





Re-think your thoughts with the powerful MindSeeds app.

The 4 week relaxation audio programme designed to help you change the way you think. Available on both Apple & Android

Get the app



Break free from your thoughts

-  **Learn how to become aware of your thoughts**
-  **Identify the inner dialogue on repeat in your mind**
-  **Release and let go of old thoughts and feelings holding you back**
-  **Visualise the life you want for yourself**

MindSeeds Reviews



IMOGEN LAMB
Creator of MindSeeds

“Having suffered with chronic anxiety, panic attacks and depression for a number of years, I was desperately looking for a natural way out. Exploring, science, religion, philosophy, spirituality trying to understand why I was feeling this way.

My research & readings led me to understand how powerful our thoughts are and how fearful, worrying, negative thoughts trigger our fight or flight survival mode causing the physical feeling of anxiety.

Once I began to understand this, I set off on a quest to learn how to quieten my mind and got myself back to a place of peace, calm & zen. To share what I had learned I created a 4 step process audio programme to help reach to more people. I hope it can help you too.”