

The 7 secret tools you need when fighting against a mental breakdown.

I'm guessing we all know how house fires start?

Just one tiny flame

Then suddenly **poof**, your whole house is on fire.

This is the exact same thing as a mental breakdown

Starts with one tiny problem overwhelming your brain.

Then BANG, breakdown.

But just like house fires, that one tiny trigger in your brain can't just come out of nowhere.

So you have to find these triggers and press the off button

You do this by tapping into your brain

I mean **actually** tapping into your brain.

Not meditation

Not lucid dreaming

And certainly not listening to music

You have to actually search around your brain for those triggers.

And when you find them, you will never have a mental breakdown again.

Click here for the 7 top secret tracking devices I used to scan my brain for mental triggers.