

## Ep #152: Fear



## **Full Episode Transcript**

**With Your Host**

**Brooke Castillo**

Welcome to The Life Coach School Podcast, where it's all about real clients, real problems and real coaching. Now your host, Master Coach Instructor, Brooke Castillo.

Well hello, my beautiful friends. Pavel, who does all of my editing and has for the past three years, he's my brother from another mother, sent me an email congratulating me on a day where we had 18,000 downloads in one day. It is pretty exciting you all. In one day? It's fantastic! I just want to give a shout out to you all and I'm so excited that so many people love the podcast, and resonate with it, and that I can be here with you and that we have this very amazing relationship with each other. I feel like anyone who has the courage to look at themselves in the brain is my kind of person.

What are we going to talk about today? Let's talk about fear, super fun topic for most of us. Are you guys excited? Are you ready to go? I'm going to talk about fear because most of what we don't do in our life is because of it. I want you to think about what it would be like to not have fear, to not be afraid of anything. Fear is one of those things that has kept us alive. As a species, it has helped us evolve. Most animals need fear in order to protect themselves, and be warned of danger, and anticipate danger and respond to danger.

But we've gotten to the point in many of our lives where there are very, very few things that we genuinely need to be afraid of. Most of the things we are afraid of are not dangerous at all. Being afraid of being embarrassed, being afraid of not making money, being afraid of being vulnerable out there in the world and showing up big, these are not things we genuinely need to be afraid of to save our lives, but that fear prevents us from taking action. The definition I think is very interesting: an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain or a threat.

I'm actually really impressed with this definition because most of the times I feel like fear and emotions are attributed to something outside of us. This definition is so great because it indicates that it's an unpleasant emotion caused by a belief. I want you guys to really think about that. If all fear is just an unpleasant emotion caused by a belief, we can get over that. It is the belief that someone or something is dangerous, it's not actually that they're dangerous, it's the belief that

they're dangerous that makes us afraid, or they're likely to cause pain. We're afraid of pain and we're afraid if something is a threat to be dangerous.

Fear serves us in genuinely dangerous situations, that is the only time that fear serves us. Since most of us are not ever in dangerous situations, it doesn't serve us. One of the women that works for me, Jody Moore, who does all of my enrollment for coach training...if you are interested in becoming a coach, we do have a coach training once a year coming up in September, we're currently enrolling for that training. If you're interested make sure you go to [thelifecoachschool.com](http://thelifecoachschool.com).

Jody Moore does all of my enrollment for that, and she was telling me a story. We all went to Arizona, my whole team went to Arizona to plan for 2017. She was telling me the story that she had heard on a different podcast about a woman that didn't have fear, she had brain damage so she didn't experience fear. She had had these situations where she had been attacked with a knife, like literally someone had a knife to her throat, and she didn't respond in fear, she wasn't afraid which I think in some ways kept her safe because she didn't respond, she didn't provide that adrenaline rush that probably that person knifing her was anticipating. She was able to stay sane in an actually dangerous situation because fear didn't lead the panic.

I think a lot of time we think fear is necessary and useful when it actually is the opposite. Especially if we are afraid of our fear we can perpetuate ourselves into panic and over anxiety where we aren't thinking clearly. Most of us don't have a lot of use for fear. We don't have a lot of use for it in creation of our lives. It's healthy to be afraid of a moving car on the freeway if you're walking, in those situations that will keep you safe. But in most other situations that we are facing in our lives, fear is really no longer necessary, and in fact, can be very detrimental, it can prevent us from doing what we are meant to do in our lives.

Remember that the emotion of fear causes a chemical response in the body that prepares us to take action when we are literally being attacked so we can run away. We can use that adrenaline to run away from this scary thing that is presenting itself. When there's

nothing to run away from, we're still having that response, we're still having that chemical response in our body and that is not useful because we are not running away from a lion.

The problem is that most of the time we feel afraid, we aren't in any type of danger. In fact, there's very few instances when fear is necessary or useful as a fuel. I want you to remember that as you go through your life and you feel afraid. Ask yourself, "is this fear actually protecting me? Is it useful? Do I need it right now?" The way that I like to think about it is I hear you brain, I hear you trying to protect me, but I just want to let you know, brain, that we're going to be okay. There's nothing to be afraid of.

The worst thing that can happen is just an emotion. There is nothing that's going to kill me. The brain is telling you, "You are gonna die, run away from the lion. You're gonna die. Don't jump out in front of the car. You're gonna die. Don't go down in that dark alley." But your brain is also telling you, "You're gonna die. Don't write that book. Don't put yourself out there. You're gonna die. Don't start that business. You're gonna die. Don't keep yourself away from pleasurable food." That's what your brain is doing. It thinks it's protecting you.

It's not useful to be afraid of minor discomfort. Most of us are afraid of an unpleasant emotion. It's not useful when it comes to feeling our feelings, and most of us are afraid to feel our emotions. When we're afraid to feel unpleasant emotions, we avoid doing anything that brings them up. Everything worth doing, everything worth growing for is going to have unpleasant emotions. If you're afraid of unpleasant emotion, you're never going to do that thing that you really want to do.

When you think about being afraid what you're really afraid of is how you will feel emotionally. We're terrified that we will feel something forever and we will never be able to escape it. Fear is the reason we need courage. Courage doesn't exist without fear. Courage is the character trait. We want to develop it. We can't if we don't expose ourselves to fear. Here's what I want you to think about, you cannot build your biceps if you don't expose yourself to heavy things, either lifting your own body or lifting other heavy things.

You expose your biceps to heavy things to lift, and that is how you develop them. If you want to develop courage, you have to expose yourself to scary things. Scary things are easy to expose yourself to because your brain thinks everything is scary when you're pursuing your dreams in your life. Emotions are scary. What if you, instead of you're just willing to be afraid, like you actually went out there and got yourself some fear? Because remember, we use our courage to create our capability, and we use our capability to create our confidence. The more capability, the more confidence we have, this is the Dan Sullivan material that I've shared with you guys before.

If you don't take that first step of building courage, you won't ever be able to overcome the fear that is a natural part of being a human being. My point is if you aren't experiencing fear and you're not having to use courage, you aren't asking enough of yourself. I want to be really clear that I'm not talking about feeling fear without courage. I'm not talking about hiding then shaking in your boots. I'm not talking about living in fear. I'm talking about exposing yourself to fear so you can utilize your courage to move through it. I'm not talking about resisting fear and pretending it's not there, I'm talking about embracing it, knowing that it's part of the deal, allowing it to be there and moving forward anyway. That's what courage is.

We experience fear when we are faced with the unknown, and growing into more will always be unknown. Check that out. You can't evolve into the next version of yourself if it's already known, because if it's already you've already evolved to it. The next best thing for you will always be unknown, and your brain will always tell you that you're going to die, and you will always be afraid, and you will always have to use courage and develop your capability and increase your confidence.

We need compassion for our fear and compassion for our pain, because the fear of pain will always stop us from growing unless we use courage to overcome it. When I'm afraid of being rejected, when I'm afraid of failing, I acknowledge that that's normal, I acknowledge that that's my brain doing what my brain was designed to do. I also acknowledge that all I need is to utilize the other thing that I got as a human, which was courage. I feel like I packed my suitcase as a

human, and in that suitcase was a lot of fear but there was also courage.

I want to utilize both of them, I don't want to hide them both in the suitcase. I want to utilize both of them. I'm going to acknowledge the fear. I'm not going to be afraid of it. I'm going to have compassion for it and then I'm going to use courage to overcome it and develop myself. When you are friends with yourself you treat fear differently, you don't try to avoid it so much. You allow yourself to be afraid. You acknowledge that it's part of the deal. You acknowledge that you're a human and that you were designed to feel fear on purpose. Does not, does not, does not mean there is something wrong with you.

The fear of emotional pain causes suffering. There is a huge difference between pain and suffering. Pain is inevitable. Suffering is optional. When you push against pain, that's when you suffer. When you allow pain, when you aren't afraid of it, that's when you utilize your courage, that's when you step into the strength of yourself to feel a negative emotion.

Somebody asked me a question I thought was so brilliantly asked, I hadn't thought about it this way and this was in our Self Coaching Scholars class. She asked, "When you are willing to feel a negative emotion, isn't that a positive experience?" I was like, "Yes." Even though it's a negative emotion when you're willing to feel it on purpose you can feel strong doing it. Even though lifting weights may be painful, it may be hard, it's a positive experience because of what you're doing to create for yourself. You wouldn't say, "Oh, I love lifting weights, it's just such a pleasant experience." It may be an unpleasant experience but you make it positive by the way you think about it and the way you approach it and do it on purpose.

This is so huge, you guys. Moving towards pain releases suffering. I remember this day that something horrible had happened with my son, and in my mind of course... do you ever get confronted with stuff like when you went to sleep and you're like, "Oh, it's a perfect day" and then you woke up you're like, "Oh yeah, that thing happened. Oh yeah, you know, my son's in trouble" or "Oh yeah, I'm getting a divorce" or "Oh yeah, I just gained 50 pounds."

Whatever it is, like you wake up and you're confronted with it, and immediately you want to retract from it, immediately you want to push it away because you're afraid. But when you move towards it and you open yourself up to it, you still feel the pain, it's still there, it's still unpleasant, but you get to release the suffering, you get to release the resistance, you get to release all of the fight against it. It's like that ball you're holding under the water, the ball is still there, the pain is still there but you're not holding it under, you're just allowing it to float with you.

We can use challenging situations to wake ourselves up, to become more conscious, or we can use those situations to put ourselves to sleep. We can use those situations to go more unconscious and to buffer more, or we can use those situations to move towards our pain to become more conscious and more willing to be awake during every single moment of our lives. If you're not afraid to feel pain, you're not going to be afraid to create all of the beautiful bounty that seriously is just waiting for you on the other side of it.

Fear of fear leads to panic. I think I've told you guys this before. I was reading about how when people have house break ins, when someone breaks in to their home, most people if they kept to their wits about them would be able to escape a dangerous situation just by thinking clearly. Most of us are so terrified that there's someone breaking into our home and then we're so terrified that we're terrified that we don't think logically, we don't think clearly. We don't evaluate escape routes, we don't think about how to negotiate our own safety, all we do is panic, and at many times that is what creates our demise instead of the person that's broken into the house because we're freaking out.

Here are some skills that are worth developing. Learning how to relax into fear, embracing fear by moving towards it. Notice how you want to constrict against fear, it feels safer to do that. What I want to suggest is it's actually safer to embrace it and move towards it. Do not buffer it. When you're afraid don't drink, don't hide, don't overeat, don't avoid it by going on the internet, stay present with it. Don't seek refuge outside of yourself, don't switch the discomfort of fear to comfort immediately, stay present with it. Fear is protective when needed, and it's harmless when it's not. I'm always saying your

emotions are harmless when you allow them, they can cause all sorts of issues when you fight them. The worst that can happen is an emotion. That is the worst that can happen.

Those of you who are in Self Coaching Scholars, I have an exercise here on fear. I want you to take your time with it. If you are someone that doesn't like to be afraid, that doesn't want to stay conscious, you would want to avoid these questions. I want you to move towards them, be willing to experience them. What I want you guys to really think about, take a minute and think about the things that you are most afraid of. I want you to really think about this, if you weren't afraid, what would you be doing right now, what would you be creating? If you weren't afraid of failing, what's the worst thing that can happen when you fail, an emotion. What if you weren't afraid of the emotion? How would your life be different?

This is a game changer. Fear does not mean stop, fear does not mean you're in the right direction. You know what fear means, you guys? It means you're a human. It means that you evolved with fear in order to protect you and it's no longer protecting you. Fear is a natural part of the human experience, embrace it, let it be part of your experience but do not let it hold you back. That's what I got for you this week.

Now, let me tell you what you can look forward to listening to if you would like after the outro. I'm excited to introduce you all to Aimée Gianni. First of all, I just love her. Can we just say that? When I think about her, I just want to give her a squeeze. She's a fantastic coach and she's an amazing person. I just love being around her. She works with women that suffer, and I mean suffer, with autoimmune disease. She is an exceptional coach in working with them because she has been through it herself.

I am really excited to share her work here with you and just expose you to her brilliance. So please enjoy listening to her segment and make sure that you go, and check her out, and sign up for all of her stuff and hire her because if you are experiencing any of the symptoms that she has, she has improved her life so much since she figured this out, and I want her to be able to help you as well. All right you guys, have a beautiful week, I'll talk to you next week. Bye- bye.



Hey, if you enjoy listening to this podcast you have to come check out Self Coaching Scholars. It's my monthly coaching program where we take all this material and we apply it, we take it to the next level and we study it. Join me over at [thelifecoachschool.com/join](http://thelifecoachschool.com/join). Make sure you type in the t-h-e, [thelifecoachschool.com/join](http://thelifecoachschool.com/join), I'd love to have you join me in Self Coaching Scholars. See you there.

Podcast Feature: Aimee Gianni

Hey, welcome everybody. I'm Aimee Gianni and I'm one of Brooke's Master Coaches. I'm a master certified life coach and a master certified weight loss coach. I'm also an instructor at the Life Coach School, so I've helped train some of the new coaches going through the in-person training with Brooke. I've also ran the practicum to help the new coaches do the certification process. I absolutely love being a part of The Life Coach School and I'm so happy to be here with you on the podcast today because I have some really exciting things that I want to share with you.

My specific niche is working with people who have autoimmune illnesses who want to regain their health and start feeling good again. They are so frustrated with all the physical symptoms as well as the mental and emotional symptoms, and they're ready to take control of their health and start feeling like themselves. What I've done is I've taken Brooke's tools and combined them with the functional medicine approach to health and created a program to help people restore balance to their lives so they can ditch their symptoms and start living the lives they are meant to live.

For those of you who don't have an autoimmune illness, or maybe you don't even know what that means, that's okay. The things I'm going to talk about can really be applied to anybody who wants to be healthy. For those of you who are suffering and frustrated with your health, I want you to know that there's hope. I know many of you have gone from doctor to doctor and tried all sorts of different things with little or no results. Don't give up.

I have been where you are and I understand. I have autoimmune thyroid disease so I know how frustrating it can be, and I also know what it takes to regain your health. I want to share some practical tips

that can help point you in the right direction. The things I'm going to share with you today had a huge impact on my healing, and I want to help guide you toward your healing. In fact, all those years that I was so sick and miserable, I remember thinking if I ever get better and if I ever figure this out, I will share this with everyone, because I want to help people get out of the doctor's office and reclaim their lives. So this work is extremely meaningful to me and I want to help as many people as I can.

I want to start by showing you the power of your mind when it comes to your healing. Now your illness is real. It's physical. Your symptoms are real and they impact your everyday life in a very real way. Here's the good news: your mind is actually one of the very best tools you have to help you feel better, not because you can just think your way out of it, but because learning to manage your mind will help you feel better both emotionally and physically.

Usually when clients come to me, they think that they're permanently broken. They are so discouraged. They feel completely powerless, like they're doomed to living the rest of their life feeling sick miserable. Many of them have always led very health conscious lives but their body is just aren't working the way they used to. Some of them even tell me that they feel betrayed by their own body as if their body is now the enemy.

I know firsthand the disempowerment that can come with an illness, so I believe the very best gift I can give you is to teach you how to feel empowered, even when your circumstances aren't what you want them to be. When I learned how to feel empowered, it completely changed how I experienced my life and my illness and I was finally able to start healing my body. If you only remember one thing that I say today, I hope you remember this: how you think about your life and your illness will determine how you experience your life and your illness.

This is where I always begin with my clients, helping them climb out of this dark pit of powerlessness by taking a peek into their minds and figuring out what they're thinking. It usually looks something like this: "this is not fair, I hate feeling this way, I've tried everything and nothing works so why bother, I don't have the energy to do the things

I need to do let alone the things I want to do, and I can't believe this is my life.”

Even though these thoughts might feel very true, I try to show my clients that thinking these thoughts over and over again all day long is just not useful. It's actually quite harmful because these thoughts can suck the power and the life right out of you. I encourage you to write down what you're thinking and feeling about your life and your illness because this will give you such good insight into what's going on in your head, and it will help you identify any thoughts or beliefs that are keeping you stuck and taking away your power.

Sometimes we don't even know what we're thinking because our thoughts are so automatic, so the first in stopping them is to identify them. Remember, you are not your thoughts. You are just the observer of your thoughts. Better yet, you want to be a compassionate observer of your thoughts. Offering yourself kindness and compassion is so important in your healing process. Once you know what your current thoughts are, the next step is to identify some thoughts and beliefs that feel empowering, and I want to offer the following thoughts to you.

You and your body are actually on the same team, and listening to your body is the key to accessing intuition and healing. If you have an autoimmune illness, your body needs some TLC, and are the only one who can give it exactly what it needs. Then I like to ask these questions. If you believed your body was your best friend, how would you treat it differently? What do you believe is the most important thing you can do for your body right now? If your illness was your greatest teacher, what would you learn from it?

These few simple tweaks to your thoughts almost immediately start moving you away from frustration and begin taking you closer to feeling hopeful and empowered. Once you start feeling empowered, everything changes, because remember, that the way you think about your life and your illness determines how you experience your life and your illness. These small tweaks may not seem like much, but a small movement can have big effects down the road.

Let's talk about it like this...let's compare it to the flight path of an airplane. Let's say the flight is going to go all the way across the country, so that's almost 3,000 miles, and let's say it's flying in a straight line. At the beginning of the flight if the pilot turned the plane just a few degrees one way or the other, it may not seem like a big change at the time, but 3,000 miles later when the plane is ready to land, the plane will be in a totally different location than if the plane would have stayed on the original path. A very slight shift can have huge consequences down the road.

The same principle can be applied to our thoughts. Making small shifts in how we think can change everything. Your thoughts really do matter even when we're talking about physical health because your mind can create a feeling of empowerment. Once you feel empowered, amazing things will start to happen because you're no longer a victim to your circumstances, and you're finally ready to move forward in healing your body. That right there is a game changer. Identify some beliefs that help you feel empowered and practice thinking them over and over again until they become automatic. Some of my clients say that this one principle is what rescued them, it's set them free and allowed them to finally start making some progress in their healing.

Now that you know how to empower yourself, you want to give you a couple of more examples of how your mind can help heal your body. Let's about dietary changes because I'm sure a lot of you especially if you work with a functional medicine practitioner, have been told that you need to make dietary changes like going off gluten, eliminating dairy, decreasing sugar, and perhaps eliminating other foods as well. It always sound so easy at first and then you're like, "Wait, what? What am I supposed to eat?" Then all of a sudden it's not so easy anymore. Or maybe you can do it for a while, you might power through and white-knuckle it because you want so badly to feel good again, and then the will power runs out and it all comes crushing down. Let's take a look at why this happens.

Your thoughts drive everything. Your thoughts create your feelings, and your feelings lead you to act in certain ways, and your actions create your results. If you aren't getting the results that you want and you aren't making the changes necessary to get the results, it means

that your thoughts are out of alignment with the results that you want. Guess what, your thoughts will always win, always, every single time. If you're thinking, "My life will be miserable if I can't eat bread", what do you think the chances are that you'll stick to a gluten-free diet? Not very good, right?

For those of you who are trying to implement dietary changes, here is my tip. Ask yourself what you're thinking about the dietary changes. What are your beliefs about the dietary changes? Do you think it's too hard? Do you think it's not fair? Maybe you don't think it's realistic. Just be honest with yourself and find out what you're thinking, and then you get to decide if you want to keep those thoughts or not because thoughts are always optional, you never have to think anything. Your thinking is the one place that you have complete agency. If your thoughts are getting you the results you want then great, but if they aren't you can always try on some new thoughts and see if you find some that feel a little bit better and get you the results that you're looking for.

Maybe instead of thinking, "My life will be miserable without bread", you can try on something like, "I'm willing to give up gluten if it means I can be healthy and have energy" or "If gluten is making my body sick, then my life might actually be much better without bread." Whatever you decide to think about it, it needs to feel true to you or it won't change your results. How you think about the dietary changes will determine how you experience the dietary changes, so you always want to set yourself up for success by thinking thoughts that will lead you to the results that you want.

The next example I want to talk about is stress. I think every doctor on the planet tells us that we need to reduce stress because it has such a huge impact on our health. In fact, Dr. Datis Kharrazian, who is one of my very favorite functional medicine doctors, he said that it is imperative to manage stress if you want to heal from autoimmunity. Here's the thing with stress, I think it's one of those things that we all know we need less of but nobody really knows what that looks like or how to do it.

Sometimes we might think of taking a bath or going for a long walk or maybe reading a book, and while all of those activities can help you

relax in the moment, they aren't necessarily permanent solutions. I still recommend that you do all those things, but you also want to use the power of your mind to help you find some more permanent ways to reduce stress.

Sometimes situations are just plain stressful, but that's actually okay because your body is made to handle acute stress. Acute stress is the kind of stress that comes and then goes, but often times we are the ones who turn acute stress into chronic stress when we carry things around in our minds, or when we dwell on negative thoughts, or when replay stressful situations over and over again in our heads. That is the kind of stress that actually feeds autoimmunity.

In order to tackle this type of stress, the best thing you can do is learn how to manage your mind. Again, this is where your mind has so much power to help you heal. We hear a lot about detoxing our bodies by eating healthy foods, and avoiding processed foods and staying away from harmful chemicals. We need to think about our minds in the same way, because too often we have toxic thoughts that are hanging out in our heads. Sometimes they're really sneaky, because they can parade around as these very noble and responsible thoughts that seem to be so helpful and so admirable, but really they're just toxic.

Some of examples of these sneaky toxic thoughts are things like, "I really should change my diet or I really should exercise" or any other sentence that has the word "should" in it. These thoughts sound so noble, so responsible. How do you feel when you think these thoughts? That's always the test, whenever you are evaluating a thought, you always want to find out how it makes you feel because that's how you'll know if the thought will be helpful to you or not. How do those thoughts make you feel?

I know for me that anytime I tell myself I should be doing something no matter how admirable it sounds, it always leave me feeling inadequate or like I just don't quite measure up. Here's my tip, instead of telling yourself what you should be doing, try asking yourself some powerful questions like, what foods will help heal my body? What would be a fun way to add more movement to my life? These

questions feel so much better don't they? It's just another example of how small shifts in your thinking can change everything.

Some of the most common stresses for those dealing with autoimmunity are decreased energy and mental clarity, because all of a sudden it feels like you can't count on your body to do the everyday things that you used to do with no problem. Rather than fighting it, which only causes more stress, just try acknowledging it as a circumstance and make a new plan. Here's what that might look like, rather than beating yourself up that you don't have the energy to do everything on your 18-page to do list, just acknowledge it as a circumstance.

Okay, so you don't have the energy to do everything on your 18-page to do list. So what does that mean? All it really means is that it's time to prioritize. So start by identifying your top three priorities. When you have time, energy and mental clarity, those are the areas that you focus on. Period. And really give yourself the gift of sticking to your plan. Decreased energy and mental clarity don't have to be permanent circumstances, but they just might be your reality for now, so please do not argue with reality because you will lose every time, I promise you. I know this because I've tried and it does not work. Learn to work with your circumstances and not against them. This mental shift alone will go a long way in lowering your stress level.

You can see from the examples we've talked about that your mind plays a vital role in your healing. Your mind holds the key to lasting behavioral changes and it also holds the key to reducing stress. This is only the beginning, these tools can actually be applied to every area of your life and can make a huge difference in your healing, because healing from autoimmunity involves healing all of you not just part of you. Once you learn how to manage your mind, so many possibilities open up to you.

I want you to think of individual management like a survival kit. If you were going to in a 100 mile expedition, you probably wouldn't just take off without some equipment, some food, a way to filter your water, some first aid items and anything else you needed to survive in the wilderness. Taking a survival kit with you doesn't make the expedition any shorter, you still have to go the same mileage and go

over the same terrain, but you have some items that will increase your chance of survival and help you complete the expedition.

Now, compare this to your healing expedition. Learning to manage your mind is your survival kit. You still have to go the same distance and cover the same terrain, you will still have to make the same dietary changes and learn to reduce stress in your life, but knowing how to manage your mind will increase your chances of completing your expedition, and regaining, and maintaining your health. Because when things get difficult, you will have the tools you need to not only survive but to thrive, and that is really what I want. I want every single one of you to thrive, and it's totally possible.

I know I've thrown a ton of information at you because I really wanted to give you some practical tips, so I hope you've been able to find at least one thing that you can take away and implement in your life, and I really wish we had more time because I have so much more that I would love to share with you. Please go to my website, it's [theautoimmunecoach.com](http://theautoimmunecoach.com), and you can sign up to receive a free copy of my autoimmune survival kit, so go check that out. Also, if you like what you've heard today and you want help applying this to your life, I would love to connect with you. If you know somebody that could benefit from this work, please share this podcast and have them, reach out to me because I would love to help them.

Again, just go to my website, [theautoimmunecoach.com](http://theautoimmunecoach.com), click on the schedule tab and it will take you directly to my calendar. You can schedule a complimentary consultation with me, and be sure to let me know that you heard me here on the Life Coach School podcast because I have a very special offer for all of Brooke's listeners. Thank you so much for tuning in today, it has been such a pleasure, and I send you lots of love and healing as you go forward. I hope we can talk soon.