

# ADDICTION Freedom



## Powerful tools for Relapse Prevention

**A Focused and Rewarding approach to end the struggle with addiction... for life.**

**Created by Wendi Friesen**

## End the Struggle - Stop the Cravings - Create Power and Commitment

### The Addiction Project

is a powerful program that uses Hypnotherapy to free an addict from the fear of relapse, create a life they love and stop the cravings and triggers.

For over a decade, Addiction Freedom has helped people who have failed repeatedly.

The brain of an addict must have a massive change in their beliefs, values and triggers. Training the brain is completely ignored in most drug and alcohol rehab centers, and as a result the failure rate is over 90%.

12 Step and AA methods are now proven to be only as effective as a person choosing cold turkey to quit on their own.

Based on what we now know about how the brain works an addict can experience confidence, strength and freedom. The subconscious modification techniques will work to empower an addict at the

### Hypnotherapy Creates Permanent Change

No more fear of relapse.

subconscious level. Most participants experience a profound change after the very first session.

### Why does it work?

Research supports the brain's ability to change by creating new neural pathways, responses and rewiring the old patterns that caused relapse. Hypnosis and NLP creates permanent changes with the training sessions. We are achieving amazing success for those who struggle with addictions.

Ready to quit for good? Experience the power of Hypnotherapy and live a life you love.

**Private and Group sessions  
Free presentation for your  
treatment center, school or  
business.**

**[TheAddictionProject.com](http://TheAddictionProject.com)  
Boulder, Colorado**

## The Addiction Project

Because Willpower Doesn't Work

The addiction project presents a new path in the treatment of addiction. We believe that the success rate for addicts can be increased substantially. Cravings will stop for good and the fear of relapse is a thing of the past. Thousands of ex-addicts have become free from addiction and created a massive and permanent belief that they are healthy, powerful and strong. We have created a science based method that works fast and feels fantastic. The Addiction Project is a great choice for those that want a better, proven alternative that creates power, focus. You can find your absolute belief that you can lead a healthy life without fear, doubt, or struggle.

The Addiction Freedom method retrains the brain and creates the strength, values and positive beliefs for every person who wants to be addiction free

# Addiction Freedom

## Breaking Free

Shatter your old beliefs, and create a positive and powerful mind. Stop holding onto old beliefs that created struggle and fear.

You will create an entirely new perspective. Your values are realigned with the person you are becoming.

## Who Am I?

Find the old identity and belief that resulted in weakness, powerlessness and failure. Transform your mind and body to create who you really want to be.

## Find Your Life Force

You will experience this hypnotic propulsion system that activates every cell in your body. You will feel your new life force emerging.

## Soul Searching

Heal hurt, anger, and shame. Resolve your inner child issues, find forgiveness and release the trauma that led to addiction.

## Spiritual Awakening

Find the source of your spiritual wisdom- connect with your higher self, guardian angel or wise sage. Find your unique purpose and passion.

## Science Based

Time Line Therapy will resolve, release and heal the pain of the past. This restructuring of the Time Line is an overwhelmingly positive experience.

## What you think about... expands

### Expand your power and free will

Our advances in treatment come from the processes that utilize the subconscious mind's resources. Rewiring the brain's neural pathways is proven to permanently affect your behavior and stop the cravings. **The most exciting part of this therapy is the immediate freedom and change that you will experience.**

Using hypnosis, NLP, EFT and TimeLine Therapy a person can really understand how powerful their beliefs, values and boundaries are in creating a powerful and committed life. Discovering the subconscious mind's role in your behavior gives you a new hope and freedom from the past.

Research has shown that talk therapy can actually worsen a person's outlook. The process of analyzing and dwelling on the problems and failures of the past can create a deeper state of depression.

## Want a BIG change?

Our brain shapes our reality and totally changes the way you respond to the events in your life. If you are going to emerge as a successful, clean and powerful person, you must experience yourself as this person now. Hypnotherapy makes it happen.

## Powerful

Meet your powerful self that emerges after addiction. Discover the aspects of yourself that are unique and strong, living and loving your new extraordinary life.

## Boundaries

Create new boundaries and remove your doubt from past failures. Create new healthy boundaries that feel great.

## Triggers

Strengthen your new core values. A powerful, positive trigger is easily created. Your new power will drive you to the right decision in every moment.

## Inspire others

Create a commitment that will make you an inspiration to others. Your happiness and success will impact others to help them choose to be free from addiction.

## Better Than Ever

Build a better brain and a healthy body. Become creative, healthy, confident and extraordinary.

## Invent Your Future

Experience your future self to become that person now. This will create and reinforce that you are a strong, healthy and amazing person living a life you love. You really can have this. You'll be proud of who you are, happy to be alive, connected with life, love and joy.

Private or Group Sessions. Ask for a free presentation for your treatment center, school or group. Call me. I can help you.

Wendi Friesen, CHT 916-996-8391

# Happiness

# Health

# Freedom

# Addiction Freedom

TheAddictionProject.com A Powerful, Permanent, Positive way to be sober and happy.

## From Our Clients

I just returned from a Caribbean cruise where drinking was plentiful. Didn't phase me in the least. I have simply become a non drinker a person who chooses not to drink, simple cool...I have been sober for almost 2 years now, longer by far then any AA stint where I lived in constant fear. I am also a big Wendi fan. **Anything I can do to support this wonderful way of living sober COUNT ME IN!**

Jason

Last night, I went to hear a friend's music. I had a diet cola. I had a blast. Music was fantastic – I even participated as a "performer" on a couple of songs. I smiled about having performed under the influence of a diet cola, and I am not struggling through the grind of detoxing. This program is working and is going to work even more. It's not just about alcohol. It's about one's viewpoint of living life and **addressing one's deep desires for a healthful, satisfying, creative, fulfilling self** being actively engaged in creating the positive.

Gregory

I look forward to hearing your beautiful voice everyday. You have truly been a blessing in my life and undone all the damage traditional treatment has done to me. As with most people with substance abuse problems, the more "help" you get, the worse the habit becomes.

I walked into AA four years ago a problem drinker who was expecting to find a happy, healthy group of people who would slap me on the back, tell me to buck it up and support me in sobriety. Just the opposite is true. They convinced me I was sick, sick sick and should NEVER trust myself. They teach you to live in mortal fear of alcohol, of yourself and your thoughts, assuring you that you'll die if you don't "work a good program" whatever that means.

When I told my sponsor that I'd realized AA would not work for me, that I found it negative and fear-based, that I was simply not the type of person who blindly accepts dogma without questioning it, **I was screamed at that "you are going to end up dead" and the phone slammed down.** Not one of these people has ever contacted me again after receiving daily phone calls, socializing, etc. under the pretense of caring and support. I saw my lovely sponsor in the grocery store and she glared at me and turned her cart around to go the other way! Such serenity and love they have. In the years **since my first exposure to AA, I went from problem drinker to full-blown addict who had to be hospitalized twice for detox.** Beware of recovery group disorder because it can be a killer for so many people. I am sickened by the stranglehold they have on this country and the cult they have evolved into with the blessing of the medical community.

**Wendi, again, anything I can do to help you with your WONDERFUL program, I will do. It is exactly what substance abusers need and is the polar opposite of the current treatment in this country which nobody seems to be examining.**

**I couldn't imagine life in AA or life in addiction. It is an impossible choice since neither one of them offers a chance to live as an independent person with dreams and goals.**

You've given that back to me. Please let me know what I can do to give back to you. Thank you Wendi....

Linda

About 2 months ago, I started the ALCOHOL FREEDOM program, and so far as of today, I'm on day 27 of Abstaining from Alcohol and I've lost 10 lbs!

It's amazing. I feel so great. I LOVE your hypnosis sessions, they are working for me, I just can't believe it. **One minute I think about having a drink, and within 1/2 of a second, my mind is just totally somewhere else, the thought vanishes.** There is no desire to struggle with, it's gone. Thank you, again.

So, I have to tell you about my life, before I found these programs, but I'll make it brief. The last 8 years I went through monumental life changes. I started drinking to escape the loneliness and pain, and started gaining lots of weight - 60 lbs. I had no energy, was sleeping all the time in the middle of my days and drinking 5 or 6 pints of beer or a bottle of wine every night I feel so great. Thanks again Wendi.

**Pamela**

At age 45 I had been drinking since I was about 15. I had tried numerous ways to quit drinking. AA, rehab, cold turkey you name it. A few days or weeks I would be right back to where I was only feeling worse about myself after another failed attempt to quit drinking. I never could stop the desire to drink.

Wendi, your program changed my thinking and gave me a new lease on life. I have been sober 10 month's now and haven't had a desire to drink in about 9 1/2 months. I lost 20 LBS, workout, write have dreams and goals again! I have a new life.

No desire to drink... doesn't bother me at all. I still play golf with my drinking buddy's and tailgate at games, and I am often the Designated Driver. Ironic after numerous DUIs. Even when I am not listening to the CDs I often hear Wendi's sweet voice telling me to be proud of the person I have become. I am extremely proud of myself and happier then I have ever been.

Thanks Wendi, I really can't thank you enough.

**Andrew**

I listen to your three minute hypnosis every morning and at other times in the day if I feel I need a boost!....but I am so thankful to you....I give you the credit for my sobriety....and for the peaceful response that I have now to the things that used to trigger the anxiety and fear that made me want to have a drink....I have tried everything... (or so I thought!).... I have destroyed relationships right and left since I started to drink....and already some of the people I love have let me back into their lives, and it feels so good to have another chance....

**Lyndsey**

I started Alcohol Freedom 6 wks ago, I gotta tell you I haven't had a beer in six weeks and my family came over drinking for thanksgiving and I wasn't even tempted have a beer. I only listened to 3 or 4 days of your program, and I just totally lost my urge to have a beer which is unusual. Just wanted to tell you how much I appreciated you.

**Keven**

It has been over four months that I took my last drink. **It has been easy which is unbelievable to me as I have no more desires.** I feel tremendously healthy. I feel empowered and free from needing alcohol in my life. **I owe it all to the program that has taken away the dreaded and shameful dependency.**

I realized that the reasons I drank were more about old beliefs and past sensations that I held in my subconscious. I imagined a time when my parents were happy around the smell of alcohol. I believed that as a young child this was what "happy" was supposed to be like when in reality it was more about lack of confidence and escape.

I learned negative patterns that made me drink myself into oblivion. But now all that energy for drinking has been cleared away to reveal my truth. **I no longer need alcohol to be feel confident or happy!**

**Arthur**

Struggling? Frustrated? Failed at 12 steps?

Start today. Feel better fast. There is nothing else like it.

Over 10 years of success worldwide.

Addiction Freedom will blow your mind and get you clean and sober.

Private sessions, Group sessions, Presentations for groups

[www.TheAddictionProject.com](http://www.TheAddictionProject.com)