

Subject Line: If a 5 year-old can do it, so can you.

Hey {first name},

Have you ever watched a kid play outside?

You know that look they get... like they're completely lost in their own world and totally at peace with everything.

I mean... they're just having fun, right?

You can have that kind of peace too. And I know that might be a little hard to believe right now but stick with me.

Too many of us fight an "inner battle" about what we need out of life. It's an endless cycle of chasing after the next best thing and thinking, "I'm be happy when..."

The truth is, happiness is not something you'll find outside yourself.

True happiness starts within.

We have developed a mind-blowing and effective way to do just that. The program is called Mindfulness: Your Pathway from Stress to Success.

When you *fully* believe in your ability to create a grounded sense of inner peace (regardless of what's happening in the world) that's when transformation happens.

This is one of the best things you can do to:

- Reduce stress
- Become more productive
- Achieve a work/life balance
- Enjoy the present moment

Trust me. If I had adult kids, this is the training I'd give to them.

This isn't just fluff and generic advice. It's special because it goes deep into mindfulness practices that creating lasting transformation from the inside out.

Take a sneak peek at the program details here <insert link>

More on this to come tomorrow!

Talk soon,