

W E L C O M E

T H E
S A T I S F I E D W A Y

14 week course & 1:1 personalized coaching designed to cultivate reconnection in your mind, body & spirit so you can enjoy yourself, others, and God.

THE DESIGN

THIS COURSE IS DESIGNED TO TRAIN AND EQUIP YOU TO TAKE CARE OF YOUR MIND, BODY, AND SPIRIT AND FOSTER RECONNECTION FOR OPTIMAL WELLNESS.

THE FIRST 7 WEEKS : REFRAMING, REWIRING, & RENEWING OLD BELIEFS, REPRESSED EMOTIONS, AND PATTERNS OF THOUGHT TO USHER IN DEEPER FULL BODY HEALING.



THE NEXT 7 WEEKS : EDUCATION & PERSONALIZED GUIDANCE ON NUTRITION & DIET, LESS TOXIC LIVING, FOOD QUALITY, GROCERY SHOPPING, INGREDIENT LABELS, BLOOD SUGAR, EXERCISE & STRESS



CREATE NEW NEURAL PATHWAYS
DEPPEN YOUR RELATIONSHIP WITH GOD
SHIFT THE WAY YOU SEE/TREAT YOUR BODY
BEGIN TO EXPERIENCE HEALING OF MIND -
WHICH BEGIN TO TRANSFORM HABITS

*becoming rooted and grounded
in the love of God and His design for us.*

WHAT YOU'LL RECEIVE

COURSE OVERVIEW

WEEK ONE : FOUNDATIONS

Chapter · 4 Lessons

WEEK TWO : FORGIVENESS

Chapter · 3 Lessons

WEEK THREE : MIND/BODY CONNECTION

Chapter · 2 Lessons

WEEK FOUR : SELF TALK

Chapter · 2 Lessons

WEEK FIVE : SHAME & LIMITING BELIEFS

Chapter · 2 Lessons

WEEK SIX : THE DESIGN OF EMOTION

Chapter · 2 Lessons

WEEK SEVEN : TOOLS FOR RECONNECTING THE MIND, BODY, & SPIRIT

Chapter · 3 Lessons

WEEK EIGHT : REFLECTION / INTEGRATION WEEK

Chapter · 3 Lessons

WEEK NINE : NUTRITION DEEP DIVE

Chapter · 3 Lessons

WEEK TEN : BLOOD SUGAR

Chapter · 3 Lessons

WEEK ELEVEN ; FOOD QUALITY & GROCERY SHOPPING

Chapter · 2 Lessons

WEEK TWELVE : NON TOXIC LIVING

Chapter · 2 Lessons

WEEK THIRTEEN : MOVEMENT, MUSCLE, & EXERCISE

Chapter · 2 Lessons

WEEK FOURTEEN : RHYTHMS OF REST & STRESS

Chapter · 3 Lessons

- Weekly 30-45 minute educational audios from Linden
- A personalized coaching experience where you are seen, heard, and given intentional time to work through your specific needs & therapeutic sessions for bringing healing to the mind
- Four 1:1 coaching calls with Linden to personalize this experience, work through repressed emotions, create a nutrition and lifestyle plan that **WORKS** for you & helps bring healing to your body
- Weekly devotionals
- Linden's Satisfied E-Book
- Weekly check-ins, action plans, and new habit formations
- Somatic & real life practices to help bring reconnection to your mind and body as well as have for tools in your tool-belt moving forward

TESTIMONIALS

Kam S.

“First and foremost, Linden lets God guide her through all of her work. This allows her to advise with compassion, grace, understanding, and a little bit of tough love. **Linden has taught me how to trust in my body and really tune in to what it is telling me. She promotes balance in every area of life and understands that some factors are out of our “control.”** By approaching life with this *balanced mindset*, it has allowed me to focus on adding a variety of different foods to my plate, implementing mindfulness practices into my daily routine, and find a deeper relationship with the Lord. **I now don’t look at my body as an object I need to mold and change, but rather look at it as a temple I need to nourish and care for.** *I promise if you choose to work with Linden, you will enjoy every step along the way.”*

Jamie M.

“Linden doesn’t just tell you what you should & shouldn’t do with a bunch of rules - **she gives you information and simple next steps to take ownership of your health and dive deeper into truly nourishing your body!** The best part is that you’ll also be encouraged spiritually as you’re reminded of the gifts God has given!”

Sammy H.

“So much has improved, I can’t even pick a handful. From *my allergies and asthma to my gut and digestion, I have seen crazy improvements.* I have grown so much in being able *talk through what I am going through and not just cope* with smoking or other habits I had, she has helped me to see my body in a whole new way which makes me want to care for it. I also didn’t plan expect my body to tone up and build more muscle but **I am in the best shape of my life** and I am not swollen like I used to be!”

Alex G.

“I was having **terrible cystic acne** on my face that had been going on for a few years & **emotionally, I felt stuck.** I was very angry and viewing life out of my *unresolved trauma.* **Linden really helped me with walking through my trauma. Teaching me to grieve in a healthy way that made allowance for my emotions, implementing a healthy lifestyle and ultimately, a combination of all of these things cleared up my acne and increased my quality of life.** I’m so thankful!”

PAYMENTS & PRICING

PAY IN FULL :

\$1,100

PAYMENT PLAN :

\$300 / MO FOR 4 MONTHS



I have grown a deep passion for helping others heal because of my own story - walking through chronic illness, debilitated by grief and repressed emotions, and ultimately feeling disassociated and joyless- I knew change needed to happen. *By the grace of God He brought me through years of healing, and I now have a heart to help others do the same. I believe every body and mind was created to heal, including YOURS.* This is not just a course I shuttle dozens of people through -- *I take on only a handful at a time so that I can give each and every person my full attention and heart, so that you can come out of these 14 weeks set up for success, joyful, and thriving.* I truly believe there is no greater investment than your health, and this could mark the beginning of an entire lifetime & generations being impacted by one small choice, investment, and willingness to say yes to change.

xx Linden