

HSO: Recess - “we canned a feeling”

Swipefile: <https://drive.google.com/file/d/1Ma66Bdl-XbulTzm-UfPiDXjyIXUBa9pv/view>

Hook is highlighted in Yellow

Story is highlighted in Blue

Offer is highlighted in Green

Email

Subject Line: I stared into the room and thought about nothing...

How one thing changed my entire resilience.

It was just another Monday morning at work.

I got my coffee as usual and took a seat at my desk.

Like every day, the projects have been stacked up high on my table.

Every morning, I need to take a deep breath so I can bear the burden.

I was stressed. The negativity had jammed inside of me.

Then it happened:

My boss handed me another project over. He was telling me that it needs to be done by tomorrow... And in that moment my brain blurred everything out and I stared into the emptiness of the room.

I didn't realize what he said anymore.

My heart was pumping like crazy and I hyperventilated.

My last memory is that my boss gave me a glass of water. He said I looked very pale.

After coming back to my senses I knew I had to change something.

Thankfully my close friend Jeffrey reminded me about something that made me handle any situation with ease.

I evolved into a very calm person and learned to manage my emotions.

I have to deeply thank Jeffrey for that.

CLICK HERE and discover the exact thing I got to create an alert and efficient mind.