

# How Caroline overcame debilitating fatigue and got her life back

“ I love that I just feel like a normal person now. I can make plans, I can join in with what everyone else is doing, and I don't carry that level of worry and dread about what tomorrow will bring. Before, probably 75-80% of my thoughts were on how I was feeling, but now I just don't think about my health.”

## **THE PROBLEM: “I was living my life around managing my health”**

Caroline, a government worker and keen runner, battled with symptoms of fatigue for nearly a year. She was no longer able to run, or spend much time with friends – things she loved doing. She struggled to keep up at work and was signed off for several weeks.

Each morning Caroline would assess her wellness and energy levels, and these would shape her whole day. She had to make difficult, miserable trade-offs: meeting a friend for coffee would effectively wipe her out for the next day.

When Caroline landed her dream job, she knew she needed to overcome her fatigue to reclaim the lifestyle she loved and succeed at work. But she had already tried a few alternative health remedies with little success.

## **THE SOLUTION: Lightning Process training reduces fatigue immediately and transforms mindset about health**

Caroline signed up for the psycho-neurological training programme, the Lightning Process, with Lauren (Lauren Stoney Life Crafting). She attended three consecutive half-day therapeutic training sessions. These focused initially on the brain-body connection, and became more advanced and personalised each day.

As well as theory and therapeutic coaching tailored to Caroline's specific life circumstances, the training course also provides a single, process-driven tool. This was easy to remember and enabled Caroline to implement what she'd learned and achieve the changes she came for. Caroline has since followed up with Lauren in monthly coaching sessions.

Even on days Caroline didn't feel well, the training process kept her going. She found Lauren “supportive, friendly, knowledgeable, helpful and genuine.”

Caroline found it comforting to carry a small card with the process written on it, when travelling or meeting friends. "There's something reassuring about that – that I can do the process just sat there on the train, or take a few minutes in the bathroom at the pub: you can do the process anywhere."

## THE TRANSFORMATION: "I've just got my life back"

From the first day of training, the changes were immediate and startling. Caroline's fatigue symptoms diminished and her whole mentality towards her health shifted.

She started saying yes to things she wouldn't have dreamed of contemplating before the training – like attending Christmas events four nights in a row, and commuting from Sussex to London several times in one week.

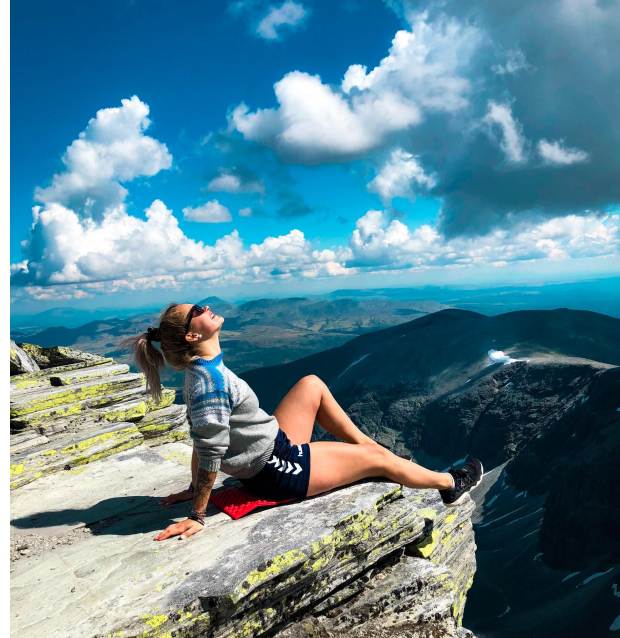
Completing her first Parkrun in over a year was a huge milestone for Caroline. She took it slowly but was overjoyed to finish it: "I had a few tears of happiness that I actually did a proper Parkrun, and I didn't stop."

Now, Caroline is thriving in her new job and happily pounding the streets in her running shoes again. She regularly socialises with friends and has resumed dating – all things that felt impossible just a short time ago. **"I've just got my life back. I feel like me again. Lauren pressed the factory reset button on my life."**

Caroline started her new job just two weeks after the training. She was excited, but nervous about coping with a much longer commute. However, she recalls, "On my Thursday journey home I remember putting this celebratory song on, and just having a moment of elation that I'd done my first week in my new job, I'd done all the travel, and I was still feeling alright. I was just on this absolute high – I was so happy."

Caroline believes she could not have achieved this level of transformation without Lauren's support. Even if the fatigue had eventually gone away on its own, it would have taken much longer and, crucially, her thinking process would still have been a problem. "I would've been thinking, 'well, I've done a long run so I'll probably pay for that the next day.' I wouldn't have had complete trust the fatigue wasn't going to come back...but now I do."

“ I'd recommend the Lightning Process...it really works and Lauren does it really well, because she speaks from experience. And she's been great after the training too. She's giving me one-to-one coaching sessions and it feels like she is genuinely invested in following up on my progress.



Want to overcome fatigue, burnout or stress-related chronic illness to live a fuller, happier life?

Contact Lauren to find out more:

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