415 characters with spaces:

Do you feel stuck or lost in a murky cloud of confusion or worry? Are some aspects of life just too hard, too stressful or too out-of-control to deal with?

I can help you

* get beyond the confusion and see issues clearly,
* release pain from the past and move forward;
* deal with a wide range of unwanted emotional and behavioural patterns including problems such as anxiety, depression, phobias, addictions and anger.