

“When Doctors Themselves Suffer From Anxiety, Depression, Addiction, Relationship, Or Emotional Problems This Is What They Do”

**This is The Revolutionary Program For Depression, Anxiety,
Addictions, Relationship Problems... and any other emotional,
or behavioral problems you want to change.**

Are anxiety, depression, or relationship problems interfering with your life? Do you feel dependent or addicted to something? Do you worry about how you can cope with your problems that affect your daily functioning?

Do you face increased difficulties in dealing with your work life, your personal relationships with family, friends and your children? Are these problems also affecting your ability to do simple daily tasks or causing you financial difficulties?

Have you tried various other ways of solving your problem only to find you have mixed results or no results? Do you desire a life free from your emotional problem? Do you want to move beyond this to a more successful and meaningful life? **Then...**

This program is for you.

This program is also for social workers, psychologists, counselors, Etc, who want to use it to work with people who have the above, or any, emotional or behavioral problems.

Dear friend

My name is Steven Ferguson. For the past 20 years, I have been a mental health professional, psychiatric social worker, counselor, with experience as a life coach and trainer in the personal development field.

I have been, what is called, **a professional change agent**. Over the past 20 years, I have been in much demand as a speaker, trainer and therapist.

Over that 20 year period, I have developed, fully tested, and sharpened, this program, which is comprised of a 113 page eBook manual/workbook, accompanying downloadable audio files, plus an 80 minute long visual PowerPoint seminar with audio.

This program is designed to help you look at ways of resolving any emotional problems you are experiencing, or **behavior you want to change**.

This is not a "problem oriented" program that tries to endlessly explain or analyze why you are experiencing a particular problem.

This is a "solution oriented" program
that aims to help you find ways to...

change your life to the way you want it to be.

The knowledge and methods you will find in this program have been considered revolutionary. The remarkable skills you can develop with this program can be used for any emotional or behavioral problem you would like to change.

**When You Use This Program
It Will Change Your Life
Guaranteed!**



SOLUTIONS METHOD
ORDER PROGRAM ONLINE

Download Now!

A Story To Set The Scene

There is an old allegorical tale of a factory owner whose factory boiler broke down. The factory owner called on all the most respected and best qualified engineers to fix the boiler and although every one of them came and tried to fix his boiler none were successful. Indeed, these engineers tried various methods to diagnose the problem, all to no avail. Without the boiler, each and every day the factory was losing money and the owner and employees were beginning to face a stark future.

Eventually, an unknown traveler appeared in the factory owner's town and on hearing of the factory owner's problem visited the factory and offered to help for a fee. The factory owner asked the traveler whether he had any qualifications or formal training in fixing boilers. The traveler replied no, but he would not charge if he could not help. The factory owner, desperate at this stage, agreed to let the traveler help.

The traveler looked at the boiler and after five minutes took out his pencil and marked out several points. He then took out a small hammer and hit each one of the points in turn. Immediately the boiler began to work. The factory owner was elated. The traveler left informing the owner he would send his bill.

Later that week the owner received a bill for \$10,000. The factory owner was incensed. He could not understand why the bill was so high for only a few minutes work tapping on his boiler.

He wrote to the traveler asking for a breakdown of the bill.

The traveler wrote back saying:

Fee for tapping the boiler: \$100.00

Fee for knowing where to tap: \$9,900.00

**The moral of the story:
The right knowledge can be revolutionary.**

As you begin working with this programme you will quickly understand why you have been blocking your own successful resolution to your problems. You will do that by understanding the role of your emotions in keeping yourself stuck in problem patterns of behavior... you will learn techniques that will accelerate you towards resolving and coping with your emotional difficulties.

In this Solutions Method programme... you will discover why you often sabotage your own good intentions to change. You will discover how your emotional brain can influence and affect your thinking brain's ability to resolve your problems... and most importantly you will learn the techniques which can accelerate you towards your goals.

You will learn that not all techniques are useful and some actually get in the way of helping you to change.

The Solutions Method teaches you the techniques which work **and without which any attempt at change will be ultimately unsuccessful**. For example, do you know that one of the main ways many professional helpers try to resolve problems is to get you to analyze your problem?... and that this analyzing of problems is one of the main reasons people stay stuck with their problem!

The Solutions Method concerns itself with resolving your problem not on endlessly centering on why you have it!

This is the only programme I am aware of which teaches...

a Solution Focused way of resolving problems. The focus is on how to accelerate a solution to problems rather than lengthy attempts to explain why the problem exists.

By working with this program you will:

- 1** Increase your knowledge
- 2** Develop new skills to enhance your life.
- 3** Be able to live a more successful, happy and fulfilling life.
- 4** Learn an effective method for resolving your problems using the best techniques available from modern mainstream psychology and other disciplines. These techniques are the skeleton keys which all successful methods are based on.
- 5** Learn the role of emotions and the part played by the brain in creating and maintaining emotional problems.
- 6** Be able to use the programme at your own pace in the comfort of your own home.
- 7** Not all people are comfortable talking directly to a counselor or therapist and this programme allows you the

opportunity to work towards resolving your problems without needing to find a counselor you feel comfortable working with.







- 8 Even if you want a counselor or therapist to work directly with, this can be a difficult task – what kind of therapist? What kind of therapy? Will that person be someone you can get on with? How will you know if someone is going to be the right therapist for you? Many therapies and therapists can end up making your problem worse!
- 9 The cost of the programme is less than the price of one therapy session with many qualified counselors or therapists. And, seeing a professional may involve at least 6-20 sessions for a Cognitive Therapist and sometime many more sessions for other types of therapies!



[Download Now!](#)

There is now encouraging research evidence which demonstrates that self directed self help programmes are just as successful at enabling people to resolve their problems as actually seeing a professional helper

face to face and in fact may be more successful as people who would never dream of approaching a professional for help find it easier to do the work on their own in relative anonymity.

-  The manual is a **workbook**. It is designed to help you resolve your problems.
-  This program can be used for ANY emotional or behavioral problem(s) you are experiencing.
-  It focuses and concentrates on the **solutions** to your problem(s), not on discovering the reasons why you have them or who is to “blame” for them.
-  The workbook invites your active involvement in practicing what you learn.
-  You can use it on your own, with a friend, a counselor, therapist or helper.
-  One of the central ideas in this program is that life is for living and about how we **behave**. (i.e. what our actions are). It is not about forever analyzing your problems or continually reflecting on your life.

This professional program is considered revolutionary for its practical approach, and its results. Below is just a quick peek at the outline of what's partially covered in each part of the program. This is a program that you will keep handy for the rest of your life.



solutionsmethod

THE MANUAL SECTION 2

Often we can find ourselves thinking that if only..." my husband/wife would understand me more"; or "my children would behave better"; or "I had a better job" etc. - the list could go on and on.....and on!



The Responsibility For Changing Your Life Is **YOURS**

- **Blame versus responsibility**
- **Information Cause and Effect**
- **versus Knowledge**
- **The ultimate “cause”**
- **The First Step is to make the decision**

THE MANUAL SECTION 3

- **The Brain and Emotions**
- **The emotional brain**
- **Mapping the Process of Change**
- **Emotional Stuckness**
- **Fear**
- **You have an “emotional brain” and a “thinking brain”**
- **So, how does the emotional brain react first?**
- **Emotions are not “real things”**
- **Paralysis by analysis**

THE MANUAL SECTION 4

- **What is a problem**
- **You are not the problem**

THE MANUAL SECTION 5

- **A problem is just something in your life you do not want to have**

- **Problems as Opportunities**
- **Patterns in Life**
- **Problems as Opportunities**

THE MANUAL SECTION 6

- **Stop Analyzing and Start Doing**
- **A Map to Your Future**
- **Qualities of effective goals**
- **The Miracle Question**
- **Patterns in Life**
- **What you focus on you make stronger**

THE MANUAL SECTION 7

- **Seeking Exceptions**
- **You already have the key to the solution of your problem**

THE MANUAL SECTION 8

- **How To Measure Your Progress**
- **The Perception of Change**
- **The Challenge of Change**

THE MANUAL SECTION 9

- **Further Accelerators for Change**
- **Reviewing your progress so far:**
- **Feedback**

THE MANUAL SECTION 10

- **Personal action plan**

THE MANUAL SECTION 11

- **What about depression and anxiety?**
- **Feelings**
- **Focus on what you want not on what you don't want**
- **You cannot change your problem without changing yourself**
- **Feelings**

THE MANUAL SECTION 12

What about.....other problems?

- **Substance misuse**
- **Alcohol misuse**
- **Self-harming behavior**
- **“Difficult” behavior from children**
- **Coping with negative feelings such as guilt, shame or anxiety**
- **Homelessness**
- **Eating disorders**
- **Anger management**
- **Stress at work**
- **Marital difficulties**
- **Difficult relationships between children and their parents**
- **Self esteem issues**
- **Confidence issues**
- **And many more**

THE MANUAL SECTION 13

- **Putting it All Together**
- **Use the techniques in any order, in any way, at any time all the time and everytime in the way that works best for you**
- **This Workbook Is A Reference Manual That Can Be Used Throughout Your Life**

- **Using the Solutions Method in Realtime**

THE MANUAL SECTION 14

- **Questions and Answers**

THE MANUAL SECTION 15

- **The Solutions Method – Principles-at-a-Glance**

THE MANUAL SECTION 16

- **The Journey Continues**



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ORDER PROGRAM ONLINE

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THIS PROGRAM INCLUDES

This professional program contains absolutely everything that you will need for most people to be totally effective with your problems.

113 Page Manual / Workbook

I have shown you the outline of every section of this revolutionary and highly effective manual / workbook. This Solutions Method program is recognized as probably the only program of its kind.

VALUE £295

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These audio files slowly and clearly lead you through the manual / workbook. You will find them an invaluable addition to this program.

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Regards,

Steven Ferguson

Mental health professional, psychiatric social worker, counselor, life coach and trainer

P.S. Remember, this Solutions Method program is recognized as probably the only program of its kind.

P.P.S. The actual value of this offer is...£695

P.P.P.S. This offer is only valid for the next 15 days