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EMAIL #1:

Subject line

Peter A. Levine, PhD shares a technique for chronic pain relief
Surprising exercise you can use regularly

Email Graphics:

Desktop:

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Mobile:

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Email Copy:

Dear [FirstName],

Maybe you're here because you've been to all the doctors for your pain. And maybe you've found some relief, but the pain is still there, impacting your everyday life.

Are you willing to try something different? Something that requires only a few moments of your time that you can do from whatever position you are in?

What we're sharing today comes from Peter A. Levine, PhD, a world-renowned pioneer of body-based healing and the developer of **Somatic Experiencing®**, a naturalistic and neurobiological approach to healing trauma.

He has spent decades unraveling the mystery (and connection) between trauma, inflammation, and chronic pain.

And one of the techniques he uses involves regaining safety in your body through boundaries, which we're sharing with you right now.

[WATCH NOW] - [INSERT UNIQUE AFFILIATE CODE]

It may not be something you've considered, to approach your pain through teaming up with your body, because disassociating from the pain seems more logical—but that's why Dr. Levine's work is different.

We hope this introduction to his groundbreaking work will help you on your way to relief.

Sign Off:

Affiliate Signature

P.S. This exercise is especially for you if you experience fibromyalgia, irritable bowel syndrome (IBS), migraines, severe premenstrual syndrome (PMS), brain fog, and chronic fatigue.

EMAIL #2: Squeeze 2

Subject line

"Strange" approach to chronic pain
Find freedom from pain with Peter A. Levine, PhD

Email Copy:

Dear [FirstName],

Did you know boundaries are linked to chronic pain? We didn't either.

When you think about boundaries, maybe you see they are essential—they are what separates us from what's outside. So what could that possibly have to do with the invisible pain going on *inside*?

[WATCH NOW] - [INSERT UNIQUE AFFILIATE LINK]

Boundaries are what allow us to set limits and protect ourselves. But it's something that before we can say it and mean it, we have to feel it physically. And the teachings of Peter A. Levine,

PhD will not only show you the connection between feeling boundaries physically *and pain*, but give you a practice to start on your path to relief.

Dr. Levine, the father of body-based healing and the developer of Somatic Experiencing®, has spent over 50 years developing a revolutionary, experiential approach to help bring you back to your authentic self—and finally achieve *freedom from pain*.

He developed teachings and practices, like the one we're sharing today, for those who have been suffering from back, neck, and shoulder pain, as well as with more complex and disabling conditions such as fibromyalgia, irritable bowel syndrome (IBS), migraines, severe premenstrual syndrome (PMS), brain fog, and chronic fatigue.

This is his legacy work, to support you in uncovering accessible tools to help you resolve the issues that may be underlying these difficult conditions. We hope you give his work a try.

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Sign Off:

Affiliate Signature

EMAIL #3: Squeeze 3

Subject Lines

Relieving pain through boundaries?

Pre-header/Preview Text:

Peter A. Levine, PhD shows you how.

Email Graphics:

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Mobile:

https://drive.google.com/file/d/1Y_YeNYnQ5K9AieFYoTgQAMjFeLc13l1x/view?usp=sharing

Email Copy:

Dear [FirstName],

You know what it feels like to experience the kind of pain no one else can see. You're living with it every day. But what if building boundaries were a way of relieving this pain?

This sounds like a strange approach to dealing with chronic pain, but we prefer the term "revolutionary" because there is a teacher with 50 years of experience to show the way.

[WATCH NOW] - [INSERT UNIQUE AFFILIATE CODE]

In this free video teaching, Peter A. Levine, PhD, the father of body-based work and developer of Somatic Experiencing®, reveals how to reunify body and mind by cultivating a "felt sense" of awareness through boundaries.

This takes practice, so we hope you use this video many times to help you cultivate awareness and return to your body. To trust yourself. To set boundaries. And to assist in the release of pain.

[WATCH NOW] - [INSERT UNIQUE AFFILIATE CODE]

Sign Off:

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