

CHAPTER 41

WINNING WITHOUT WORRY

BY PAUL EMERY

PART ONE

When working towards being successful there are many tools available: studying with mentors, attending seminars, reading personal development books and of course, hard work. Why is it that with all this at their disposal, some people are still not reaching the potential they strive for? Is it because the right guidance or tools are lacking? Or isn't there the ability to take action and implement all they have learned? If so, then why?

It's because of what I call your 'Success Stoppers'. These are the psychological barriers that include stress, worry, anxiety, anger and above all, fear. These stop people, perhaps like you, from being the very best they can be. Winners!

'Success Stoppers' impact all areas of your life, relationships, health, work performance and therefore bottom-line. Here are some cases from recent clients: One had such a strong fear of failure that his business lagged behind his competition because he lacked the confidence to do what was necessary to grow his business. Another was always tired and often got sick, so lost productive workdays because he never took holidays due to his fear of delegation. A third was frequently irritable, frustrated and angry, and worked below her potential due to sleepless nights stressing, worrying and over-thinking about her business.

Fortunately, they all overcame their challenges in a short while, and without medication or months of therapy. They did so by using a few simple, proven strategies alongside the latest cutting-edge mind/body methods. I provide these in Part Two of this chapter to help you let go of any current challenges you may have.

If only these innovations were available from my mid-teens onwards, there wouldn't have been 35 years of suffering high levels of stress and worry. In fact, my biggest obstacle was a fear of public speaking, maybe you too have experienced it from time to time! The uncontrollable anxiety, the racing heart, sweaty palms, blank mind and the unbearable and uncontrollable 'fight or flight' feelings. There was frequently a feeling of insecurity and nervousness and not just in front of strangers or groups, but also around people who I knew.

Tired of suffering, by my late teens I confided in my doctor who diagnosed a 'Social Phobia.' He said I would grow out of it, which wasn't much help at that time! In order to become calmer and more confident, I studied every self-development book around, from the *Power of Positive Thinking* to *Self-hypnosis*. They helped a little, but I never made any real improvement.

Over the coming years the symptoms continued – maintaining pressure on my social activities and stretching to increasingly affect my career, work success, performance and ultimately promotion prospects.

Therefore, business meetings were traumatic. I'd do almost anything to avoid them or not contribute to a discussion, even with something of value to say. When being called upon to speak, my insecurity would quickly reappear. The speech that came out was a nervous, incoherent, jumbled mess, even though I knew my work well and excelled at it. At those times it was obvious the management would never consider a promotion.

Further anxious years passed. Unable to solve the problem by my thirties, it was time to seek assistance. I turned to friends and work colleagues who were surprisingly sympathetic and understanding and offered some advice. Though helpful and comforting, and even with sharing this, the anxiety remained.

As the years passed, seeking professional help through attending sessions held by therapists became necessary. They were all useful, but, frustratingly, no one could cure me. Eventually I gave up hope after being told I was a complex case. That it was a hard-wired issue. Subsequently anti-anxiety medication was later prescribed, which was quickly stopped due to its terrible side-effects. Medication as you know, is never a real long-term solution – as it often just suppresses the symptoms without addressing the root cause.

This led to gaining a growing fascination with psychology and the decision to train as a counsellor. By studying the subject and working amongst teachers and other students perhaps it would somehow help alleviate the problem. Not so, as once again nothing was gained leading to an increased hopelessness.

My career progressed onto an executive level and was going quite well. Then the company's 10th anniversary arrived and the role I played for them required a speech in front of 500 industry people as well as the media. Imagine the horror!

Luckily though there was a month to prepare. Fear aside, to be a successful speaker, I know you've got to concentrate on the basics; be familiar with the subject, plan, rehearse, etc. I also introduced Mnemonic techniques to the script to make it easy and importantly unforgettable.

Come the night, nerves did set in but confidence was high as I had practiced and memorized the script from back to front. The time drew close and the anxiety increased as the crowd swelled. Once being introduced and called onto the stage straight into the spotlight, the feelings returned. The heart started to race and my mind went blank, wiping out all that had been learnt. Frantically, the speech was rushed through with anything that could be recalled. It was nowhere as good or as comprehensive as planned.

The reception was lukewarm which was embarrassing and disheartening. I knew the subject and was capable of doing better. It was yet another blow, not only for confidence but also for career prospects.

Anxious years passed. I then discovered the groundbreaking solution orientated psychological techniques of NLP (Neuro-Linguistic

Programming), which you may be familiar with. NLP is based not on ‘the why’ you have a problem but rather how you create it – what you see, hear or feel for example. Once discovered, it can be changed to create relief from your problem. I was good at helping others using its tools, so I opened up a small part-time coaching and therapy practice.

Another magical find was the powerful techniques of the now widely popular EFT (Emotional Freedom Techniques). EFT is proven to remove any negative emotional response by means of simple ‘tapping’ on specific nervous system (acupressure) points to calm and neutralize stressful thoughts.

Incorporating NLP and EFT into my practice, results with clients were nothing short of amazing, and with a very high success rate! It was often possible to quickly alleviate any emotional stress, everything from fear of flying, sadness and relationship problems to war veterans suffering from PTSD. But with everything the tools and techniques could accomplish, and all the successes other practitioners had, neither I nor they could still alleviate my fears! There still was a piece missing as to why it didn’t work for me and a handful of others

Nonetheless, whilst continuing to help others I also worked in full-time employment to earn a decent living. Unfortunately, the job involved giving occasional presentations, which, as they were stressful, led to avoidance in many cases. In the ones that were unavoidable I’d distract the focus away from me, either by using power-point or through group discussion. Unfortunately, at one point during work the anxiety became so bad the only option was to quit the job. Career, income and life had really started to be impacted now.

By my early forties, the biggest and most profound changes finally happened upon discovering the original calming and relaxing (tapping) method of TFT (Thought Field Therapy), alongside other revolutionary and powerful curative methods. Also by identifying food sensitivities and intolerances which also affected my emotional and physical well-being. These were the final piece in the puzzle that enabled me to increase my success rate and help those clients previously un-helpable.

Through a simplified yet comprehensive approach, the new discoveries did, in a very short while, what all other therapies and techniques couldn’t. They cured my Social Phobia and fear of public speaking!

Encouraged by my increased results, soon after I opened up a full-time coaching and therapy practice to pass on my knowledge to help others.

The biggest realization and milestone about how successful the strategies and techniques helped came during my first appearance on live TV. Not only was the interview intensive featuring my life, work and success, but I was also asked to coach an audience member live during the show to help with a smoking problem they were currently dealing with - which I effectively accomplished.

Never in the past would that have ever been possible, or plausible. Even the mention of going on TV, let alone live TV would have made me tremble. In fact, it wouldn't have even been up for discussion. No fear or anxiety showed whilst performing the coaching techniques, which was a complete success. I was confident, calm and relaxed throughout – making the show a great triumph.

It was a challenge to have remained persistent for many decades to discover the help that eventually enabled me to become the relaxed and confident person I am today. It's easy now to talk calmly and confidently in front of anyone – even large groups or celebrity clients – and not through fear or anxiety any longer, but with passion and excitement.

It's a revelation to know that despite the odds, any psychological challenge holding people back can be overcome, no matter how long it's been around. All you need is the how. Fortunately, it's no longer a 35-year quest for you as it was for me, the tools are here now with me to share and help you with any limitation you may want to let go of.

PART TWO

Two Amazingly Effective Stress Busters!

My QEPR (Quantum Emotional and Physical Release) coaching and therapy consultations incorporate all the latest groundbreaking techniques and tools. One such recent huge advance in psychology and a powerful addition to QEPR is Havening. Some people aren't aware of these advances, yet all have been researched, developed and scientifically proven effective throughout the years.

With nothing to lose but the problem, give both my Stress Busters a go! Don't let the disappointment of past failures, or the fear of

trying something new and different stop you from experimenting and succeeding in life. *Video of the techniques below can be viewed at <http://www.quantumepr.com/blog/winningway>

(Disclaimer: Do not use these techniques without a qualified practitioner if you suffer from a psychological disorder or severe trauma. Always consult your doctor before attempting any self-therapy.)

I. Havening

Havening (www.havening.org) is a ‘Psycho-Sensory’ therapy that is a massive break-through in modern psychology. Developed by Dr. Ronald Ruden, who, upon studying the brain discovered that sequences of repeated soothing touches to specific parts of the body, alongside eye movements and distracting visualizations, have predictable and calming effects on our feelings. In fact, Havening reduces stress chemicals, increases the feel-good chemical Serotonin and quickly de-links negative and bothersome feelings from thoughts. It is usually performed by a qualified therapist but is also highly beneficial when self-applied.

There are three aspects to ‘Self-Havening’:

1. Retrieval of an emotion by recall.
2. Havening touch. This entails softly stroking down the arms, face then hands in a comforting fashion. These areas on the body are shown to produce strong electrical delta waves to the brain’s emotional center, the *amygdala*. These waves in turn release an enzyme which permanently unhooks then strips away the specific stress-causing receptors from your *amygdala*.
3. Distraction techniques. This prevents continuous re-activation of the stress producing receptors.

How to reduce a stressful thought:

1. Eyes closed – take 30 seconds to bring to mind a distressing thought.
2. Rate feeling zero to ten – zero being no emotion ten the highest possible.
3. Eyes closed looking at the back of the eyelids ‘clear your mind completely’ of the problem as you begin self-havening: Cross your arms over and gently but firmly continuously stroke down from your shoulders to your elbows.
4. At the same time, visualize walking up a staircase of twenty steps. As you climb, ‘each step causes the distress to diminish and for

you to feel safe, peaceful and calm.’ Count aloud as you climb the steps in your imagination. Continue the arm self-havening.

5. After reaching twenty, continue the self-havening and hum a tune that makes you feel good, or is neutral in nature, e.g., Row, Row, Row Your Boat, Happy Birthday, Twinkle, Twinkle Little Star etc., for two verses.
6. When finished humming, open your eyes and look straight ahead, keeping head still. Look hard to the right and hard to the left, hard to the right, hard to the left. Close eyes and take a relaxing breath in and out.
7. Close your eyes again and continue gently arm-havening as you rate your level of distress again.
8. Repeat the entire sequence 1 - 6. But now instead of self-havening your arms, smooth across your forehead and cheeks at the same time from the center out, as if smoothly and comfortingly washing your face.
9. Repeat the entire sequence again 1 - 6. But this time, self-haven your hands by smoothly performing circular hand-washing type movements.
10. Repeat all above 1 – 9 until you feel the problem has diminished or gone.

II. Stress Reduction Breathing

A simple, but extremely effective breathing technique that’s proven to lower stress and Cortisol levels, is quickly calming, makes you less reactive, emotionally stronger, helps you sleep better, improves your heart and raises your anti-aging DHEA hormone:

- If comfortable to do so, inhale slowly and smoothly through your nose, tongue resting on your gums just behind your top teeth, for a count of five seconds.
- Then exhale slowly through your mouth, tongue resting on the bottom of your mouth, also for a count of five seconds.
- Repeat for 5 to 20 minutes at a time, several times daily or as often as possible.



About Paul

Paul Emery helps his clients successfully overcome any psychological barrier to success and lead better, more fulfilling and confident lives by utilizing innovative, ground-breaking techniques.

Paul is great...it helped me!

~ Kate Moss, Supermodel and Icon

Born in Bristol, England, Paul grew up with an interest in personal development and subsequently studied at the 'University West of England' qualifying as a counselor/coach.

Identifying the needs of others to improve their lives, especially dealing with stress and worry more effectively, he also studied the innovative works of people like Anthony Robbins, Jack Canfield and Brian Tracy.

He really mastered his skills whilst employed in the corporate and business world of retail, telecommunications, education and finance.

Encouraged by the tremendous coaching results he got, he decided to train formally and be mentored by other recognized leaders in the personal development and psychological field, notably Dr. Richard Bandler, Paul Mckenna, Gary Craig, Dr. Roger Callahan and Dr. Ronald Ruden.

Paul is certified as an NLP (Neuro-Linguistic Programming) Master Practitioner, EFT (Emotional Freedom Techniques) Trainer, TFT (Thought Field Therapy) Advanced (Optimal Health) Practitioner, and more recently, a Havening Techniques Practitioner.

In 2002, he successfully launched his coaching and therapy practice that thrived by offering a rapid, no nonsense "Guaranteed Life-Changing Results" service.

Paul's service is centered on his philosophy that any psychological or emotional challenge can be easily and effectively overcome by the right guidance and tools.

His goal is to enable his clients to become more relaxed, confident and successful, to help them effectively conquer any limitation that holds them back, bringing out the optimal person they can be—the very best in all areas of their lives, in any situation, at any time either at work or at home.

He also believes in empowering his clients by teaching simple, yet effective tools and techniques for them to manage any challenge that may occur in their daily lives.

In 2010, Paul's eclectic and ever-evolving coaching and therapy service, QEPR (Quantum Emotional and Physical Release), was awarded the prestigious 'Holistic Treatment of the Year' by a panel of industry experts for his outstanding contribution to excellence in his field.

Over the years, he also developed his own ever-popular, stress-relieving, life enhancing light exercise class – 'Emer-gizes', which incorporates self-Shiatsu Makko Ho and Do-in exercises, Qigong, and Energy Medicine amongst others.

Paul frequently travels internationally helping thousands of clients from around the world from America to Australia with companies such as Chevron, Credit Suisse, and Turkey's Richmond (Nua). He's coached from billionaires, politicians, top CEO's and doctors to Royalty, Rock and pop Stars, even Hollywood and Bollywood actors.

He has been featured extensively on TV channels such as Fox, Sky and TNT; on the popular CH9 show *Celebrity Overhaul*; regularly on radio shows such as *Qatar Foundation Radio*; in international magazine and newspaper editions of *Vogue*, *Marie Claire*, *Harper's Bazaar*, *Cosmopolitan*, *Gala*, *Women's Health*, *Men's Health*, *Sydney Morning Herald*, *Millyet*, *Hurriyet*, the *Financial Times* and was featured in the bestselling book, *Ultimate Spa and Spa Treatments*.

He provides coaching or therapy either one-to-one in person, or via Skype, group workshops, QEPR Practitioner training courses, seminars and retreats.

Paul is author of the eBook and forthcoming hard copy, *Simple Stress and Anxiety Relief - Quick and Easy Steps to Stress Management with EFT*.

For more information, you can also connect with Paul at:

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