

MEDIA RELEASE – FOR IMMEDIATE RELEASE

Australian Richard Link Offers Help for Depression, Anxiety, Panic Attacks, Emotional Stress and Mental Health with New E-Book and Wellness System



Depression, anxiety, panic attacks and stress related illnesses are increasing at alarming rates across the western world.

The quality of people's mental health affects personal growth, family life and ultimately our workforce and economy. Australian wellness coach, Richard Link offers a potential lifeline to sufferers across the world.

Melbourne Australia 11th March 2008: Depression, anxiety, stress. These are all words which seem to be handed around freely nowadays, but does everyone really understand the true cost? Today with the launch of his new E-Book 'From the Pit to the Pinnacle' Richard Link reaches out to people who suffer from these destructive and debilitating conditions to show them that there is a way forward and ultimately a road to recovery.

"Think about the negative emotions that are affecting your life, holding you back from happiness and preventing you from living a lifestyle that you so much desire, then think about how wonderful it would be if you can beat them and return your mental health to how it was before." Said Richard Link - founder of Mindeze. "Releasing these negative emotions and physical pain that is associated with negative emotions is key to emotional wellness"

Richard, who has been involved in the natural health industry for 30 years, is the founder and director of Mindeze. (<http://www.mindeze.com>) and has suffered severe depression himself. With years of research into this debilitating condition and self discovery, he has come up with unique and effective techniques called EMT (Emotional Mindeze Therapy) that works in unison with the mind and body to correct imbalances and blockages in the energy system. The resulting release of negative emotions promotes optimal emotional wellbeing.

His passion and belief in EMT is the driving force behind this complete system, which empowers him to reach out and help those that are inflicted with depression. Also those who want to prevent it happening in the first place. As he often quotes, using the well known maxim. "Prevention is better than Cure".

In fact his new E-Book (soon to be published by a New York publisher). "From the Pit to the Pinnacle - Conquer Your Depression in 20 minutes a day and

Awaken Your Bliss” has already produced some amazing results for many people. (<http://www.fromthepittothepinnacle.com>). Richard Link shares one such success story:

“A lawyer had lost confidence to speak in public and as a result suffered depression. As you can imagine this is a devastating thing to happen to someone who speaks in public for a living and is a lesson to us all that depression can strike anyone at any time. I wanted to help, so I gave her a transcript of my upcoming book ‘From the pit to the pinnacle’ to read to help her on her journey to recovery. The results were amazing. She contacted me only weeks later, to let me know that with the information she read in the book, she was able to resolve a large part of her confidence problem and was no longer suffering from depression.”

Richard also gives seminars, workshops and presentations worldwide, as well as providing clients with phone consultations and support.

The innovative methods that he impacts on people suffering from depression and associated negative emotions, is one way that Richard Link can improve your quality of life.” From the Pit to the Pinnacle - Conquer your Depression in 20 minutes a day and Awaken Your Bliss” provides the powerful methodology developed to provide swift and positive results.

Further Information

For more details about EMT and Richards E-Book please visit the websites www.mindeze.com or www.fromthepittothepinnacle.com. A full chapter of the E-Book is available for download.

For more information on [depression, anxiety, panic attacks and stress related illness therapy](http://www.mindeze.com), visit <http://www.mindeze.com>

About Mindeze and Richard Link

Mindeze (www.mindeze.com) is based on work done with EMT (Emotional Mindeze Therapy). Richard has been in the natural health industry for 30 years and has developed his techniques over the last 15 years. Richard’s personal goal is to reach out and help as many people as he can through workshops, seminars, presentations, phone consultations and of course his books.

For Media Enquiries

Contact Richard Link at richard@mindeze.com