included DVD with her, and it was great. Excellent quality, and the content was very

interesting and comprehensive. As a 'non sufferer' it gave me great insight into how panic attacks and anxiety can effect someone. It also gave me tips for dealing with my own stressful situation. With the use of the support provided with this package my friend is now feeling much, much better. Thanks go to support staff at the linden method for giving me my friend back.

★★★★★ **Suffer No More**, Reviewer: **Michael F. Freer** Stress is inevitable and is a fundamental part of our lives. In moderation the 'adrenaline surges' of stress makes us achieve, but in excess, over a period of time, stress can result in high anxiety, panic attacks and a failure to function effectively. Anxiety brings misery to 1 in 4 of us and the effects can last a lifetime if not countered. In the "Linden Method" a proven solution is found, to assist those who follow its well explained ethos, back to a meaningful life.

★★★★★ **Anxious no more!**, Reviewer: **A reader** i bought this being slightly skeptical and having tried many many other things for anxiety since my fathers very serious illness and received it. However i read it with an open mind. This helped me no end and i am no longer anxious. The linden method slips effortlessly into your everyday life and cannot fail to help you. It is pricey but is well worth the money as if you are having problems with the method you can contact them for counselling for a year! Buy it it is well worth it!

★★★★★ **Previous Anxiety Suffer.**, Reviewer: **A reader** The best down to earth practical advice around. I would recommend this to everybody who finds anxiety interfering in their daily lives. This method, also, works!;, so well worth the cost, as I am sure like me you have spent much more than this already on an infinite supply of self-help books that didn't help.

★★★★★ **Fantasic !!**, Reviewer: **Cookie Fantastic!** I purchased this item for my mum, whom has been put on antidepressants. My mum had started becoming aggraphobic due to anxiety/panic attacks (my mum was the life and sole of any party before the panic/anxiety). Ref the panic/anxiety - she could not work, she would not go out on her

own, most of the time we could not even persuade her to come out. Driving the car was totally out of the question. Within a week of listening to the CD's, DVD she had changed, my mum is coming back to us. She still has a good way to go but good progress is being made. She is now going out on her own, and has driven the car on her own !! My mum and dad are off on an England holiday next week (may 09) she doesn't feel she can go on a plane yet. (last year 2 holidays abroad were cancelled due to her anxiety, the insurance would not cover the costs of the 2nd one, so we were at our wits end and really out of pocket) I was scouring the internet and came accross the Linden Method, I was pretty sceptical of buying this method but it has been the best money we have spent helping my mum, my dad had spent a fortune on Councillors, Hypnotherapists etc. We are really pleased to have purchased this, I can't thank The Linden Method enough.

★★★★★ **Absolutely brilliant**, Reviewer: dk dunjunkeeper I have suffered from anxiety and panic attacks all my life, not all the time, but usually a few episodes per year triggered by stressful events. With the Linden Method, I have cured my anxiety within two days of receiving the pack and am confident it will not return. Recently though the anxiety attacks have got worse and were starting to be more often, triggered by more and more "events" and so I decided to seek help after my experiences with panic attacks. I had seen the Linden Method before and was very sceptical - solutions that sounded too good to be true usually were. But midway through a recent anxiety episode I finally took the plunge and ordered the Linden Method thanks to positive testimonials on Amazon. I hadn't slept for three nights, was so anxious I couldn't eat or focus on anything, I was at my wits end and starting to feel really ill. I downloaded the Linden materials from the website whilst my pack was mailed, and literally within 2 days, my anxiety has gone completely. I had tried similar methods previously as basically they are the same as in Paul McKenna's book but the extra tools and information in the Linden method is much more comprehensive and the extra tools provided really made the difference, especially the visualisation CD's which relaxed me and got me into a state where the Linden Method was 100% effective with a bit of effort. What also helps is the Linden Method is not full of jargon or medical terms, it is written in a very understandable way, and I have to say I

"got it" straight away - maybe because I am already familiar with "mind programming" techniques, but don't let this put you off. Somebody told me you can not beat anxiety if you are worried it will happen again and I always was. The Linden Method has given me the confidence to not worry about anxiety anymore therefore I can just get on with my life.

★★★★★ **Very good and simple!**, Reviewer: Vicky Cyprus I suffered from derealisation, being spaced out due to anxiety. Did think the Linden Method was expensive, but had already spent over £500 going to all kinds of doctors to find a solution to my condition. The Linden Method worked very well, within a few weeks - do try it.

★★★★★ **Incredibly simple life-changing method**, Reviewer Mr.J.Timms I must say I'm chuffed to bits with the principles I learned about through the Linden method. Slightly unorthodox technique, although very simple and for me 100% effective. It may not be for everyone but I'd definitely recommend giving it a go. I bought the Linden method 18 months ago and I've just had the best 18 months of my adult life. Charles Linden, I'd like to shake you by the hand and say thank you.

★★★★★ **Amazing**, Reviewer: D.Lawrence (London) I started to suffer from horrible panic attacks that were extremely distressing and meant I could not do everyday things like get on a bus or a train. The fear was so devastating and overwhelming, and anyone who has been through this will know the complete helplessness and despair it makes you feel. I used the Linden method and I got on a plane after 30 years!!! Still makes me smile..and I am still improving and living more and more life!! I am so glad I found it, and I would recommend it to anybody.

★★★★★ **Just buy it!**, Reviewer" Ms. Rj Rose I came down with generalised anxiety after a weekend of panic attacks started out of the blue. After 10 months off work I have been back for 6 months and am now moving jobs. I thought that I was beyond help until I found the Linden Method. I had spent a fortune on therapists but this book is far better value. It tells you all you need to know to recover. I am not yet

100% but I am slowly getting there.

★★★★★ **Just Do It!!!**, Reviewer: Mr P For anyone suffering with anxiety then get The Linden Method & just do what it tells you to do. I bought this in March 2010 after suffering from severe anxiety for roughly 10 months and mild general anxiety for a few years before that. I had almost given up all hope and resigned myself to being a prisoner in my own head (sound crazy i know) but I honestly thought I was going insane and I couldn't stop what was happening to me. After buying the method I read it put it down and said that hadn't worked. But I kept on reading all these positive reviews about it so I made a decision. Just Do It!!! Thats what I done and I cant believe the difference it has made. You need to do it for it to work but its simple to do and when you start getting the rewards you find that you are simply doing what we were put on this planet to do. Living Life to your fullest Potential. It really was the answer to my prayers when I thought all hope was lost. Get the Linden Method, Do what it tells you to do with no exceptions or excuses not to & before you know it you'll be back to your normal self, if not, you'll be better than before.

★★★★★ **Worth every penny to get your life back!**, Reviewer: AshleyW Don't hesitate in buying the method. It has changed my life. I first bought it at the beginning of 2010 and dipped in and out of it, 'pretending' to have read it and applied it. Just looking at the box or the cover of the book won't work. I went back to it in November 2010 and in addition I went on the Anxiety Retreat and my life has totally transformed. It takes work and dedication, but I now have the tools to lead a non-anxious life. I no longer in a 'battle' with anxiety because there is nothing to battle. However, I do have days that feel different, but if I am totally honest with myself, those are the days that I am not 100% following all 9 pillars. Ignore any negative reviews, as they simply not true. It is so difficult to put into words how The Linden Method has helped me. I am now confident again and enjoying life. Get your life back and buy this today!!!

★★★★★ **Hero**, Reviewer Tim Jowett Like my title says, there is only one word i would use to describe Charles, i have read so many good things about him & feel like i know him as if he was part of my

family. Great product and great inspiration to thousands of people (and believe me, i have read so many good things about the man) for any doubters out there about using the product, it really does work as long as you follow it as instructed, i would really recommend using Charles product if you suffer from high anxiety levels & panic like many of us do.

★★★★★ **Finally something that works!**, Reviewer: Anxiety Free I suffered with anxiety for 2 and a half years, but after seeing many doctors, having many tests, trying every 'alternative' therapy out there i finally came across this! It dealt with removing anxiety rather than coping with it which was very pleasing to me! Not only that it was very different to anything i have come across before and most importantly, unlike any other therapy i've tried, it actually worked!! Don't wait this honestly works and enjoy life without anxiety!!

★★★★★ **Works Guaranteed**, Reviewer: PhilipS This product really really works....Buy it , read it, use it.....I have suffered for 20 years with anxiety and used every solution at my disposal none of which worked....This really really really works, if you work it.....I have read some of the reviews on here and CLEARLY the ones that haven't recovered have not implemented the changes.

★★★★★ **Saved my life!**, Reviewer: Nicole (Germany) This method saved my life! Although I tried the linden method years ago in english, cause the german version wasn't available this time. Although my english is kind of school-english" I had no problems in using and understanding the method - it is written in a clear and easy way. I tried many other therapies before, nothing helped me, I even went deeper and deeper into my anxiety and panic attacks. The doctors sent me away with words like: you have to get use to it.. you always will have to take medicine... there is no way getting completely rid of it.... I thought my life would be over, I was only 33, and not able to go to work anymore or go out with my friends, I didn't even feel safe at home. I found the linden method over the internet and 7 months later my anxiety and panic attacks were gone! Now, 8 years later, I'm still anxiety and panic free!!!! The method is worth all of the money, you couldn't find something better!

★★★★★ **A great help**, Reviewer Dr. Francis Teeney (United Kingdom) This book and the method suggested is certainly designed to aid the sufferer of anxiety. It has helped countless people to overcome their fears and phobias. The method is certainly not new and has been tried and tested in various guises by experts over many years - but its presentational style is very new. The use of CD, DVD and daily practices as well as back up support should give reassurance to the sufferer of anxiety that this programme will help them to help themselves.

★★★★★ **The program works, it's simple as that.**, Reviewer: Zazen I bought this program after desperate attempts to cure the anxiety issues I had. Charles' methods helped me to trust in myself again and gain my life back. The techniques in the book are invaluable, you cannot put a price on them. They are excellent and effective, they simply work and ARE ALL NATURAL!! I highly recommend it to anyone that deals with ANY anxiety disorder, including OCD.

★★★★★ **The BEST**, Reviewer: C. Pinto After years of honestly trying tons of different things and spending plenty of money, falling for "quick fixes" that were full of you know what, the Linden Method was absolutely amazing. I dedicated my time to this and saw results and learned methods that I still use to this day. I credit this to being a huge part of turning around my life and helping me.

★★★★★ **Excellent and straightforward**, Reviewer: DeBlou I purchased The Linden Method in 2008 and I haven't looked back since. At the time, when I first tried it, I found some of the advice given as 'really annoying', but I soon realised that I was being given some sound, straightforward advice that did in fact tackle my anxiety head on. It was like I didn't want to accept what I was being told. I was trapped in a cycle of anxious thoughts and anxious behaviour, I wanted someone to flick a switch and take it all away from me. As an anxiety sufferer, it is sometimes very hard to listen to the advice that is given to you, but at the end of the day, it is only you who can make the appropriate actions to stop your anxiety. The Linden Method gives you

the tools to arm yourself against the anxiety and to take control of your life once again. It is far too easy to discredit something if you do not give it your full compliance. Persevere with this method and you will succeed. They do offer a money back guarantee! I would recommend this product to anyone who suffers from anxiety

★★★★★ **Anxiety free at last** Reviewer: Sarah Having purchased the linden method I would recommend this to anyone, I had anxiety for over 5 years and I am now free to enjoy my life. Thankyou Charles

★★★★★ **It Worked, then worked again and is still working.....**, Reviewer: KBStyle Previously to my trying this method, I had tried everything else. Makes sense as a person will only stop trying once they find one that works. and this worked to a point that I cant even remember how I felt when i was suffering from panic attacks. 4 years down the line, I'm a new person who now looks back and thinks only one thought "why the hell didn't someone show me this during the bad years?????" I laugh at the thought of how mentally unstable I used to think i was. I read this method twice because first time round I was too mentally tired to concentrate on words on a page. after the second read, the switch was flicked and panic attacks turned off for good. Now I think i will only panic if I have a real reason to. I am still waiting to test that theory! Best book I ever bought (downloaded). OK....review done. only took me 4 years to get around to writing this as I was too busy catching up on the life I should have been busy doing in the first place.

★★★★★ **100% Cured**, Reviewer: Snalli1000 I was sent this book prior to going to one of the Linden Retreats. Within about a week of reading it I finally, after years of panic attacks and anxiety, felt what can only be described as a glimmer of optimism. After reading it thoroughly I finally understood the mechanics of panic and anxiety and how I could banish them forever. It is simple to read and simple to follow which is exactly what you need when your life is clouded by the misery of anxiety. Having followed the Linden Method for a few months I am now completely panic attack free and have only normal levels of anxiety in my life. I also attended the retreat and it was nowhere near the £4000 that another reviewer comments about. It was

worth every single penny and involved much much more than lunch, tea and spa sessions. The Linden Method team are a dedicated, hardworking group who 100% want to cure you of anxiety. Unlike many other forms of therapy the Linden Method does not want to charge you week after week to see you-they want to cure you and set you on your life happiness. I thoroughly recommend this book to anyone suffering the misery of anxiety and panic-if you read and follow what it says you will say goodbye to these no good feelings forever-FACT.



"Hi everyone! My life was 180 degrees changed after implementing Charles Linden Method of Panic and Anxiety attacks relief. This method is 100% medicine free which created the urge for me to tell about this to everyone suffering from the same conditions I did."

Sarah J



"Linden's method is both sensible and logical, as well as working for anyone possessing a human mind! We all have a brain - teaching it to think differently is a task we can all achieve. If you suffer from anxiety or depression and are considering the Linden Method, I would recommend you consider no longer and give it a try."

Nellie Ford



"I have done a lot of research into the causes and treatment of panic attacks and I can say from experience that the techniques taught by Charles Linden are widely accepted and very effective in curing panic attacks and all kinds of anxiety disorders. Perhaps the greatest advantage of The Linden Method is the fact that the techniques are not difficult or scary, but rather easy and pleasant to implement.. this method is not about “facing your fears”, in fact it is the exact opposite."

Chris R



"After I have bought this system and used it, my Anxiety Attacks were gone. The result was so drastic that I was able to regain my life back. I felt as if my life became clear, a major block had been removed from my life and started to enjoy with my life with my kids again. I was not living in fear anymore."

Suzanne Rife



When my problems started around 2001, I thought I might have a physical illness. It was only after a series of tests proved clear, that I considered the root of my problems could possibly be in the mind. After suggesting this possibility to my Doctor, he put me on Seroxat, which at first seemed OK as I could blame any symptoms on the expected side effects. Anyway, I eventually tapered myself off the Seroxat (an option my Doctor gave me), but a year later, was back on them again - and the side-effects were worse still. So I decided to look at other options.

After my enquiry, my GP referred me for an assessment at De La Pole Hospital - which was most bizarre. I had to wait around 6 months, and then at the appointment with two mental health professionals(?) I began to wonder if they were the ones in need of help - but that's another story. Anyway, after an hour, they agreed that I would probably benefit from some CBT, but the NHS waiting time was unpredictable, as there was just one individual conducting the therapy! So they suggested that I might want to try books, the Internet, or even go private. The latter didn't seem such a good idea at the time as my 'condition' had rendered me unable to earn a living at that time.

So being rather Internet savvy (I had been providing Internet hosting services etc. since '98) I eventually explored the Internet - and then thankfully purchased your package 'The Linden Method'. Just on being able to relate to the similarities of your experiences, helped me from day one. And as a result, I didn't rush through the the book etc., as it was there for when I needed a little more - and it remains 'there' in the even of any emergencies/relapses - and just that knowledge alone really helps too.

Interestingly enough, after being diagnosed as needing some help, I got an appointment through - two years after the assessment! So having waited so long, and although I thought I was now in control and almost back to normal, that I would keep with the appointment, and get an outside opinion / assessment.

I had been appointed to see a 'High' something or other therapist, as I had been assessed as being in the 'severe' category!

Anyway, to cut to the chase, the nice young(ish) lady said that she assented me as no longer needing her services, but as she was still in training for these new posts, she asked me if she could induce some anxiety (I had been suffering with HAD) and explore dealing with it?! So with a smile, I told the crazy lady that I had no intention of undoing the repair work just for her experimentation! I also told her about The Linden Method - which she promptly Googled.

Anyway, she summarized that all was good, and that she agreed with the methods used (not that I needed any convincing), some of which she recognized as similar in her ongoing training. She concluded by saying that if I ever needed to make an appointment to see her - then I would not have to wait any amount of time.

I think that must have been a couple of years ago now.

1 year ago, I quit smoking for good (with a little assistance for 2 months with an e-cig - and the knowledge that I could bring about positive change), and with no desire to ever smoke again. And I've also decided to quit alcohol too! Well in for a pound, and one step at a time.

In addition to a number of things, I've been a paranormal investigator (utilizing a lot of technology) for many years - and now, at last, I'm beginning to spend more time not only with the research - but also with the 'people' and media side of things - including giving talks and lectures again, etc.

Also the music is back in game, such as the live gig mentioned earlier. I also have a single still being sold in Europe, which I'm led to believe is popular on the dance floors - so I aim to record some new material, and have just started adding to my arsenal of music equipment for the first time in years!

Mark Elvidge - TV personality and Musician

via Facebook

I wish to thank Charles Linden for his program, which I have purchased and now feel like I can continue with my life, without any anxiety problems. I have weaned myself off my anti-depressants over a period of six months and have now been anxiety free for two months! THANK YOU!

Leana P.



"I have purchased your method and it has changed my life. I thank you. Before I purchased your method I had been in a living hell for eight years and like yourself knew all the medication was not helping. In fact, it only made things worse or it made me feel like a trapped, sedated mess.

The freedom and joy to have my life back and not fear I would harm myself or hurt my family any more emotionally is priceless.

I thank you from my heart of hearts for the work you and your team have done to support me when I started. The honest, open but specific advice worked every time. I have recommended your programme to my specialist and am pushing for them to use it (and my GP) and will continue.

I am, like you say, a strong woman and I feel so committed to helping anyone else who is in the same situation as myself and you to have the chance to use your program. The medical profession need to open their eyes and ears and understand the importance of your program. Thank you again."

Juliet J.

"I wanted to say to the support team and Charles, thank you for everything. now a days is like one big blurred memory. I love all of

you and god bless every one of you. I have the greatest feeling of safety every day and life is so beautiful."

Alan P.



"Charles! I'm cured.. I'm moving out to London soon.. I'm so emotional right now cus you got me out of hell! I owe my life to you! May god bless you for what you do cus you're saving lives.

Right now I feel stronger than anyone, even my own father, and willing to overcome anything in life with a passion to move forward. My family don't know what's hit me lol. I passed my cemap course 1, 2 and 3.. after using The Linden Method I gained inner space to concentrate on my studies and pass. Right now, I'm much more stronger then my peers and I'm currently waiting to be a mortgage advisor at 23 years old only and I found myself a new girlfriend , a Russian hot 10/10.. great personality and I'm over the bereavement I suffered too at 19... when I got cheated on... how amazing is that! I love you Charles. Seriously.. you are a living legend I wish I can ever meet you personally to thank you and extend my appreciation cus I feel as if you saved my life!"

Rey O.

via Facebook



"Hello everyone,

To anyone out there losing hope. Do not fear. Easier said than done I know. The Linden Method has made me more self-confident, less anxious, and a much more compassionate person. These anxiety disorders are a blessing in disguise.

This is from someone who is still doing The Linden Method. I have been for a year now and have seen some mighty improvement. Thank you Charles."

Isabelle R.

via Facebook

"Hey everyone I have been using the method for a year and a half now, and I have to say my life has changed so much. I owe it to Charles to let everyone on here know that if you are feeling hopeless, and discouraged KEEP GOING no matter how bad you feel the rewards are endless. I am a recovered agrophobic who never could leave town on road trips, go to clubs or bars, and near the worst times could not even hardly leave the house. After 3 months of using the method I moved to a new town, got a new job, and was traveling by car everywhere I possibly could. In february I gave myself a challenge and got on a plane and flew to mexico with my wife from Canada. I now have a 2 month old baby girl (thank you mexico) lol, and life has never been better! For everyone out there who has lost hope keep working on it you will get there! great to see everyone so positive on here that's awesome!"

B. J. P.

via Facebook

"Charles,

You have a great gift from God in helping people my friend, keep up the good work! And to all who may be curious or skeptical on whether or not this works, it really does! It may be a frustrating road not getting results right away like I experienced, but stick with the plan and everything will be even better than you were before the anxiety! God Bless!" **Brad H.**



Charles Linden is one man I probably remember for the rest of my life, I know I should forget about him because his name reminds me of my anxiety, but now my anxiety is getting weaker and weaker, I would like to meet him and shake his hand, this man is a life saver, he's done more for me than all the doctors I've visited.... good work Charles!!!!"

Viney C.

via Facebook



"It's amazing how much more relaxed I feel about the upcoming birth of my twins after doing the method. I'm actually looking forward to this big hectic change in my life rather than frightened! I'm so thankful I came across The Linden Method after having my first child and years of unexplained anxiety, it's the best thing that ever happened to me and I still thank you Charles!"

Jennifer M.

via Facebook



"Hello Charles! I just want to say thanks because your book was like light at the end of the tunnel. I had agoraphobia for 6 years (attacks, anxiety), and I change over 20 psychologists and psychiatrists but they couldn't help. Agoraphobia is still taboo in small countries like Bosnia. I couldn't believe that one book, one cd, one man, can make such a difference. After 6 years, I'm OUT again, feel so good, like nothing ever happened, thanks to ur book. I wish you all best, and feel

sorry coz I cant give u a hug, coz u done so much for me and people around me."

Best regards,

Danejla K.

via Facebook



"Lisa K. is spreading the word - this method works !!!! dont bother with all the other therapies out ther that promise to work and cost you a fortune..."

Mr Linden you rock and thank god you shared your story and the things that helped you recover - just wished I had found the method 6 years ago I'd be a richer lady - spent thousands trying to find the answers !!!! :)"

Lisa K.



"Hi Charles, I bought the method about 18 months ago I tried to follow all your directions, right now I feel free of anxiety and panic attack. Thank you."

Elizabeth P.



"Hey! I just want to say ive been doing The Linden Method for 2 weeks and oh my god! The difference!

I was sat in the car today and had an attack and it just washed over me I would usually run a mile but I was calm and it went.

But I'm finding the beach intro hypnosis so helpful I will be feeling awful and I will stay there and it all goes I'm so happy! I've had this anxiety attacks since age 11 and I'm now 26 and to the extent of up at 10pm till 5am one panic attack after another. Definitely helping me its fantastic x x x"

Caz P.

via Facebook