

“I feel great, no more anxiety, no more headaches and I sleep better”

“I had some anxiety issues and sleep problems. I was looking for solutions for these issues not willing to take any medications. So, it was a blessing to come across the countingbreaths.com website and get to meet C S.

I used to have headaches almost every day, due to my anxiety. The more I worried about my headaches, the more intense they became. I had sleep problems as well. Once I got into bed, it used to take me about 3 hours to fall asleep.

Thanks to the breathing techniques, those problems are fading away gradually. I use the 'segment mode' to fall asleep. Now it only takes me 10-15 minutes to fall asleep! Every time I feel a little stressed I use the 'counting mode'. It helps me feel more relaxed. The '911 technique' helped me to cope better with my anxiety issues. Since working with C S and using the techniques he has taught me, I feel I have a better quality of life. I feel great, no more anxiety, no more headaches and I sleep better!”

She was around 30 years and attended 4 of my classes.

“No more 'legendary panic attacks', sedatives and cries!”

“Something so simple but yet so powerful...Thank you CS for giving me such a great tool.

Previous to working with you, I had 'legendary panic attacks' when getting a CT Scan and even when just seeing my Oncologist. In the past, I was prescribed a sedative that I would take up to three days in a row before the visit. This time around, *instead of taking the sedatives*, I used the 'Segment mode' usually in the afternoon and every night before I went to bed, for several weeks.

The week before the recent test which I usually label as my “Hell” week, I used the 'Tip mode' and '911 mode' when I started to feel a panic attack coming on. It really did a great job of defusing the situation and helped me make it through the day. The day of the CT scan, while sitting in the waiting room, I was using the 'Feeling mode' to keep the panic away. I actually remember using the 'Tip mode' in the CT scan machine.

I couldn't hold back my every tear but my boyfriend who comes with me said he could definitely see a difference. I was in a much better state of mind when I saw the doctor and I didn't have my usual 'after visit cries'. Now for my next visit, I already have less anxiety because I saw such a change in the short time we had been working together. So I know, now that I have more time to practice, the results will only get better.”

A woman in thirties undergoing 6 monthly chemotherapy and CT scans for Lymphoma who attended 4 of my classes.

“It has dramatically helped me when driving”

“My husband and I recently completed three classes on stress management and “focusing on breathing” with C S. I can't recommend it enough.

In addition to helping me sleep better, it has dramatically helped me when driving. I practice my breathing when I am stopped at red lights as well as when I am caught in traffic. It really helps me relax and slow down.

I also practice my breathing when I am cooking, while at work and at night when trying to unwind from a stressful day. I practice my breathing on a daily basis in all types of situations and the more I do it the more I love it.

It is so simple and yet so effective. Hard to believe that something so easy could be so helpful. Try it. I guarantee you will be pleasantly surprised. C S is very personable, friendly and informative.”

A client in her fifties who attended 3 of my classes.