

Questions are the Answers!

DR. ZSUZSANNA FAJCSAK

- Is your life going to the direction you want it to go? - Did you know the longest river in the world is "The Nile"? - Do you must feel in control to feel free and valuable?

- Do you must always do something and work to feel deserving?

- Do you always see the black clouds?

- How easy is it to say "no" to others and do what you really want? - How do inner conflicts drive your actions then feel resentment of not doing something when you had a chance?

- What do you have to do to ease your tension and stop your racing mind?

- How about the little voice in your head: Can you hear it talking and driving your stress and anxiety?

- Do you feel that you receive attention and love only when something is wrong?

- Is fear paralyzing your life and make you live in a "safe" zone where you can't get hurt?

- Do you feel there is something you still want to do in your life but the circumstances never right and you don't deserve it anyway?



- Don't you feel having enough of others running your life?

- How often does your life makes you sick to your stomach, and how can people feel like a pain in neck?

- What if that you can make tension disappear without any substance?

- What if you can see the sunshine even on the cloudy days?

- What if you could feel free no matter what happens around you?

- What if you can have a peace of mind and do something else then work and still feel deserving?

- What if you can sleep sound at night and wake up full of vitality?

- What if you had tools to self-correct and can stay excited and happy even when things go as you planned?

- What if you can balance work, family and friends and still have time for yourself?

- What if you could sit back and allow life to bring you what you truly love from your heart?

- What if you can hear the unsaid and see the invisible?

- What if you just let it be?

- What if you can feel amazing and healthy and give freely

- What if you can feel deserving even without doing anything?

- What if losing weight and getting your health back happens without trying?

- What if you could see the learning in all "bad" situations?

- Imagine managing your thoughts and using your head when you need it?

- Imagine living in harmony and peace according to what your heart tells you

- What if you could understand others and they can understand you?

- What if everything in life can be learning and feed-back and not rejection or hatred?

- What if you can stay still in high-confidence in the storm when you are challenged?

- Imagine living free from fear, making decision with clear head and executing actions with high-self confidence?

- What if you could express your love the way others feel loved and not how you feel loved?

- What if you can do all those things you always wanted and live a life of uncompromised?

- What if you can wake up in the morning and hear the birds' singing?

- What if you can live your life the way you want it from your heart?

- Imagine feeling enough and valuable just as you are, just because you are Alive..