



# You'll Never *Be* Alone

ISSUE 1

MAGAZINE

Expert insights on ...

**Mental Health, Wellbeing, Fitness & Lifestyle**



**Featuring...**

**Sander Westerveld**

**John Achterberg**

**Neil Mellor**

*It's all about supporting our fans!*



**Dr Margit Muller**  
On the Mental Health Crisis  
[www.coachformentalhealth.com](http://www.coachformentalhealth.com)  
11



**Nadija Bajrami**  
Unleashing the Power of Hypnosis and  
Visualisation for Sustainable Life  
[www.nbhypnotherapy-mindcoaching.com](http://www.nbhypnotherapy-mindcoaching.com)  
29



**Beverly Johnson**  
Our struggles with getting  
sleep each night  
[www.beverlyjohnson.com](http://www.beverlyjohnson.com)  
13



**Cassie Grentell**  
Why Purpose is Not  
a Scary Word  
[www.cassiegrentell.com.au](http://www.cassiegrentell.com.au)  
31



**Gerrard Finlayson**  
My Top 5 Fat Loss Blunders To  
Avoid Making In January  
[www.gf-fitness.co.uk](http://www.gf-fitness.co.uk)  
19



**Celia Conrad**  
Nurturing Your Greatest  
Relationship  
[www.yourelationshipguru.com](http://www.yourelationshipguru.com)  
39



**Rebecca Adams**  
Wake up every day and see  
what lights you up.  
[www.rebeccaadamsbiz.com](http://www.rebeccaadamsbiz.com)  
21



**Liam Naden**  
Do you and your husband or wife  
find yourself arguing a lot?  
[www.liamnaden.com](http://www.liamnaden.com)  
23

# You'll Never Be Alone Magazine

Being a daughter of a mentally ill mother myself and after enduring a traumatic childhood, I was able to take the journey of self-discovery and turn my life around. My solace during this time came in the form of an unlikely companion - my pet rabbit! This connection with animals inspired me to pursue veterinary work as THE falcon doctor in Abu Dhabi, United Arab Emirates. Now, motivated by helping others live their best lives despite trauma faced at a young age, I have moved on from being known as "Falcon Whisperer" to becoming a Mental Health Coach and Mindfulness Practitioner, sharing my personal success story to inspire other people. Drawing strength from a difficult situation, I have come to realize that my mother's mental illness has been the greatest blessing. It taught me resilience and perseverance- two invaluable gifts whose magnitude is immeasurable in their impact on my life.

Are you looking for a new, invigorating approach to improve your mental health and manage non-clinical mental health concerns? Look no further than Mental Health Coaching! This cutting-edge and most advanced field within life coaching provides clients immense benefits. By uncovering deep emotional struggles and burdens through methods such as life coaching, Neuro-Linguistic Programming (NLP), and more intricate techniques like Inner Dynamics therapy, this unique approach allows you to tap into the power of inner thoughts and emotions of your subconscious mind and identify the source of your trauma, grief, resentment, anger, and even hatred through so-called inner dynamics or parts psychology techniques. By delving into our deepest recesses of the subconscious mind, often relating to painful childhood experiences that have caused us profound hurt, we can find solace from this suffering and build a powerful healing process, aiding self-discovery, developing coping strategies, and ultimately achieving peak performance and success.

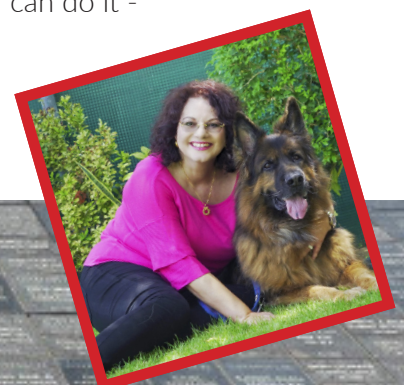
This leads to the potential to break free from traumatic emotional states - finding ourselves liberated. As such, early intervention could be incredibly significant when preventing further

medical treatment for those affected by trauma. Going beyond traditional methods, specially trained mental health coaches provide the key insight needed towards profound inner healing and draw on previous experiences as an extra layer of guidance for optimum emotional and mental wellness — a path for unleashing inner power!

Becoming more accepted, mental health awareness is integral to promoting healthy and balanced lives. We should strive for a society where everyone can recognize symptoms, access treatments without fear of judgment or stigma, and successfully manage mental health concerns so that everyone may find the support they need when in need.

Mental health issues should not be viewed as an obstacle, an excuse for poor behavior, or a lack of working on ourselves. In contrast, it is a chance to improve ourselves and seek new opportunities that arise from our personal growth. We have the ability to create extraordinary lives out of past hardships and traumas by rising above our struggles through resilience and strength. The current trend towards feeling like a 'victim' keeps us stuck in the same negative emotional state of resentment and anger without allowing any personal progress or moving forward.

Our past traumatic experiences shape us but should not define us. Instead, it gives us the unique opportunity for resilience that allows us to lead an extraordinary life beyond what many people experience in their ordinary lives. I want to inspire you with my story; despite facing immense adversity, I overcame my traumatic experiences and eventually found a way out on my mental and emotional well-being journey. And if I can do it - you can do it, too!



***By Dr. Margit Gabriele Muller***