

Former Depressed Alcoholic Reveals How To Overcome Depression And Anxiety And Keep Them Away Forever Without Medication.

Hello, friend.

I'm Jay Milligan, and I have a confession to make. I'm not a doctor. I'm not a trained psychologist. And I'm not even qualified to diagnose and help treat mental illnesses. But if there's one thing I'm sure of, it's that...

I've Discovered A Way To Bring Depression and Anxiety Under Control.

You see, Since I was a young, I struggled with depression and anxiety. And it all peaked one dark morning after a weekend of drinking.

There I was.

Afraid. My chest was tight, my heart was racing...I couldn't see anything clearly...

My lifelong struggle with depression and anxiety had led down to this point. I was so petrified at the thought of losing my job that I just stayed in bed, ...panicking for 6 hours straight unable to even get up.

This all started when I was a child.

When my parents divorced, my mother's constant re-marrying left my family with severe financial problems. You can only imagine what this did to my self esteem.

When I was in my teenage years I got into drugs and alcohol to hide my pain. I dropped out of high school and never bothered with college, so I couldn't get a good paying job.

Did the drugs and alcohol help?

No.

They only made things worse.

I was always unhappy with myself and that only fed the negative energy. Out of nowhere depression just came crashing into my life like a wrecking ball. I became my own worst enemy, always attacking myself for perceived flaws or imperfections. Anxiety gave me a constant feeling of dread...as if I was constantly about to die and there was nothing I could do about it...

I'm sure you're familiar with what it's like struggling with depression, aren't you? You're probably familiar the following.

1. On the darkest of days, you don't even have the energy to pretend to function?
2. Feeling like you're not good at anything?
3. Feeling that you're worthless?
4. Feeling like people don't care, and that they don't understand and you don't need them?
5. The things that you normally enjoy aren't fun anymore?
6. The feeling that even if you have a good life and a great future, you're not guaranteed to feel good about it?

Well, that exactly how I felt, day in, day out. I had nobody to turn to. It's a hard topic to talk about, and it's an even harder thing to live through. Even worse when coupled with anxiety. If you've struggle with anxiety, you're probably familiar with the following as well.

1. You'd avoid situations because of anxiety.
2. You'd get so fidgety while sitting down and that reading a book becomes impossible.
3. You'd have times where you'd just huddle in a corner, or on a sofa in a room alone, crying and begging for your life. You'd feel like you where about to die and would be terrified.
4. Moments where you have a sudden feeling of dread, the sudden urge to push your way to the nearest exit.
5. Times where you'd feel like the whole room was shrinking down on you an everybody was staring at you.
6. Desperately wanting to fall asleep, but being so restless and afraid that you can't. That feeling where you think if you fall asleep you won't wake up.

Well, thats how I felt. I'd turn my friends down all the time but it wasn't because I didn't want to go, it was because I couldn't bear to put myself in a situation where I could have panicked. Soon enough nobody wanted to hang out with me. I can safely say that one of the worst parts of dealing with depression and anxiety is...

The intense isolation and loneliness that comes with depression and anxiety.

The stigma in our society around depression is real...it's very real. The disapproval from my friends, the whispers in the hallways that "I was weak", the rumours that "I was crazy". I had to live with them.

People who don't understand what I was going through have a hard time understanding it. It actively undermines your relationships and encourages you to break down connections. I fell for it...I told myself that nobody understood me, and that I didn't need them.

It wasn't something I could just "beat"

Depression and anxiety are not something like chickenpox. They're not

something I could just “beat”. They're like the roommate you can't kick out, the roommate you can't ignore...

My parents sent me for counseling and therapy. They wanted to try medications but I refused.

I saw what taking medication did to my mother and I wasn't walking down that same road.

I got a brief moment of clarity when I was 28 and got my GED. I then went to college and got myself a cush high paying job, but I still wasn't out of the fire. In fact, I was now drinking harder than ever and racked up a massive debt. A back injury during that time only worsened things and I started to gain weight.

The injury and the alcohol simply fed the negative energy and I was spiralling out of control. And then...

It All Happened That Fateful Morning

After staying in bed the whole day, terrified...I decided that it was time I fought back. I decided that this had to be the last time.

I talked to my boss and got medical leave.

I talked my problems over with a doctor and he suggested seeing a therapist. Initially I was against it. But after a lot of discussion, I finally spoke to a therapist and started taking medication(as much as I hated it).

This wasn't a permanent solution, just something to get me started. Just the thought of me taking that medicine makes me cringe.

I realised that I was not the “tragic hero” I always thought I was. In fact...not only did I realise that I wasn't the tragic hero...but also that...

I Was The Only One Who Ever Saw Myself This Way

I always perceived myself as the victim and I sought pity from others. I had this deluded self image where I wanted people to see me as the “victim of the world”. But that wasn't true. I was disgusted by myself. It even made me wonder just how many people saw through my act and talked behind my back.

That day, I decided that I didn't want to be the victim anymore. No...I wanted to become...

A Hero!

I had to get my life together.

When people saw me, they had to think, “Whoa!, look at that guy, he can take anything life throws at him without breaking a sweat!”.

And so, my transformation began. I started researching ways to boost my confidence and self-growth. But as I dug myself deeper into the world of self improvement, it became less about “fixing myself”, and became more about “making myself the best me possible”.

I learned how to meditate and channel my thoughts and energy into a more positive mindset. I even created affirmations to keep myself focused and believe me...they worked.

The therapist was clearly impressed! In fact, I turned my visits to my therapist into a game. And what did call the game, you ask?

Well, I called it...

“What Can I Do To Impress My Therapist At My Next Session?”

And yes, I was winning.

In fact, I was doing so well, my therapist dismissed me. But not only that...

I Was Taken Off The Medication In Only Six Months!

She knew I could now handle myself without any help. Of course, the therapy helped. But it was only because I committed myself to winning this battle that I really succeeded.

She told me I was different from her other clients. I wasn't just finding out what the issues in my life were, I was actively fixing them. I didn't rely on the therapy and medication to make me better. Of course, they helped. But they honestly just helped me confirm that I was making progress.

And that's not all...

I was winning in other parts of my life...including parts I didn't even know existed. Things just started falling into place for me...

- I bought my dream car (Something I thought was impossible)
- My living conditions improved.
- I lost 30 pounds
- I paid off 4 credit cards (which I racked up quite the debt)

Now, don't get me wrong. I didn't suddenly walk into a high paying job or get a huge raise. That is far from the truth.

Instead...

I Just Changed How I Percieved The World Around Me.

Not only did I become a real winner at work, I started getting job advancements and...even ended up becoming employee of the year in 2013!

Right now I own my own business and I'm no longer in therapy.

I knew I was on to something when I noticed that I had actually achieved some of life goals by accident. This was empowering. I was so encouraged by my progress that I had to keep setting new goals for myself. Trust me here...when your life really starts coming together....

You'll Realise That There's Nothing That Can Stop You!

So now, a I was immersing myself headfirst in the world of self help, I made a shocking discovery. I was reading an article and found some similarities between what was written...and what I was going through.

As it turns out...

I Had Been Using The Law Of Attraction The Whole Time!

Now, you may have heard about the law of attraction from book or the movie *The Secret*. Or perhaps you heard it from a close friend, or discovered through online research. This might even be your first time hearing about the law of attraction. But, how you found out about it doesn't matter.

What's important is that you create a firm foundation, based on facts, not the insane hype you hear most gurus spout these days.

The law of attraction is a simple concept. It's a universal law that states that whatever you focus your thoughts and feelings on is what you're going to attract in your life. The more intensely you focus your thoughts, the more intensely you attract these things to your life.

The Law Of Attraction has been used by some of the most successful individuals in History.

Andrew Carnegie, Henry Ford, Oprah Winfrey, Arnold Schwarzenegger...all of these where aware of the ideas behind the Law Of Attraction and used them to succeed in life. Even the late Genius, sir Albert Einstein himself commented on the concept!

I managed to turn my life around without even knowing how the law of attraction even worked, or what it was! (talk about coincidences).

However, whether or not I knew about it...I decided that this was something I **desperately** needed to get involved with. I knew that if I could overcome

depression and anxiety with the law of attraction...that if I could turn my life around from...

A Depressed Drunkard Drowning In Debt To Becoming A Self Employed Achiever...

Then others can Do It Too!

And I wanted to help them do it. Listen, it's hard to put into words what coming out of depression is like. I went from being a child in a broken home, to being an alcoholic knee deep in debt, to beating the odds and owning my own business thanks to the Law of attraction!

So, knowing that I could actually help other people in my situation, I broke down what I did to come out of depression and anxiety and distilled it all into a course.

I'd like to introduce...

The Destiny Forge

[BUY NOW BUTTON]

The name comes from how a forge is used to shape hot metal into the desired shape. This is much like how the course is a forge for your life.

Using the law of attraction as a central theme, this course covers everything I did to overcome depression and anxiety, and to get my life back on track. The whole course covers what I did, and the most helpful strategies and mindsets I used to get my life back.

But just because this course uses the Law Of Attraction as a central theme, **doesn't** mean that this course is only about the Law Of Attraction....No...

The course's main focus is overcoming depression and anxiety, and channeling the negative energy feeding the depression and anxiety into more positive mindsets and outcomes.

There **is** an primer on the Law Of Attraction in the course that'll teach you about the basics of the concept, without diving into the deeper, more complicated concepts of the idea. The course covers the following areas:

- Learn about the law of attraction and what it can do for you.
- Finding Answers and Solutions to the concerns in your life.
- Depression and Anxiety, and how to deal with them and keep them away forever.
- Building the confidence to tackle life head on.
- Taking Responsibility and learning that you're in charge.

- Relaxation and Meditation, and how they help your mind.
- Setting goals, and crushing them.
- Tools you need to succeed.

And I haven't even included the content in the member's area to that list.

This is what the course has done for some of it's members...

[BEST TESTIMONIAL 1]

[BEST TESTIMONIAL 2]

[BEST TESTIMONIAL 3]

This is a 10 part audio course. Each part is a separate module and each module covers a specific topic.

The modules, in order are:

1. Introduction
2. About Jay (me)
3. Course overview
4. The law of attraction (A primer on the Law Of Attraction)
5. Anxiety
6. Depression
7. Shaping your life
8. Money and wealth
9. Tools for Success
10. Moving on from here

I'll hold your hand and walk you through the whole course. There's almost 4 hours of audio.

In fact, here's some of the stuff you'll learn.

- The 1 word you musn't use(and the powerful word you must replace it with)
- The first critical mindset shift that marks the first step to consistent success.
- How your core beliefs affect your ideas.
- Prayers and meditation don't work. Right? **WRONG!** Here's the secret reason they work.
- The connection between your beliefs, and your health.
- The #1 WORST time to try praying and meditating (even if you do it right, your energy will still ruin your outcome)
- The simple Scientific explanation of what “energy” really is.
- The 1 thing your thoughts and your feelings have in common with the wind.
- How your beliefs affect how full your wallet is.
- The scientific experiment used to prove the quantum physics in the Law of attraction.

- How a scientist used two bowls of cooked rice to demonstrate how beliefs influence everything the world around you. (You'd be surprised at just how much negative energy the phrase “you fool” is)

In fact, the experiment, as simple as it is, shows just how powerful even simple negative statements are. Now, here's more of what you'll learn:

- How a simple 5 letter word defines the Law of attraction.
- The 1 question you can use to **beat fear into submission**
- How to turn your worries into a game (One that you'll enjoy playing to win, too)
- Why anticipation feeds bad experiences
- What to be aware of during an attack to give yourself an advantage.
- **WARNING**-The major cause of panic attacks you must watch out for!
- 5 affirmations you can use to regain control during an attack.
- Affirmations can hurt you, bad. This is why they can do it...and...

How you can protect yourself from damaging affirmations

- How you can use the “comfort food” method to handle anxiety (HINT: No, it has nothing to do with the fridge)
- How shouting 2 words can banish negating feelings and stress.
- A simple list that'll boost your morale just by staring at it (And this works in all kinds of situations you need a boost)
- The common household item you should look at before you start praising yourself for your achievements.
- How to use the “Anxiety redirect technique” to turn anxiety into “fun”.
- Detailed instructions for how to “exploit” your vivid imagination to beat anxiety (It's a simple four step process anyone can use).
- Why only taking medicine isn't enough to deal with depression.
- The choice most people dealing with depression make (You' be surprised why seeking comfort in depression makes it harder to escape).
- The truth about the false “sex appeal” you see on depressed characters on the TV.
- The big mistake you're probably making while trying to make people understand what you're going through.
- Why you **must** let go of the negative people in your life. And how you can do it.

You may have heard about this one. It's common advice to let go of all negative people in your life...but when you're dealing with depression, it becomes ten times more important to do so. It's not cruel, cold, or insensitive.

In fact, your success depends on doing it, and I explain why it does so in module 6.

You'll also learn:

- How you're probably brainwashing yourself and sabotaging your success.
- How to use a watch to control grief (And to make sure it doesn't control **you**)

- How **the things you already have** can attract joy into your life (The universe will reward greatly you for doing this).
- The 3 tools you can use for long term success when you're was dealing with depression (and detailed instructions for each one).
- The best times to catch your subconscious mind off guard and access it.
- What you must do to your earlobe to shift your mood...at will!

This is a very effective exercise to do. You can use it to get into your happiest mood, or whatever mood you want. In fact...with this technique...you could even...

Give yourself unstoppable confidence, unshakable calmness, and even extreme creativity...at will

Now...moving along...you'll also learn:

- The “**No B.S**” explanation of what meditation **really** is.
- The missing ingredient you need to manifest your goals
- Long string of bad relationships? Here I explain what they **all** have in common.
- A little morning ritual to boost your day, before it begins.
- The one mistake you **must** avoid when you're making your own affirmations...and I reveal this when I describe...

“The easy as 1.2.3 way of creating your own affirmations!”

- How to reinforce your beliefs...while you sleep, with almost no extra effort.
- Why your computer's wallpaper is your secret weapon, and how it'll help you project your ideas into the universe.
- How to get an edge on situations you can't normally handle by “using your head”...even if you'd never be able to normally handle them.
- How Harry Potter can help you attract more money even if you've never waved a wand before in your life.
- How a to use a simple “phone call to yourself” to give yourself an unfair advantage.
- How pretending to be a superhero can attract the life you want, even if you don't have superpowers.
- The great lie about money you've been fed, and why believing it why you're not wealthy...and why you'll never be.

But it's not your fault that you believe it. In fact, you've been given a very bad view about what wealth is, and what getting wealth is about. It's given you a very unhealthy attitude towards money.

But once you realize what the great lie is. And once you learn the true mindset of wealth, you'll be able to destroy all the excuses keeping you from making the wealth you deserve. But all this possible once you learn what the great lie

is, and it is explained at the beginning of Module 8.

Anyways, you're also going to learn:

- The attitude towards money you **must** banish before you can start to attract it.
- Why the **news** is actually murdering your chances of becoming wealthy.
- The Two Words that define the secret of gaining wealth.
- The first mindset “switch” needed before you can start manifesting wealth.
- What you must **focus** on to bring attract more money into your life..and what to avoid like the **plague**.
- The “Path to success” you can use to get out of your slump and get your life in order(This is the same path I took).

How to use crickets and birds to find inner peace...The breathing technique you **must** learn before you start meditating...2 hidden signs that you're not meditating properly...Meditation to treat pain and stress...How to keep your meditations from getting boring...What you're doing with your eyes that could be sabotaging your success...How to tap into a parallel universe to achieve your goals.

This course not only guides you as you come out of depression and anxiety, but it helps you get your life in order.

This course took me years of experimenting, trial and error to figure out. But you can save yourself all that time right now.

The Destiny Forge could easily be worth \$136. But that's not what you're going to pay.

In fact, you're not going to pay \$97 for it.

No...

The Destiny Forge is only going to need a single payment of \$57.

Want to try the Destiny Forge Out?

Okay, here's what you have to do. Click on the large button below, and you'll be taken to a secure order page. Just enter your details and you'll have instant access to the entire destiny forge course, and lifetime access to the member's area.

[ORDER NOW BUTTON]

My 30 day guarantee to you

Now, I understand if you're a bit skeptical about this course, so I'm including

my iron clad guarantee. If you feel that this course isn't for you within 30 days, Contact me and I'll give you your money back.

Signed

Jay Milliagan

P.S I'm including two free bonuses into the package to help you out. You see, when I first got started with meditation, I had NO idea what I was doing or how to do it properly.

There weren't any good guides on the internet and no one one was going to teach a beginner their secrets to pure, inner bliss. So, I spent a few months figuring it all out myself, and taking notes. I don't want you to go through what I did to learn how to meditate, so I created a special audio I call...

The Guided Meditation Toolkit.

This is an audio where ...

I'll hold your hand, and guide you as you learn how to meditate the right way.

On it's own it would be valued at \$15, but it's yours free with the purchase of the Destiny forge course.

P.P.S I've also included the transcriptions for the whole audio course if you prefer to read. These are all available in .PDF format and can be downloaded instantly in the member's area once you make the purchase.

In addition to the whole course, you also get...

Lifetime access to the Destiny Forge Member's area.

I'll be updating it regularly with new content and you get access to it, free, with the Destiny Forge course. On it's own the member's area could have been sold for at least \$15...but you're getting it for free with purchase of the Destiny Forge course.

So....To give the Destiny Forge a try, click on the button below and you'll be taken to a secure order page. Enter your details there and you'll have instant access to:

1. The entire Destiny Forge Audio course. (\$116 worth)
2. The Guided Meditation Free Bonus Lesson. (\$15 worth)
3. The full Transcripts of all 10 modules of the Course. (\$20 worth)
4. Lifetime Access to the Destiny Forge Member's area. (\$15)
5. A surprise interview with a well known Teacher in the Law Of Attraction space (\$20)

Total value = \$186

What you pay = \$57

[BUY NOW BUTTON]

P.P.P.S And here's what everyone else had to say about the Destiny Forge.

[YOUR FINEST TESTIMONIALS]