



One in 10 adults depressed • 15% preschoolers depressed, anxious
 Suicide third leading cause of death in youth • Child depression drug use
 quadrupled in a decade • U.S. suicide rate climbed steadily since 1999

Everything we thought about happiness is wrong.

“We don’t want things, people, or events. We want the feeling we mistake them for. You can have it any time.”

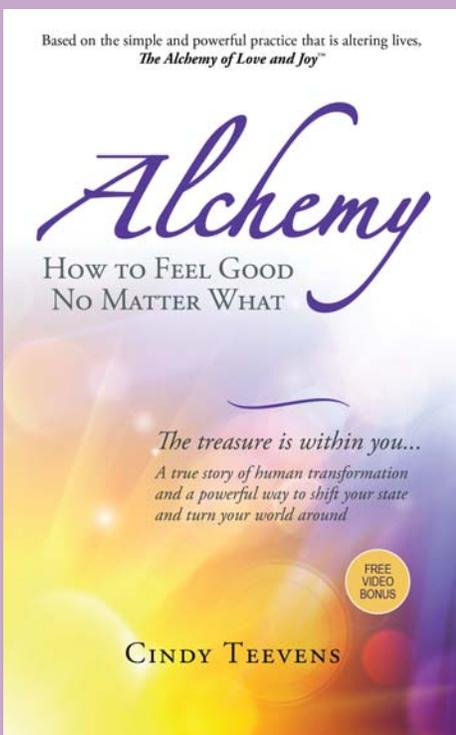
CINDY TEEVENS is author of *Alchemy, How to Feel Good No Matter What*.

The book is based on The Alchemy of Love and Joy™ which is altering and even saving lives. Cindy has been helping people use it since her own suffering switched into joy in 2009.

Alchemy is uniquely the radical reversal of current expert and self-help advice.

YOU WILL LEARN

- You were born a bundle of joy! You are capable of much more joy than you have lived—or imagined! How to know and grow a good feeling, beyond belief.
- Things don’t make us happy, people don’t make us unhappy. I can prove it. The treasure is within you.
- Don’t use positive thinking. I can show you how to *feel good first*—then good thoughts flow naturally and easily.
- Seven questions that shift your state and turn your world around. Your entire perspective and experience changes.
- Sending your child to their room to cry teaches them how to suffer. Teach them Feel Good Fests instead.
- Love relationships are doomed from the start because they are about attachment, not love. How to drop the masks and love without need or fear.
- New, natural way to deal with anxiety and depression. A simple and powerful practice anyone can use to feel better, and realize their natural freedom and peace.
- How to end the stream of stressful thinking - awaken joy!



Based on the simple and powerful practice that is altering lives,
The Alchemy of Love and Joy™

Alchemy

HOW TO FEEL GOOD
 NO MATTER WHAT

The treasure is within you...
 A true story of human transformation
 and a powerful way to shift your state
 and turn your world around

FREE
 VIDEO
 BONUS

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