

LINDA CRAWFORD

Linda is a Homoeopath, Psychotherapist, Master NLP Practitioner, Bio Energetics and Neurofeedback Practitioner and Hypnotherapist. She is CEO of the Linda Crawford Clinics, and Director of the London Shyness Centre. Linda's first book "Shyness" was published in 1997 in the U.K., USA and Italy and she is currently working on two further books. She has trained and worked in Britain, the United States, Hungary and Switzerland. Linda's work at her practices at the Hale Clinic, Regents Park, Harley Street and Marlow, includes Neurofeedback and Bio Resonance Testing. Linda has trained extensively in America with NLP, Neurofeedback and Neurofeedback.

Linda's training and research in Neurofeedback and Neurofeedback has brought a powerful tool into her integrated practice. Empowering the brain to heal both the emotional and the physical state. The addition of these techniques has further enhanced her already powerful results.

The biofeedback full body scan she uses for all of her clients has led her to realise the full extent of toxicity and its degenerative process within the human body. Linda has been researching autism and hyperactivity for three years with HASG. The past seven years of training and working in toxicity removal under Professor Bill Nelson in London and Hungary and Halina Senn in Lausanne, Switzerland has given her powerful tools to combat the epidemic of toxicity caused disease and death. Her dream became to research and provide scientific evidence that would change lives safely and non-invasively.



**THE LONDON
SHYNESS CENTRE**
at
The Hale Clinic
7 Park Crescent
London W1N 3HE

Tel: 01494 712982
Mobile: 07771 532367
Email: Linda@allergyline.com
www.shyness.co.uk

POSITIVE SELF IMAGE TEST

QUESTION	OFTEN	FAIRLY OFTEN	NEVER
Am I scared of saying no?			
Do I think that I am always wrong instead of someone else?			
Does it worry me whether or not others like me?			
Do I feel I am not as important as other people?			
Am I scared of making new friends in case they reject me and laugh at me?			
Do I think other people are talking about me?			
Am I so scared of trying new things that I don't try anything new?			
Am I shy because I am embarrassed?			
Am I self conscious about my clothes and my looks?			
Do I fear failure so much I won't try what my friends do, even though I want to?			
Do I smoke or take drugs or use alcohol?			

If you answered yes to 'often' at all and/or yes to 'fairly often' more than three times you should consider a consultation at the London Shyness Centre.



**WE CAN BUILD YOUR
CONFIDENCE AND HELP
YOU CHANGE YOUR LIFE**

We offer the skills that have helped many hundreds of people overcome their shyness.



Step One

Funnily enough, you've already taken Step One without even realising it. Because half the battle is accepting that a problem exists. From now on you're beginning to assert your control over your shyness, not the other way round.

They could write a book on all the different reasons that cause shyness. Unfortunately, they haven't written one on how to overcome it. Which is why Linda Crawford set up the London Shyness Centre. And this takes us to Step Two.

Step Two

Recognising there's a problem to solve is half the battle. Only you know the real you. The person you want to be. The person you could be, if only you weren't so shy. And this is where Step Two comes in. It's us! The London Shyness Centre. You're why we exist. We're Step Two. We've treated many, many cases of shyness in people of all ages and all walks of life. You've faced up to your shyness. We can give you the knowledge and confidence to banish shyness from your life.

We have a wide range of analysis and coaching skills to help you, and us, understand why you're shy and why shyness remains a part of your life. Then we're able to work with you, as a team, to get this shyness thing into perspective. See it for what it is. You'll be amazed how, together, we can change things around so that you can lose this burden. How do we do this? Well, that's in the next bit.

What We Offer

First of all we carry out a psychographic assessment of you. It's a bit like an M.O.T. test for people's personalities. We've included a simple questionnaire in this leaflet. Complete it and bring it with you for your first consultation..

Why? Well, you may be shy, but do you want to be sure that we can help? Right? So complete the questionnaire, ring us and ask for Linda Crawford. She's our founder and she insists that she is the first person you meet at The London Shyness Centre. On your first visit Linda will be able to tell you how best we can work together, choosing the right mix of coaching skills to suit your individual needs.

Below you'll find a list of the range of coaching options that we offer. We'll go through each one in turn, ensuring that the right blend is chosen, to ensure that you get the best counselling emphasis.

Coaching Subjects

- **Personal Motivation**
- **Relationship Skills.**
- **Stress Management Skills**
- **Food Cravings Management**
- **Increased Negotiating Skills.**
- **NLP Goal Setting Techniques**
- **Minimise Negative and Destructive Thought Patterns**

We will help build your confidence and help change your life. Read what Linda Crawford has to say about shyness, its side effects and how we can successfully challenge shyness, on the following page. And it's worth bearing in mind, that Linda herself was dreadfully shy, until she went to America and was herself counselled successfully by one of the leading shyness therapists over there.

Food Cravings:

Shyness may have many causes, one of which may be body size. Many people are familiar with food cravings and poor metabolism. Addressing the underlying causes can, and generally will, alleviate this distressing condition.

Weight management is about achieving and maintaining a comfortable weight naturally; about being comfortable with food; ceasing to feel that you're out of control; balancing blood sugar levels; boosting the metabolism; breaking free from the life of yo-yo dieting and compulsive eating so that you no longer feel out of control.

Feel normal hunger for the first time in years. Discover that you are not a greedy person. Reach a point where it is possible to eat in a balanced way.

Please read what Linda has written on the next page and we look forward to hearing from you.

SHYNESS HURTS

Shyness, fear and embarrassment are all painful emotions that can disempower you. These powerful and limiting emotions can lead to many physical illnesses. Psychosomatic problems are dramatically increasing in today's stressful and hostile world.

We at the London Shyness Centre use integrated therapies that best suit your special needs. You can learn easy, supportive techniques that can be assimilated into your life, enabling you to be comfortable in situations you would have dreaded in the past. Learn to enhance your "people skills" and overcome limiting beliefs, confidently establish rapport and relate and confidently communicate your own ideas.

Confident people with high self esteem are able to pursue their dreams and goals, they avoid self-sabotage and feel worthy of their achievements and maintain their rewards. This can be you.

An assessment of your needs and limiting beliefs and a programme especially designed for you, by us, with a constant re-assessment of your programme and re-evaluation of your changing needs will dramatically improve every area of your life as you progress and begin to focus and trigger positive thoughts and actions. Be everything you ever dreamed of being. Have everything you ever longed to have.

Come and meet me.

Linda Crawford
Founder of the London Shyness Centre

Ring us now on 01494 712982 or 07771 532367