

The Linden method

Having suffered from anxiety since the age of four, Charles Linden's condition peaked when he was 23, resulting in severe anxiety, panic attacks, agoraphobia and obsessive-compulsive disorder. He has since cured himself and now works as a stress and anxiety specialist, helping more than 136,000 people worldwide with his Linden method – a drug-free solution to stress and anxiety disorders used by psychologists, doctors and psychiatrists.



'The Linden method is a structured programme for the elimination of high-anxiety conditions,' he says. 'I spent 12 months researching the reasons for people's recovery and found it wasn't due to medication, counselling or psychotherapy, as they thought, but actually a group of life circumstances that had conspired to create an environment for recovery.'

'This changed the way the brain perceives its environment and, once that happens and the brain receives a safety signal, it turns the anxiety and stress off. Simply changing the way you structure your day and the way you perceive the things that you do in life creates an environment for recovery. It's that environment that forces the brain to believe it is safe and causes it to switch off the anxiety response.'

'Very often you get caught up in day-to-day life and rarely perceive the truth. The truth is, we live and we die and we need to make the best we can of the bit in between.'

www.thelindenmethod.co.uk

Body Matters

Edited by Vicki-Marie Cossar and Jamie

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It's official: we're a nation of stress heads. The pressure of trying to achieve the perfect career while maintaining the perfect house and managing the perfect relationship is taking its toll on our health.

In a survey of 2,372 people, 99 per cent admitted feeling stressed out at some point every day. The survey, conducted by herbal treatment brand Rescue Remedy, found one in four people felt stressed for up to 30 minutes a day. Plus, because of stress, 49 per cent said they gained weight and 42 per cent reported relationship trouble.

It seems those in their thirties are the worst affected, as they are fraught with anxiety about heavy workloads, job security, childcare and fear of failure, according to research by Karma, another manufacturer of herbal remedies.

National Stress Awareness Day, which falls on November 3, is organised by the International Stress

Under pressure: How often do you feel stressed by the demands of your life? Most days? You're not alone, as VICKI-MARIE COSSAR discovers

Management Association. It was designed to highlight strategies for coping and advertise help available for sufferers.

'We're in our 12th year, and the survey shows that the management association is still highly relevant today in the workplace and society.'

the association's chairwoman, Margaret McCracken. 'The

survey allows us to re-examine the excessive pressure in our lives and how we as individuals and employers can cope with them.'

It is estimated that 13.5million people in the UK experience stress every day.



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