

## **Lost in the Woods**

After a great deal of stress I ended up sitting in front of Colin at the Optimal Wellness Clinic, far from where I ever thought I would be but never the less heading for dire straits all the same having been a man who has always been in control the results of too much stress were beginning to take there toll on me.

With no answers and no real idea what was taking place within myself I was at best... becoming lost in the woods fast with no map to guide me back.

I met Colin and began the slow and at times incredibly unusual task of finding my way back to normality in my life.

I was very skeptical of EFT in the beginning but soon became aware if its strange but effective method of sorting out things in your mind that may have become slightly confused.

Colin was a tower of strength at times especially when I had no answers to things happening to me; it has been a tough road back to normality but I am stronger and more equipped to deal with life's problems more than I ever imagined I would be; due to Colin's awareness guidance and training.

It has seen me through to a much brighter future. My most sincere thanks go out to Colin and the Optimal Wellness Clinic for his guidance and friendship.

**L Lioth** Townsville