

The Total Inner Peace System



MATTdFOX

Huge welcome

- I'm SO excited to be able to share this discovery with you and shortcut your journey to healing and health
- It's taken me years and a lot of time, money and painful failures to get to this point
- As you're going to see, I went down a lot of dead ends trying things that didn't work and I want to save you the hassle!

You're in the right place if...

- You're struggling with people pleasing and feeling trapped, overwhelmed, anxious or alone
- You've tried numerous different things in order to boost your self-esteem but they've all failed
- You're driven to do whatever it takes and are open to try anything (providing you can see undeniable proof it works!)

It's vital you watch if you want to avoid dead-ends



I've made these mistakes –
you don't have to!



A little about me

- I've been exactly where you are now: anxiety, low esteem, depression, people pleasing, feeling an outsider
- The past 20 years I've been researching and studying behavioural change (and spent a small fortune in the process!) to try to overcome my people pleasing, low self-esteem and anxiety
- I'm now completely free of the symptoms and am on a mission to help others around the world learn the simple discovery that changed everything for me
- Transformational coach and accredited therapist
- Parent/ writer/ nature lover

And I'm

- Super passionate about helping people avoid the myths and flawed common wisdom that keeps them stuck for months...
- Years...
- Or even until the day they die!

Here's what you learn

- How hitting rock bottom forced me to go in search of a solution so I could finally find inner peace, let go of people pleasing and anxiety
- The painful/ costly/ time-consuming/ embarrassing mistakes and I made that kept me trapped for far longer than necessary
- The three most common myths and flawed pieces of wisdom that mean people around the world are missing out on the freedom and joy of overcoming low esteem and people pleasing
- The exact three step process I take others through that transforms them forever

Stick around and...

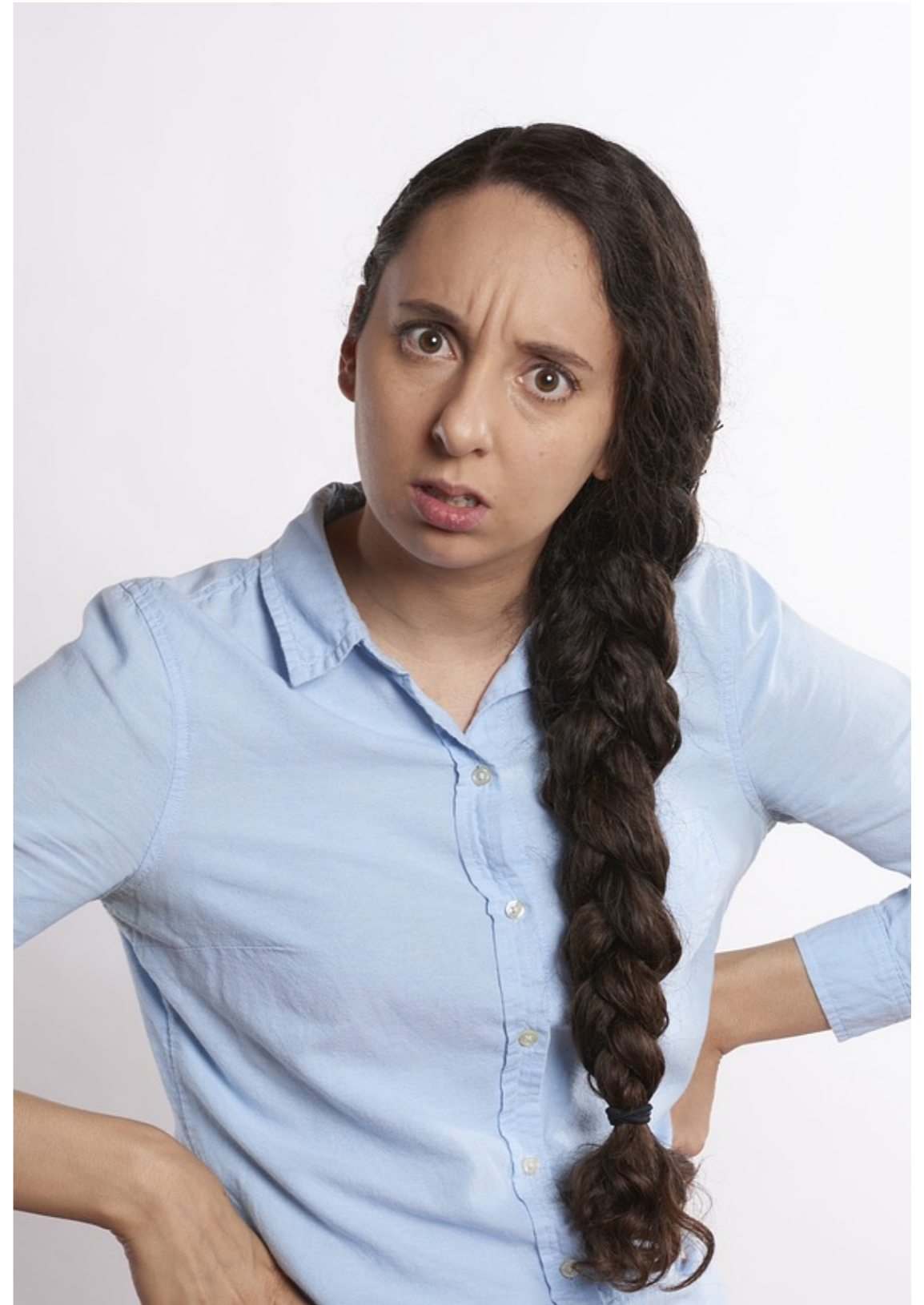
- At the end of this info-packed class I'll be giving you a link to an incredibly powerful download in order to help you even more!

Before we begin let's
talk about...

**The elephant
in the room**



**I realise you
may sceptical
right now...**



You're right to be!

**I was once
too...**



But there's a reason most people struggle to overcome the same challenges you have now

And until I discovered the truth
– I didn't think transforming
was possible either...

So let me prove it to
you!

Sit through today's class and you will learn for yourself why everyone from celebrities to athletes and more are using this process!

Sound good?

How it all started

- I'd gone from being a shy and depressed teenager to tasting the freedom of adult life and adventure. Leaving home was like a breath of fresh air.
- I'd achieved great grades at school, got into a top University and all that done, had gone off to live a dream life with my first job as a teacher out in Sri Lanka.
- I didn't really know what my long term career plan was, but I even then I was driven, focused and clear that I could get where I wanted, at least when I knew what the destination was.
- In the meantime, 3 years in the tropics would do very nicely while I worked it all out.

How it all started

- Looking back, even in what was supposed to be an extended holiday, I worked really hard, all the time.
- I took my life and work way too seriously. I never could do anything in half measures without feeling enormous pangs of guilt and self-criticism.
- I never took my foot off the pedal, whatever I did. And my mind was always full, of what to do next, what might happen tomorrow, what happened yesterday.
- I was rarely here, in the now.

Things seemed rosy

- I met a girl and we fell in love.
- I came home, planning to get married and got a job teaching in a local Uni and it went really well.
- But I pushed myself hard all the time. Never said no, and got recognition for my efforts.
- I had that bullet proof energy you have in your 20s.
- I just didn't see that I was working to avoid something...

Clouds on the horizon

- As hard as I pushed myself, things weren't going so well at home.
- My relationship was a cycle of bust-ups and reconciliations, drama and manipulations. I didn't see it at the time, but I was stuck in co-dependency.
- My stress levels rose higher and higher. I didn't know what to do or how to make things right.
- I was sleepwalking through my days, living in constant fear of conflict.

More clouds...

- I couldn't stand up for myself because I didn't know what I stood for. I was terrified of losing everything if I ever said no.
- I never knew what I really felt. I never knew how to ask for my needs to be met.
- I didn't know how to look after myself and was totally focused on making sure she was ok, so that I was ok
- I lived by the mantra 'I don't mind.'
- I avoided conflict at all costs, until things got crazy and then I just wanted to run away.
- I felt completely alone in my relationship

Life falls apart

- As things got worse, we split up 4 or 5 times.
- Guilt, fear of being alone, lack of confidence all dragged me back into what was a high stress situation. She had an affair. Still I came back.
- I felt frozen and alone, like a rabbit in the headlights.
- Going through the motions in all areas of my life. Caught in this loop of never saying no. Always trying to pacify and placate.
- I couldn't understand why I felt like such a doormat

A twist of fate

- I worked myself to the bone to keep the depression at bay but not enough for me to forget it.
- By Friday nights I'd feel flat and exhausted. Comfort eating in a ritual of Dominos Pizza and Ben and Jerrys ice cream to numb the emptiness, sprawling on the sofa watching junk TV. It was a soulless time.
- After agonising for months, I split with my girlfriend for the final time and fell deeper into the doldrums. My life had stalled. I didn't know where to go. My optimism and hope drifted away. I felt hollow, scared and rudderless.
- And it was hard watching my friends settling into their married lives, creating homes, having children while I was alone, adrift and low.
- Then in an enormous twist of fate, on a cold February day, I was with a friend in Leicester Square and I bumped into the woman I'd had an enormous thing for at Uni.

Life was good...

- We started chatting regularly on the phone and meeting up. And then the miracle happened. We fell in love. It felt like destiny.
- I was on cloud nine. Life seemed beautiful and easy. The relationship felt like everything I'd ever wanted, the job was exciting. I started seeing all I might achieve.
- Two years later, our relationship was in a great place. Life felt good. With my PhD under my belt, I'd just moved cities to be with her and ditched my high flying University career to move into business.

The lessons I didn't learn

- Those first years were like living in a dream after the previous nightmare.
- So many great things happened, but within months of moving in together, I started to have a bad feeling about my life, my relationship.
- It felt like I could never do enough or get it right. Old ghosts came back to haunt me. Our love story was going wrong.
- From amazing weekends away and loads of fun, we'd find ourselves locked in silences and stuckness, going our separate ways.
- Life was going from technicolour to black and white. The feeling of aloneness came back.
- I saw later the closer we had got, the more I lost sight of myself. I started numbing out, worked harder and harder, running on empty.

The lessons I didn't learn

- I fell into a long and deep depression. My anxiety was through the roof.
- All my coping strategies for surviving were failing miserably.
- I was a people pleaser, but this took me away from saying anything about what I was truly feeling, for fear of upsetting or alienating others in my life.

The lessons I didn't learn

- In truth, I was terrified of saying anything to her about my state of mind and feelings. About ditching my old job, leaving my old home, turning my back on a life that I thought I'd loved.
- I hadn't even admitted to myself, how much this change in life had impacted me.
- To compensate, I drove myself on at work to the point of exhaustion, fearing if I stopped, people would see me for the insecure failure I believed myself to be.
- I fantasized about escape, but I knew I couldn't escape myself.

Things started to spiral

- I was numb and cut off. Most of the time, so terrified of my own feelings, I couldn't have even told you what they were.
- I was enslaved to my own narrow little view of the world.
- I started to question everything. I stopped talking to my friends. I'd lie awake at night, my thoughts darting between running away and ending it all.
- I didn't know how to fix this and I was in such pain.
- I dragged myself into work. Putting on a mask that it was all fine. I carried on doing great. 3 big promotions took me to the top team of the company I worked for within a few years.
- But I was so numb it didn't count for much.

Living death...

- On the inside, I was withering away. It felt like a living death, going through the motions.
- I carried on working though harder and harder. Late nights, weekends.
- You'd call me a workaholic, I guess. The compulsion to escape my reality with whatever I could.
- That and addiction to sugar. I ate a mountain of chocolate. Made myself sick, putting on weight in a way that had never been a problem earlier in my life.
- Every so often, I'd blow out on a big purchase. The new car. The flatscreen TV. The high end hifi. They all left me feeling empty

The lessons I didn't learn

- I lived in a permanent state of stress and anxiety, expecting the worse.
- I went along with things because it kept the peace
- I avoided 'going there' in any way I could. Anything to avoid the guilt, shame and feelings of complete failure
- I was so focused on what others needed and felt, I never knew what it was I wanted. I was terrified of rejection.
- I thought I had to be the 'good boy' to be accepted. It was the only way I knew how to love and be loved.

All of a sudden I was...

- Spiralling out of control. In total denial that there was a problem.
- Immersing myself in yet more work which took me further and further away from connection and closeness. I didn't know what intimacy really was.
- Avoiding ever saying what I truly felt, which put me under enormous pressure to pretend things were ok
- I didn't trust my intuition or gut about what I needed to do. I just tuned it out.

I wanted to stop feeling

- Anxious because I didn't know how to communicate my own needs and was in terror of expressing them, for fear of rejection.
- Alone because this inner world pain was my deep dark secret, while on the surface it all seemed fine
- Trapped because I didn't know what I wanted or how to get it, I was so focused on what other people wanted of me
- Burnt out and exhausted by trying to please others all the time
- Totally disconnected, numbed out and alone
- Powerless to ever be myself or express myself without fear

The secret I didn't want anyone to know...

Despite seeming calm, in control, successful, inside I felt:

- Unattractive, a failure, lesser than others in my life
- A fraud who somehow, by luck, hadn't been exposed yet
- Self-hating and ashamed of who I was
- Weak, a pushover, powerless
- My critical voice was so dialled up, I gave myself a hard time all the time for the slightest mistake

I was desperate

- I distanced my family. I stopped answering their calls or would be short and aggressive with them.
- Somewhere deep inside, I knew this wasn't me, not the real me.
- I hated my life. I hated myself.
- And I knew if I didn't fix it, there might not be a me at all.

Does any of that
sound familiar?

Just when I thought
things couldn't get any
worse...

I hit rock bottom



Here's what happened...

- It was a dull February morning. I was in tears. I couldn't take any more pain of living this way. I felt like I wanted to end it all.
- I just didn't know what to do to make things ok
- All the numbing out and barely being present had taken their toll.
- Years of pleasing others and forgetting myself had worn me down.

Here's what happened

- Exhausted from overwork and depressed, I had withdrawn into myself. I spent my nights fantasising about either running away or killing myself.
- My anxiety was through the roof. I was on permanent high alert for my world to fall apart, while pretending it was all ok.
- The cost of pretending was terrible: I was having a complete breakdown...
- I felt desperate that this was all my life could ever be.

I went to therapy...

- In total despair... I was terrified but I carried on going, even though at first I could barely speak in the sessions.
- She listened patiently and never gave up on me. Even though I felt close to giving up.
- We peeled back the layers. It wasn't just this relationship I was messing up. I started to see that the happy childhood wasn't that at all.
- People pleasing, anxiety, depression, high achieving were all consequences of desperately seeking something in myself that I had lost.

I went to therapy

- I saw that I was one hell of a mess.
- I never got properly angry. I was passive aggressive. Silently disapproving anyone who crossed me.
- And I felt completely alone. Even though I had people close to me.
- I began to see my terror of getting close to anyone.
- The therapy helped me. It took the edge off.

But it wasn't enough...

Would I ever be free?

- Even after years of therapy and later training as a therapist, some of the old patterns of anxiety, low-esteem and people pleasing, depression just didn't go away.
- Every few months I'd find myself really down.
- I'd still feel disconnected
- In my personal life, I hated letting anyone down. I found it immensely difficult to say no. To keep my boundaries.
- I couldn't be a workaholic therapist. You just burn out and I could see that starting to happen.
- I started to question whether I'd ever find a way out of the mess I felt.

It's my mission to save others
from ever experiencing that
pain and stuckness!

After that experience, I
made a vow to myself

I would do whatever it takes to get
over my people pleasing, my
avoidance of conflict, my fear of
showing my true self

No matter how long...

No matter how much
it cost...

No matter how much
emotional energy it took

I refused to let it beat
me!

So here's what I did...

I bought

- Countless self-help books
- Online courses
- Downloads
- Hypnosis tracks
- Meditation music

I hired...

- More therapists
- Meditation teachers
- Yoga teachers
- Massage therapists

I attended

- Workshops
- Retreats
- More therapy training

I even tried

- Hiring a nutritionist and changing my self through my eating
- Dabbling in Buddhism
- Exercising myself into wellness through swimming and cycling

But guess what...

Whilst I made some
progress...

Despite all the time, money and energy I spent learning from so many different experts...

I still struggled with low
esteem, anxiety, people
pleasing...

Why?

- Why did I still feel so anxious a lot of the time?
- Why did my depression come back every few months?
- Why did I find it so hard to say no or really express what was on my mind?
- Why did I still pretend it was all ok?
- Why did I still feel disconnected and alone?

To say I was frustrated
would be an
understatement

I thought it must be me
that was the problem

I felt like a loser...
destined never to find
peace and happiness

It was only later when I finally discovered how to be myself confidently, to trust myself and think myself worthy and equal to others...

That I realised it
wasn't me at all!

I was being taught
information that just wouldn't
work for most people!

As you're going to see shortly, if you're still stuck despite spending a fortune, it's likely not your fault either!

Which brings me to...

Three common myths that keep you stuck...



Myth 1: You need to
revisit your childhood to
feel better

Why this isn't true

- This approach will be more painful than it needs to be, because the innocent misunderstanding in most modern psychology is that you need to rake over your painful past to feel ok now.
- This approach will take longer than it needs because for those who've had particularly difficult starts in life, it will take months and months to build up the trust to open up
- Being in long term therapy is very expensive (trust me I've been there) and you will spend more than you need to
- Most surprisingly, it doesn't get to the root cause of what you are struggling with in the first place (against what most therapists think)

Myth 2 You need to
meditate or practise
mindfulness to feel better

Why this isn't true

- While meditation can be very helpful for some, if you've had a tough start in life, it can stir up unpleasant feelings
- It can take years of practice to establish yourself as a meditator before you see results
- Meditation shines a light on your experience but it doesn't get to the root of what creates it. It's like seeing the problem but having no solution.

Myth 3: You need to think
positively to get out of
your pain

Why this isn't true

- Positive thinking can be helpful, but it's like putting a sticking plaster over a gaping wound. It will help a bit, but it's not going to make the pain go away
- It's based on flawed thinking, that we have to chivvy ourselves into feeling good
- In the end it will cost you more, because you never deal with the real issue.

If you follow this kind of flawed common wisdom you will either never overcome your problem...

..or get there a lot slower
than is necessary!

And that was just some of
the dead ends I went down -
there were others too!

The truth is nearly ALL common
methods and advice for low
esteem and people pleasing are
usually...

More...

- Painful than they need be
- Slow than they need be
- Expensive than they need be
- And temporary in their solution

But I didn't know that until I
FINALLY found the
breakthrough I was looking for!

Let me tell you how I discovered
it (and then I'll share the simple
steps you need to take too)...

During my search I came across
something called the 3 Principles

It was like a lightning bolt
between the eyes because
unlike other approaches you...

Didn't need to...

- Spend years and thousands digging into your painful past
- 'Work hard' at fixing yourself
- Or learn techniques or self-discipline to get better

In fact, it went against nearly everything I'd learned up until that point.

And I'll admit - it sounded
too good to be true!

But I was so desperate I
decided to look into it
more closely because...

The proof was undeniable

- This approach to transformation was being used to help film stars in Hollywood...
- Successful entrepreneurs...
- Music stars...
- Athletes...
- Even the homeless...

And changing lives PERMANENTLY all around the world!

When I heard about
it I wondered...

“Could it help someone struggling with low-esteem, people pleasing, anxiety...?”

I dug deep

- I read books on it...
- I hired mentors...
- I bought online trainings...
- I signed up to live events and seminars...
- I just **KNEW** there was something to this!

I spent THOUSANDS
doing my research because
of that vow I had made...

I would do whatever it takes
to overcome my low esteem,
people pleasing, anxiety

No matter how long...

No matter what the
cost...

No matter how much
emotional energy it
took...

I refused to let it beat
me!

And during my research
into the 3 Principles, it
happened...

It was like the fog lifted and I realised why I was stuck and other common methods hadn't worked!

My epiphany

- I knew why I could never say no
- I knew why I felt anxious all the time
- I knew why I felt so bad about myself
- I knew why my boundaries were weak
- I knew why I felt disconnected and alone
- I knew why I was always putting on a mask

And most importantly I now knew why I had stayed stuck

**And it was so simple I
couldn't believe I hadn't
figured it out before!**



Everything changed

I applied this new
approach and...

I was able to...

- Confidently set limits and say no
- Not be caught up in worry all the time
- Connect with people without fear of being overwhelmed or abandoned
- Be my true self without fear of rejection or humiliation
- See my true self and not buy into all the old stories

I finally felt...

- At peace with myself
- Free of my second guessing
- Connected
- Free to make choices without worry about what others might think or do
- Free to get close to others without being terrified of loss or rejection

And best of all I now knew
there was no going back to
the way things were before!

It was a long, costly and emotionally painful journey to discover this understanding.

And I'll be honest - I was a little angry no one had told me this stuff earlier!

But it was all worth it!

Because now I get to share
what I found with others who
are struggling just like I used to

So with that in mind...

Let me now give you the three critical steps you've got to take to overcome low esteem, anxiety and people pleasing in the fastest time possible!

Step 1:

Understand why you're feeling
anxious, unconfident and struggling
to say no in the first place

Let me ask you a
question (and I really want
you to think about this)...

Why do you second
guess yourself?

Why do you struggle
to say no?

Why do you feel anxiety?
Like an outsider?

Why do you avoid
confrontation at all costs?

If you'd have asked me those questions before I came across this approach I would have said...

I feel I can't set boundaries because

- I'm scared of how others might react
- I worry that they won't like me any more
- I'm scared of disappointing or letting others down
- No body will like me if I change
- They need me as I am

I worry and ruminate because

- What others do or say to me
- I second guess my decisions and that I might disappoint or let others down
- I feel others are judging me
- I don't know how to be with other people in social or group situations

But when I came across
the 3 Principles, I realised
I was 100% wrong!

Here's a lightbulb moment
that can change your
life...

You only ever FEEL
what you THINK

Let me repeat
that...

You only ever FEEL
what you THINK

The paradigm shift

- Your experience of the world is 100% thought created
- Your thinking at any moment in time will dictate how you feel at that moment
- Your feelings can NEVER be separate from your thinking
- Your feelings are a RESULT of what you THINK

Most people think the
OUTSIDE world makes
them **FEEEL** a certain way

But if that was the case
everyone would experience the
same thing and feel the exact
same way.

That doesn't happen
though does it? For
example...

Have you ever been in a traffic jam when you feel calm but someone else in the car is getting angry (or vice versa)?

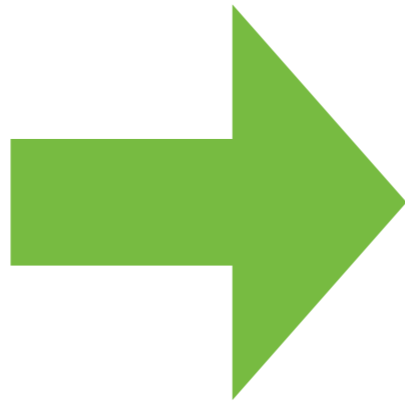
How could that be? How could
people react differently to the
same situation?

Here's why...

- One person thinks the traffic is a problem and is *thinking* angry thoughts that makes them *feel* angry..
- Whilst the other person doesn't see it as a problem so doesn't think angry thoughts and therefore feels calm
- Their individual thinking in the same situation is making them feel differently
- Your feelings are a RESULT of what you THINK

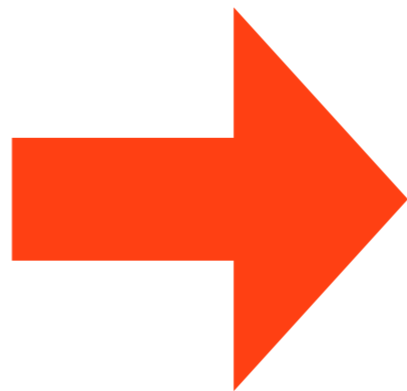
It's like this

+ Thought



+
Feeling/
Action

- Thought



-
Feeling
/ Action

The first critical step is to understand that the reason you are feeling low, anxious and people please is...

Because of your
thoughts

Not because of...

- Your past
- Your genetics
- Your environment
- Your lack of self-worth

You feel and do certain things
because of the way you are
thinking about them at that
moment in time

And what's SO exciting
about this is that it means
YOU are in control

Not your circumstances or
your past or anything else.
YOU!

That brings me to...

Step 2

Understand what this means for
low esteem, people pleasing,
anxiety...

Remember how I (and so many others!) went down numerous dead ends whilst searching for a solution?

There's a reason they
were dead ends!



Most solutions...

- Do not get to the ROOT CAUSE of why you are feeling anxious, overwhelmed or alone
- Do not get to the ROOT CAUSE of why you're people pleasing or second guessing yourself
- They focus on changing your thoughts and behaviour
- Or positive thinking techniques
- Or tools and techniques to change your mindset

But **NONE** of that creates
lasting change if your
thinking stays the same!

It's like if a car has run out of petrol but someone thinks the engine is the problem

The car won't work until the driver puts petrol back in - no matter how much they play with the engine!

They're not fixing the root
cause of why the car isn't
moving!

The same goes with finally
overcoming low esteem
and people pleasing...

Most other approaches are merely playing with the “engine” but not fixing the root cause of your struggles!

Which is why progress
is either slow or non-
existent!

Let's look at an
example...

A common approach to overcoming low esteem and anxiety is psychotherapy

The cold hard truth

- Using psychotherapy to overcome low esteem, people pleasing, anxiety will work - IF you see that it's your thinking that makes you have low esteem, people please or feel anxious
- This is why it does work for some people - their thinking is where it needs to be for them to get the result
- But if you're thinking anxious feelings or about your low esteem, psychotherapy will not work because you will feel those feelings in the moment
- This is why I struggled to overcome low self esteem, anxiety and people pleasing for so long despite trying so many different things

Remember - what you
THINK creates what you
FEEL and **DO**

And because of this most other approaches miss the root cause of why you are struggling in the first place!

So you might be thinking we need to go in and change all those thoughts right?

WRONG! Let's look at the
secret sauce that makes this
process so powerful...

Step 3 - Master not taking
your thinking so seriously

**This is what makes this
approach so different
and so exciting...**

And what gives you TRUE
freedom from
low self esteem, people
pleasing and anxiety.

The fact is, trying to stop
yourself from having any
thought is HARD

**Our brains are complex
machines that are tricky
to control!**

Which is why approaches
that try to control it
usually fail!

Instead - you need to take the
power out of the thoughts that
make you feel a certain way and
act a certain way!

Imagine if you could think...

- I don't trust myself
- I don't like myself
- I don't think anyone would like me if they knew the real me
- If I say no, they will be cross or leave me

And it not affect you like it currently does?

Imagine if you could feel..

- Anxious a lot of the time
- Low or depressed
- Worried about making the right decision
- Alone or on the outside

And not let it affect you like it currently does?

Would that give you real
freedom from people pleasing,
low esteem, anxiety...?

Here's the truth

The less seriously you take your thinking the less you will feel and the more free you will be!

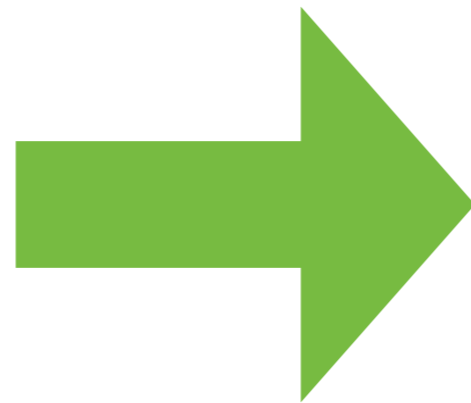
Turning down the dial



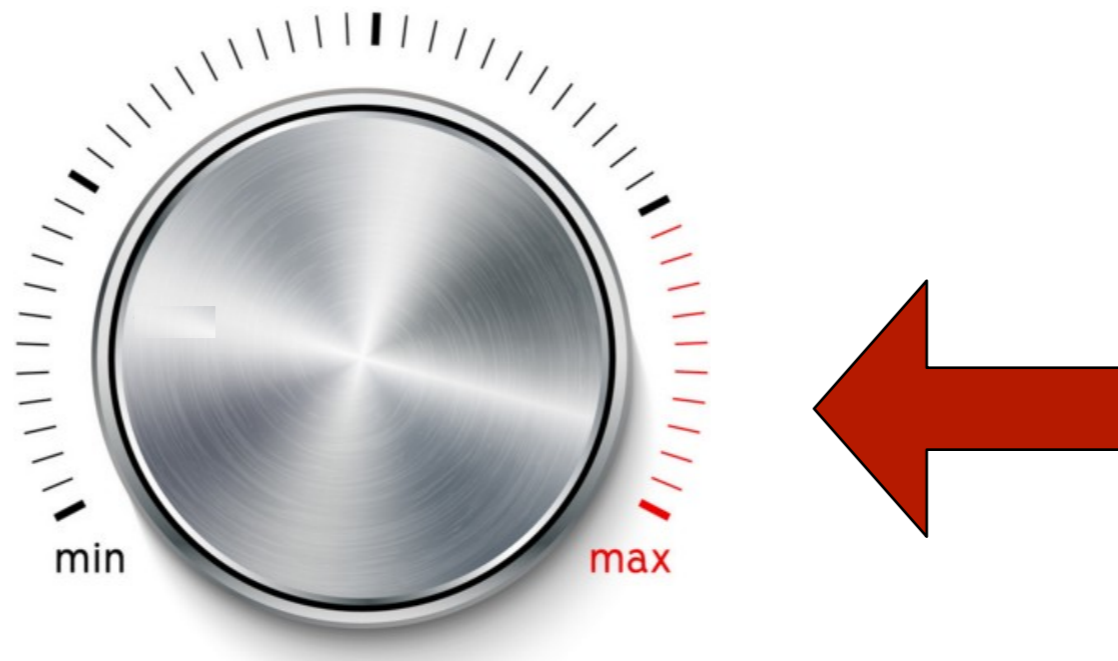
**Whilst you are
here you are
going to FEEL
and ACT a
certain way**



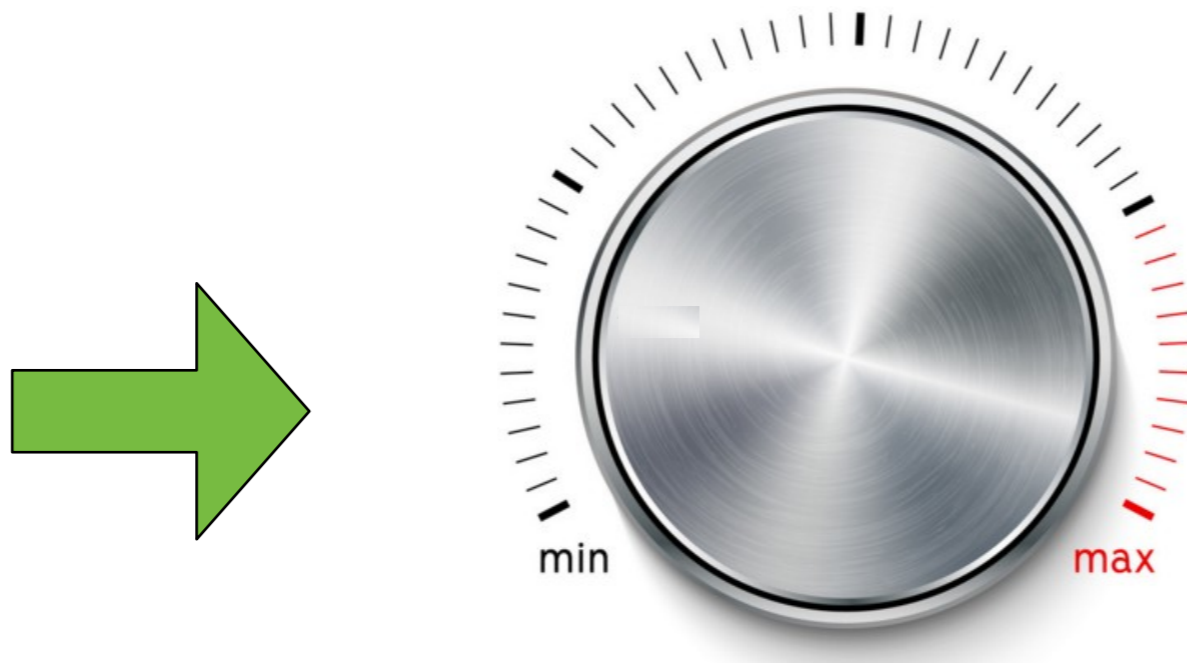
**And whilst you
are here you are
going to feel and
act a certain way**



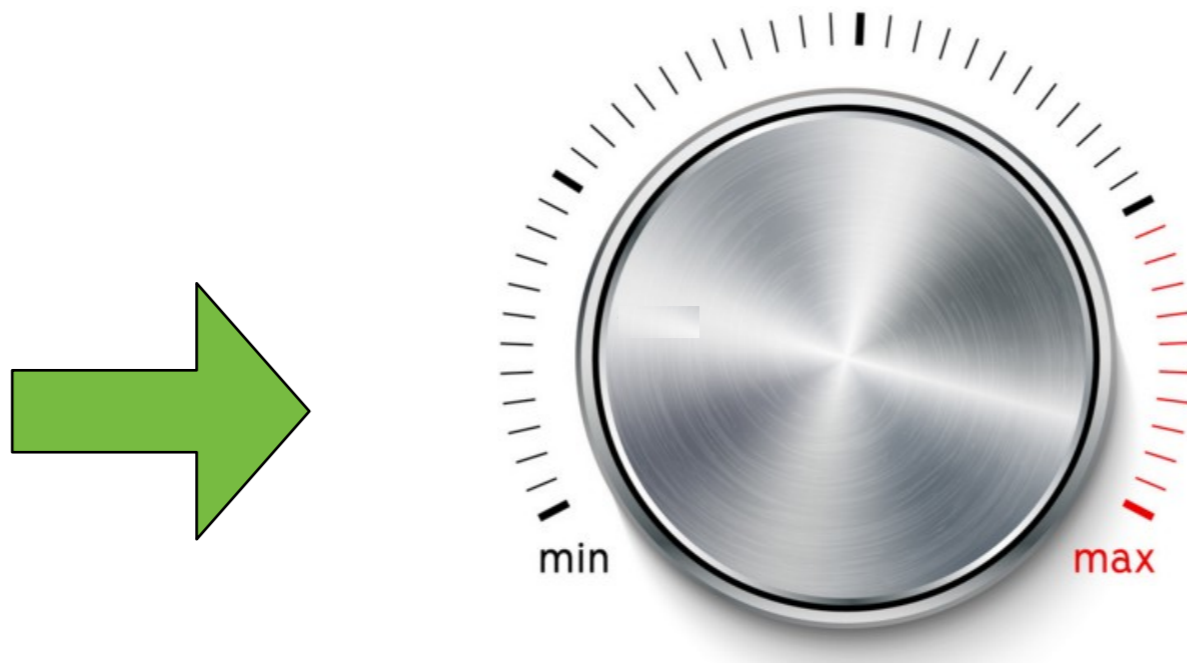
So where do you think you should be? Here...



Or here?



It's obvious isn't it!



This is what the Three
Principles helped me to
do

I turned down the dial on
people pleasing until it
wasn't a problem anymore

That three step process,
as simple as it might
sound, changed my life!

Three steps to freedom from low self esteem, people pleasing, anxiety

-Step 1: Understand why you experience low esteem and anxiety in the first place (Because you are THINKING thoughts that make you feel that way)

- Step 2: Understand what this means for people pleasing / low esteem

(Most other approaches don't get to the root cause of why you are feeling or acting like you are so won't work at all or will only work short term)

-Step 3: Master "Turning Down The Dial" of your thoughts (Real freedom comes from taking your thoughts less seriously so you feel less of the impact of them!)

If you're struggling with low self esteem and people pleasing, this is the approach you should take.

But don't take my
word for it...

**This process flat out
works**

Remember

- This is not just theory - it's EXACTLY what I used to go from anxiety and low esteem to inner peace and confidence and how I help others do the same
- It's simpler than any other method out there
- It's faster than any other method out there
- And most importantly the transformation LASTS!

Right about now after hearing the steps and seeing the proof that it can change you - people usually ask me a question...

**“Matt - how can I
learn more?”**

Well there's a fast way
and a slow way

You can use what I shared today
and spend months or even years
doing all the research into this
topic yourself... (like I did)...

...reading tons of books...hiring
mentors...attending
seminars... (like I did)...

Or you can do it the fast way
using my eight
week Total Inner Peace System
(TIPS) !

I put this online training programme together to help people around the world finally overcome low esteem and people pleasing - FAST

8 Week Course

- It's an 8 week online course you can attend anywhere in the world (to save on travel expenses!)
- Each week you receive a short video that rewires your patterns around low esteem and people pleasing
- You also get the downloadable audio of each video so you can listen on the move

The objective of the
programme is
simple...

To help anyone overcome
people pleasing and low
esteem in 8 short weeks

So let's break down
exactly what this course
includes...

In week 1, you will
learn...

Week 1

- The little talked about truth behind all low-self esteem feelings
- A surprisingly simple habit you can make that will bring instant relief
- The essential foundation to making and sustaining change

By the end of week one you'll know what's at the heart of people pleasing and low self esteem, and you'll have taken your first essential steps to banishing them forever.

In week two, you will
learn...

Week 2

- The ace in the hand we all have, but most of us have lost touch with
- The key to embracing change in yourself and others
- The crucial insight that underpins all the rest of the course and can change your whole life for the better

Week 2 is all about the
heart of where all change
lies

In week 3 you'll
learn...

Week 3

- The crucial missing link in our understanding of our life experience
- How we innocently create our own distress and what to do about it
- A radical and unusual way to change

After working your way through
week 3 you'll be starting to notice
how your thinking **ALWAYS**
shapes how you feel

In week 4 you will
learn

Week 4

- The little known key to feeling better in any situation
- The myth around depression, anxiety, low esteem that no mental-health professional will tell you
- The reality behind low moods - it isn't what you thought
- The astonishing insight about how we experience life that will turn your world upside down

Week 4 will really help you to get to the heart of why you feel the way you do and how to change it

In week 5 you will
learn...

Week 5

- The innocent 'bad' habit we all need to break
- The essential misunderstanding about feelings that will change everything you knew
- The amazing antidote to numbing out

Week 5 is all about freeing
up your relationship to
your feelings

In week 6 you will
learn...

Week 6

- How working hard at change is the opposite of what you need
- A look underneath the bonnet of experience to find the crucial thing you need to do to feel better

After week 6, you will
know how to relax into
long lasting change

In week 7 you will
discover...

Week 7

- The missing link that guides us all towards wellbeing
- How to feel confident in all your decisions even if you second guess yourself all the time
- The secret to all creativity and purpose

Week 7 will help you trust
that the next step will be
ok, more than ok...

And finally week 8 will
show you...

Week 8

- The utter simplicity of what's been taught and how to apply it
- Getting effortlessly in touch with your deep resources to support you
- How to easily sustain your wins without slipping back into old habits

The final week brings
everything together so you can
enjoy your new found freedom

This programme is designed to transform anyone who is struggling with people pleasing, anxiety, low esteem

I put this programme
together to save others
from those...

Painful dead ends



Simply follow the training
week by week and watch
yourself transform!

Having said that - precisely
because you may have spent lots of
time and money going down painful
dead ends - you might be wary...

“But Matt - I’ve tried so many things before and they haven’t worked. What if your approach doesn’t work for me?”

Let me put you
completely at
ease...

Sign up for the programme and if
within the first 30 days of access
you don't see the benefits for
yourself...

Simply email my support on
support@mattfox.com for a
full, no questions asked refund!

You **WILL** see growth, even from the first week, but if you're not happy, simply contact us within 30 days and we'll refund you in full!

So here's the thing...

The way I see it now is
that you have two
options...

Do nothing and...

- Continue to feel anxious, overwhelmed and stuck
- Continue to struggle, fight and battle with your emotions and behaviours in this area
- And just hope that you will miraculously wake up one day feeling better (which is possible but unlikely)

Or you can make a vow to
yourself, like I did, that you
will **FINALLY** beat this!

Which means your other option is to invest some money wisely and get the problem sorted.

And in my opinion, having tried so many other options myself, this is the BEST way to do just that.

Because this course is specifically about overcoming low self esteem, people pleasing and anxiety using the 3 Principles

Before I tell you the price,
though, let me ask you a
question...

What would it be worth to you to...

- Never feel you have to always say yes again, whether you want to or not?
- Never have your boundaries broken again?
- Never second guess yourself over your decisions?
- Never feel dictated to by your anxiety?

Pretty priceless right?

What would it be worth to you to never...

- Feel overwhelmed again?
- Feel crushed by insecurity or anxiety?
- Struggle with low esteem again?

Can you put a price on that?

I'm pretty sure never having to
experience those challenges
again would be worth thousands
to you.

But listen, if you're serious
about finally getting to
where you want to be...

I've ensured this programme
DOESN'T cost you the
thousands I had to pay to learn
it.

The price will be going up soon. But if you act today, you can take this 8 week course for a 30 day test drive for a one time payment of just £297 or 2 monthly payments of £177

That's less than £5 a day
for 8 weeks, and peace of
mind

Is eight short weeks and less than
£5 a day worth it to finally feel free
of people pleasing, anxiety and
low self-esteem?

If you're in as much pain
as I was, it's worth much
more than that!

Before you sign up though, let me sweeten things even further to make this a total no-brainer...

**Bonus 1: Free
coaching call**

Let me be your coach!

- After the eight week class you'll have a chance to join a completely free group coaching call with me
- On the call we'll discuss what you learned, your plan moving forward and any other blocks you have around the problem.
- This personalised feedback and coaching will supercharge your results even further!

Price: £250 - Yours free!

Bonus 2: Our private Facebook community

Private Facebook Group

- You'll have exclusive access to our Facebook group for participants and graduates of the Total Inner Peace System
- Share your wins, ask questions get support from like minded people in a private exclusive setting
- Take part in further Q&A Facebook Lives

And finally...

**Bonus 3 - Our annual
live online event!**

Bonus 3: Live Online Event

- I love helping people around the world to beat their low self-esteem, people pleasing and anxiety. It's my mission and my passion
- Once a year I'll be gathering students from around the world and holding a 100% Free live Zoom workshop (It's like Skype for groups)
- On the workshop I'll be sharing new training, inviting students to share their transformations and even get special guests on board who can help you reach new heights when it comes to your human potential.

So that means as part of
the eight weeks, you get

Total Inner Peace System

- 8 week core video training
- Audio downloads of each weekly module
- A free group coaching call with me
- Access to the exclusive members only Facebook group where you can share and get further support
- A free fun and value packed online annual event exclusively for graduates of the course which will take your life to a whole new level

All for £297 or 2 payments
of £177 but remember the
price will be going up soon.

So here's the thing...

The way I see it now is
that you have two
options...

Do nothing and...

- Continue to feel overwhelmed, anxious, trapped into never saying no
- Continue to struggle and fight and battle with your emotions and behaviours in this area
- And just hope that miracle will happen with you waking up one day feeling better...(not impossible, but not so likely)

Or you can make a vow
to yourself, like I did, that
you finally will beat this!

That you will no longer remain
in mental and emotional chains
- held back by this challenge.

And give my online training a try -
100% risk free. You can be
watching video one in the next
few minutes.

So, if you want to join this movement of people who refuse to settle for less...

Visit the link on the screen
and sign up now

www.mattdfox.com/8weeks

Remember - this is 100% risk free! If you don't see results within the first 4 weeks, get your money back!

I just implore you not
to stay stuck

Or accept this is 'just
the way you are'...

Take action and learn
something that is
PROVEN to help people

If you have any questions
please email my support
on: support@mattdfox.com

Watch your inbox

I'll be mailing you a link to this presentation in the next 24 hours along with another special gift for your time today

And if you're ready to sign up, click the
'Add to Cart' link on this screen and
access week one within the next ten
minutes or visit
www.mattdfox.com/8weeks

Thanks so much for watching.

See you on the inside!

www.mattfox.com/8weeks