

Peace For You Releases Holistic Approach To Depression

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Jim Twomey, founder of the company Peace for You, has announced that they have developed a program that uses a holistic approach to depression. The Therapy for Depression program will take place over the course of eight weeks and costs $690. He added that clients can choose to pay upfront or they can also pay on a weekly basis.

Jim Twomey stated that one of the ways to break through depression is by learning to laugh and to like it. During the eight week program, clients will be using this depression treatment to help them "come alive" again. Jim added that he will be sharing secrets of happiness with his clients so that they are able to receive peace and relaxation in their daily lives once again.

The Holistic Depression Relief course has been developed to bring the inner child out of the client, which in turn will encourage an openness to life once a game. He stated that once people have completed the course, the relationships in their lives will improve, and they will also become closer to people. This is important, because those close relationships are a crucial part in being happy. Jim also made the following statement on his website about the holistic approach to depression program,

"The relationships in your life will improve and you'll become closer to people. Gratitude will be a bigger part of your life. You won't complain as much - what a relief to the people around you. Stress can be reduced. We laugh, deep breath, play, dance, sing and have fun together. It is easy. We do it over 8 weeks."

The creator of Peace for You, and depression relief program, explained that laughter helps to release those happy hormones and happy chemicals in the body. When endorphins are released, people feel more relaxed, positive and overall better. By laughing about problems instead of brewing, they will consistently have a positive outlook on life. This approach also helps people to become more present, and healthy habits are developed over the process. He also stated the following,

"You are supported daily for 8 weeks. You learn to laugh whenever you want. Happiness is possible. Physical and emotional health will be enjoyed. Anxiety, fear and boredom can be reduced. What we do together will actually be healthy for you. Over a longer term than 8 weeks, I may be able to help people go off anti-depressant drugs."

The eight-week therapy for depression program also comes with a complete confidence that once clients complete the program, they will learn the experience of laughter, joy, peace and relaxation. For those who would like more information about the eight week program and to learn a holistic approach to depression, they are encouraged to go to Peace for You's website. Here, they can learn more about the holistic approach Jim Twomey uses, and can find out more information on other programs. He added that those interested will also be able to read testimonials of previous clients. Interested parties are encouraged to call Jim or email him if they have any further questions regarding his coaching.

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For more information about Peace For you, contact the company here:Peace For youJim Twomey520-363-1603peaceforyou@mail.com4713 N. 1st Ave.Tucson, Arizona 85704

Peace For you

I help individuals and groups experience happiness, health and peace. Depression, anxiety and stress are relieved. Laughter, breathing exercises, meditation and more are used.

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