

JEFF TURNBULL - GUIDE

NAMASTE – ONWARD, INWARDS, UPWARDS

MY NAME IS JEFF TURNBULL,

The reason for my writing you is that I would like to offer my services. My story, like everyone else's is complicated. The solution to my struggles and subsequent healing was simple, but not easy.

My childhood was lonely. My teen years tumultuous. My early adulthood - I was a drift. I had no direction. I felt hopeless. I had no focus and my mind could not grasp what the cause was to my behavior, mood swings, and why I was never able to complete anything or gain any ground.

My thirties - I seemed to turn the boat around but as it turned out it was just the calm before the storm. I had a complete breakdown. I eventually got help. Therapy and medication helped me find the clear light of day- for a while... Everything was good until I married, had a child (Sophia, I love her so much) lost my job, and got divorced. I fell right back into the pit, but worse than before.

THE WAY HOME.

After years of switching medication and therapists, I once again became hopeless, disparate, and now suicidal. I thought it was the end. But, I chose life. I took control of my healing. I did the work and along the way I found THE PATH, followed THE MAP and optimized my HEALTH and WELL-BEING. I have dedicated my life to helping others to find THE WAY HOME. That is why I have reached out to you today.

HOW I MAY SERVE YOU.

I have a process that involves MEDITATION and MINDFULNESS, with a powerful focus on SELF-ENQUIRY. I use a MIND, HEART, BODY holistic approach to HEALTH and WELL-BEING. It requires a commitment and the power of THE WILL to do the work to reach the summit then to obtain THE PEAK of awareness and practice to achieve a LIFE that before was only IMAGINED.

JOIN ME WON'T YOU? MY PROGRAM AND FEE IS RESULTS BASED. IF YOU ARE READY AND WILLING SO AM I. CONNECT & CREATE - SO TOGETHER WE CAN BOTH ENJOY A LIFE OF VISION AND ACHIEVEMENT FOR OUR FAMILIES, FRIENDS AND COMMUNITY.

PEACE AND WARMEST REGARDS, JEFF TURNBULL