

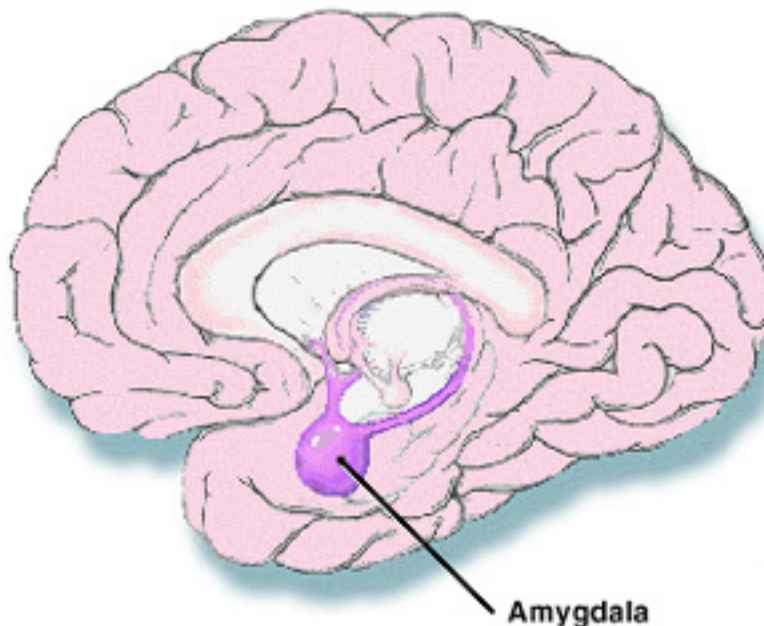
The Linden Method cures - here's the proof

"The experience and evidence we have collected over the last 12 years is conclusive. The [Linden Method](#) is the roadmap to activating the body's only anxiety recovery process... there is no other cure. This theory and the success of my program is reflected in the bedrock of modern psychology and underpinned by the thousands of success stories we hear every year. I know we can cure you of your high anxiety condition... just give us the opportunity to prove it to you." **Charles Linden**

The Amygdala

What is the Amygdala?

The **Amygdala** (*amygdalae*; plural) are a pair of small organs within the medial temporal lobes of the brain. The **amygdala** are part of the limbic system and their primary role is in the processing and memory of emotional reactions such as the **anxiety** reaction or 'flight or fight' response.



In humans, the **amygdala** perform important roles in the formation and storage of memories associated with emotions including **anxiety**. Scientists have shown that fear conditioning, experienced for example by those who develop an **anxiety** disorder such

as generalised **anxiety**, panic attacks, phobias or obsessions (OCD), happens within the **amygdala** and is stored by it as an inappropriate anxious reaction.

The **amygdala** reacts to 'fear conditioning' in the same way as Pavlov's dogs were conditioned to salivate on hearing a bell; this kind of conditioning is called operant conditioning and was studied extensively by eminent psychologist Burrhus Frederic Skinner who found that through repetition, the subconscious mind could be affected in a way which would alter the autonomic reactions stored in it.

John Broadus Watson, an eminent psychologist with theories similar to Skinner's, believed that he could take a human child and 'create' the kind of person he wanted by manipulating their behaviours; this stands to reason when histories of anxious people reveal the catalysts for their condition, more often than not, a specific catalyst can be identified and these include family situations, bereavement, exposure to other sufferers and general social environment amongst many more.

Through behavioural modifications, the **amygdala** can be modified to react differently. During high **anxiety**, the **amygdala** can be modified to react with higher levels of **anxiety** and this can then become fixed causing an anxiety disorder such as panic disorder, OCD or phobias. Similarly, those with **anxiety** conditions can, through a structured programme, modify the inappropriate reactions of the **amygdala** in order return it to a more appropriate level, thus eliminating the anxious symptoms associated with the disorder.

The Science behind the Research

The 'Little Albert' Experiment - Fear conditioning and anxiety disorders

John Broadus Watson was an American Psychologist who established the Psychological School of Behaviourism. **Watson** believed that he could take twelve healthy infants and by applying behavioural changes, could 'design' people to be how he wanted them to be.

Watson stated that emotions such as fear could be conditioned using behavioural techniques. He took a small child (11 months) called '**Little Albert**' and conditioned him to become fearful of random objects: a rabbit, a dog and (believe it or not) some wool! **Watson** presented these objects and at the same time, made a loud noise.

The experiment worked and **Little Albert** became conditioned to respond with fear when presented with the objects alone. He had conditioned anxiety and this sent

shockwaves through the psychological community that had, until then, believed that fear, was pre-programmed in the subconscious (Sigmund Freud).

As unethical as this experiment was, it proved that fear responses could be raised by **fear conditioning** and that anxiety disorders can be created and eliminated given the correct treatment.



Burrhus Frederic Skinner was an American psychologist who pioneered research and advocated behaviourism which concentrates on understanding how behaviour is the manifestation of environmental history with regard to the experience of consequences.

Skinner also proposed the use of **behaviour modification**, much like **Watson**, he believed that a person could have their experience of life modified by behaviours. Skinner developed the theories behind **operant conditioning** as a way of engineering society, happiness and people's experiences of their lives.

Skinner believed that any experience backed up by a consequence would become imprinted on a person's psyche; the experience of anxiety disorder sufferers would back this up; repeated stimulation of the Amygdala through anxious behaviour would reinforce and imprint those behaviours as a form of 'habit' into the subconscious mind.

Conversely, by using **behaviour modification** as discovered and pioneered by Watson and Skinner, the reversal of the formation of 'anxious habit' is also possible.

Charles Linden is a pioneer of behaviourism in the elimination of anxiety disorders. Linden's theories surrounding **behaviour modification** to affect the inappropriate reaction in the

amygdala have been used with great success in conditions such as Panic Disorder, Obsessive Compulsive Disorder, Phobias and Generalized Anxiety Disorder.

Combining a targeted program of behavioural changes and constant support and reassurance, **Linden's** Method undermines the subconscious anxious reaction in the amygdala, eliminating the core of the reaction within the amygdala, which causes and perpetuates the anxiety.

In line with the theories of **Skinner** and **Watson**, **Linden's** Methods prove that **behaviour modification** is the cause and solution to many of today's anxiety conditions and also plays an important role in some depressive conditions.



The Psychology of Emotion

In the early 1900s, two men pioneered research into the true nature of emotion and its relationship to the physical body, symptoms and illness and came up with a number of definitive conclusions. Those men were Carl Lange and William James. These two men's work forms the foundation of modern emotional psychology.

The most important conclusion they came to forms the foundation for our understanding of how emotions are created, and what incredible physical impact thoughts can have on our bodies and health.

Their research concluded that an external catalyst, say a wild bear, is detected by your sensory organs and the body reacts with physical changes (anxiety symptoms) WITHOUT any conscious thoughts or emotions; in other words, the emotion of fear we experience during the anxiety response is physical and not emotional.

To demonstrate what I mean by this, next time you feel anxious, strip away all of the physical sensations you experience and you will find that nothing is left... the physical sensations ARE your experience of emotion!

What we **KNOW**, from over 13 years of experience having helped over **143,000** clients to recover not manage their anxiety, **RECOVER**, is that if an anxiety sufferer does The Linden Method, they completely eliminate every element of the inappropriate anxiety they experience and every anxious symptom and thought disappears too!

How The Linden Method Works

[The Linden Method](#) brings together a group of simple techniques that undermine and eliminate anxiety completely... it's not a quick fix, a cover up, a 'band aid' it actually undoes the formation of anxiety conditions completely!

How does it do this?

It destroys anxious neural pathways and replaces them with non anxious ones! Like removing a smoking habit or a nail biting habit or any learned behaviour. Through seamless continuity of the Linden Method structure which is simple, the brain 'reorganizes itself'...

...until a new structure has been created that behaves in a completely non-anxious way.

The brain requires communication and equilibrium between the two hemispheres and when communication is effective, the brain becomes more creative, more organized, more able to learn effectively and the effect on your life can be incredible.

When you recover using The Linden Method, which outlines and guides you through the ONLY way to erase anxiety, your mind will respond... your anxiety, which has 'fine tuned' your brain during your anxiety disorder will fade away but your brain will divert all of the changes made to your subconscious mind to make you more productive in every area of your life.

Making these changes creates an effect which scientists call 'whole brain thinking'.

Whole brain thinking enables creativity increases, intuition, increased ability to learn, social skills and increased intelligence. My IQ went up by 5 points during my anxiety disorder!

Traditional anxiety elimination method such as CBT (never medication!), are supposed to create these changes but the problem is that methods such as CBT are usually an event... a once or twice a week session at best. But talking therapies also involve a number of very 'counter-productive' devices which serve only to remind the sufferer that they have high anxiety. A TRUE solution which uses these scientific devices, like those discovered by Skinner and Watson, is a PROCESS and not just a once a week event!

Continuity of support is required to create and maintain these changes.

Continuity is the watchword. The clear, concise, simple and structured process outlined in The Method is the ONLY way to achieve these changes effectively and our system has been designed to provide the targeted structure that is vital to recovery. It is the ONLY method available in the world which is proven to work in absolutely every single case.

You may think that this sounds incredible. Yes, I agree, it is incredible. You may think it sounds fictitious. I agree it does but trust me this is science fact. There's no secret about how The Linden Method works... no secret at all.

- I provide the solution to you in a set of structured rules.
- I provide a group of supportive 'first aid' fixes to use during recovery.
- I provide words of inspiration.
- I provide information which offers answers to so many questions.
- I provide structure.
- I provide seamless support, reassurance and guidance.

And all of this combines to provide recovery.

I started this company because using The Linden Method totally changed my life, but I'm sometimes at a loss as to how to adequately communicate just what I mean. The memory of how I once was has now faded... in fact, other people remember that person far more effectively than I can. I KNOW through experience of helping over 100,000 sufferers that you will be led to your own version of the same conclusion I reached with The Linden Method.

I sleep very well at night, secure in the knowledge that what I provide is water tight. I know this works and the hundreds of letters of thanks I receive are testament to that.

For more information visit the [Linden Method Website](#)