

When You Cut the BS, Life Can Transform 180°

Anthony Kitt

I grew up in the south, a little town called Casa, Arkansas. I wouldn't say we grew up poor, but my parents made it very well known that we were in a constant struggle financially. I grew up with a lot of anxiety and sometimes resentment towards money. I got out of the house at 17 and moved in with my girlfriend. We didn't care about anything, and we were using methamphetamines, potpourri (K2), pills, everything. At 19, we had a baby and got married. When I left my wife at 21, I lost custody of my child to my mother-in-law. After that, I stopped using drugs, everything except marijuana, and I was selling it to. I was homeless, sleeping on the streets, in friends' cars, in ditches.

I met my second wife and her daughter (my daughter) during this time. We struggled to make a life in Arkansas for four years, barely making ends meet, living paycheck to paycheck. Finally, I had enough. We decided to pool everything together and move our family to Colorado.

We started making nearly double our income for the same job. But soon we blew it and ended up in basically the same situation, hating money and never having enough of it.

I knew this wasn't going to work, and something had to change.

I started a new job in hopes of making money and learning how to take control of our money and stop spinning in circles. It was an excellent first step in the right direction. Still, my journey to self-awareness and financial understanding started one week in, when I was invited to a webinar with some guy named Dr. Alok Trivedi.

I'm not going to lie; I only jumped on that call because my upline said to, and I wanted to follow her instructions to the T. As I got ready to listen to another self-help "believe in yourself" tell you what you want to hear scam video, I noticed that he hadn't spoken about any of that crap.

This guy is literally talking about the brain and neurology and things that made sense. It wasn't believing in yourself; it was believing in science, in facts.

Dr. Trivedi explained that everything in our life is a product of our way of thinking, which made so much sense to me!

At first, it was just homework, and I hated it, I've always hated school, but after the second assignment, I noticed a change. I was thinking more; I was more logical in my decisions. I was finding it easier to control my emotions. By the time I had finished the third assignment, I had a realization. One day standing in my living room, I had realized that I was happy, as long as our bills were covered and our kids were happy, I didn't care!

I felt so free and still do, now I worry about spending time with my family, building my career, and following my dreams. Also, I've learned to take a more logical approach to internal issues. My life was so chaotic and controlled by my emotions, but now I feel in control over my life.

The best way for me to describe it is like having a light switch in the back of your head that you never knew it existed until someone flips it. For me that person was Dr. Trivedi. My wife and I can budget correctly, put a plan in place to protect our kids if something happens, we've started a savings account, are managing our finances, and moving forward with our life.

One of the most important and impactful things Dr. Trivedi taught me was about how to own it!

When You Cut the BS, Life Can Transform 180°

I'll never forget the call we had one day. I broke down in front of the class because I had felt so guilty for so long to take my daughter back. I had cleaned myself up and got my daughter back from my mother-in-law, and I felt responsible for taking her from the other half of her family.

He made me realize that no matter what it looked like on the outside, I did what I knew was best as a father and that I got her out of a bad situation and into a good one. I'll never forget how he said, "don't forgive yourself because you have nothing to forgive yourself for."

If I went back 10 years ago and told myself that my whole life would be different by working with Dr. Trivedi, there is no way I would believe me. What I would tell someone today about working with Dr. Trivedi would be, just listen. Listen to what he has to say because he is not going to tell you how to get rich quickly or how to cope with being broke. He is not going to tell you how to be like him or anyone else. He's going to tell you how to be you. He will show you who you really are and let you decide if you want to change it. Dr. Trivedi taught me how to be Anthony Kitts.

April Abrahamson

Before I started with Dr. T, I was a new executive, had been married for seventeen years, and appeared to be living the good life. Silently, though, I was carrying a lot of guilt and anxiety from situations, which were both personal and professional. I felt stuck, unsure of how to move forward.

I love learning, and I had always sought out books that would help me to tackle different challenges in my life. But most books like that just try to give you the rah-rah-rah attitude, dealing with concepts rather than actual tools. But then my sister introduced me to Dr. T's work.

I had to trust my sister's experience and label the cost of the program as an investment in myself and my future. Rationalizing that investment was difficult, but I knew that it was the most valuable thing I could do for myself.

Once I started working with Dr. T, I began to learn to master many fascinating tools that would help me clear my past and envision my future, and I also receive support and the tools to hone my skills and apply what I'm learning in real life.

I find that my mind has expanded exponentially, and I understand human behavior, thoughts, beliefs, and perceptions. This helped me as a wife, a leader, a daughter, a sister, and a contributor to the world around me. I've experienced personal relief from years of guilt and resentment, and I've gained 100% practical tools for dealing with my fears and emotions. I can master my emotions rather than letting them run me. The critical voice in my head is almost entirely gone.

I've been able to change my spending habits, which has led to a 150% increase in bi-weekly savings deposits and reduced my mortgage debt by 22% in the period of one year. My husband and I are more aligned financially than we have ever been to before.

I'm more balanced, grounded, and able to see both sides of any situation. This gives me the ability to make calm, logical, confident decisions. I feel that I am significantly closer to understanding who I am, why I'm here. And learning new things about myself is having an impact on my loved ones;

When You Cut the BS, Life Can Transform 180°

they are transforming even as I work on who I want to be. It gives me even more, love and appreciation for who they are and what they bring to our lives.

I longer experience paralyzing fear when speaking to large audiences, and I've gained clarity and certainty in my role as a leader. I find that the people who used to exasperate me the most have become my greatest teachers and supporters. I'm okay with however, people choose to feel about me, even though the idea of being "hated" was incredibly uncomfortable before the work I did with Dr. T.

My resting heart rate is down; I crave salads, even though I wasn't a huge fan before. I used to average two headaches a week, usually migraines, but now I only get one or two per quarter.

Overall, I never would have believed that I could actually answer the question of who I am, let alone let go of my past and conceptualize my legacy inside of a one-year program. So what I would say to others is that, no matter where you are in your life, if you want to move past whatever is holding you back, or get something you want that you haven't been able to attain, and you're willing to look inside yourself — if you are that person, I highly recommend this course.

Debra Stango, D.C.

Before working with Dr. Trivedi, I was in a dark hole of depression, exhaustion, and brain fog from a brain injury. I saw him speak at a chiropractic seminar, and something he said made me want to get on a call with him. I say I wanted to get on a call because every time I went to pick up the phone to call, I was sick to my stomach. It took me 2 months to call him, and I had nothing to lose, I was planning on filing bankruptcy and closing my office. I had such brain fog, exhaustion, and confusion; it was hard to work.

But I did call, and I was scared; I tried so many things to get my brain back meditation and yoga retreats, I joined a business bootcamp to motivate and give me a cheerleader. What I needed to do was work with Dr. Trivedi to heal my brain, body, and my mindset. Only after working with Dr. for one month, I realized I could remember a 13-digit number. I left a yearlong multi-faceted therapy program for those with a head injury in June 2018, only being able to remember three digits on a bad day five on a good day. Normal memory is seven digits or an old school phone number. I began working with Dr. T July 2018, and a few months later, I could remember a 13-digit number! Before you think this is a memory course, it is not his work that re-wires your brain so that you use higher brain levels, your executive center, and your frontal lobe.

My health has improved so much while working with him. Then I had a breast cancer scare, I went in for a routine mammogram, and they found something in my right breast. I continued to do the work with Dr. T. I went to have a thermography (a heat image of the breast) the technician pointed on the screen "it's this right here, this is what they see on the mammogram". I did return for a diagnostic mammogram or tomography. It was all clear, nothing to worry about; they saw no abnormalities. One of the most unbelievable things that has happened to me while working with Dr. T was a healed bite from a spider. I was bitten in the back of my head by a spider; all my lymph nodes in my neck became inflamed. I was very uncomfortable because of how enlarged the lymph nodes where one was the size of a peanut. I walked into the room for one of his seminars with a lymph node the size of a peanut and before the day was over it was gone.

When You Cut the BS, Life Can Transform 180°

My relationships and the way I relate to others has changed for the better too. I have gone through years of family therapy with and without my family members. I felt abandoned by my mother, and I truly hated her. One of his one-day seminars, I walked away with nothing but love for my mother and my family members.

If I could tell my younger self, anything it would be to love yourself is a very powerful place to be. No matter what I have done or not done, I am worthy of love. With Dr. T's work, I now can say I love my younger self; I love myself today, and I love my future self. The tools I have learned I will continue to peel away the layers of the masks we all wear to reveal my true authentic self. I am so glad I picked up that phone in July 2018 and was open to change, this is truly a comprehensive life course.

Scott & Jenny McConaughey

We struggled for years to get on the same page. Whether it was finances, diet, having children, or how to run our business, we could never see eye-to-eye. Even when we would speak with a counselor, mentor, or friend they all said the same thing: "If we could ever get on the same page, we'd be a powerhouse couple" ...if we could get on the same page.

Our struggle was perception. We were both looking at each situation though ghosts of our past. If a suggestion was made by one or the other of us, it was clouded by past bad decisions, we couldn't let anything go and we were unable to move forward towards success. When we met with a counselor, it would solve things temporarily, but before long we fell back into our old ways because they were providing band aids not solutions. We didn't need to change our actions, we needed to change our thought patterns and our perceptions. We were on the verge of losing our marriage, our business, and our lives. We didn't know where to turn.

About a year ago, we were invited to a seminar put on by Dr. T (Dr. Alok Trivedi) by a friend and mentor Jackie Choury. It was at this event that we had a glimpse into what our future might be. At the seminar Dr. T described how perception worked, how our beliefs affected our decision-making processes and how with a little effort we could realign our thought processes to see the truth, not the ghosts of our past.

We were both amazed at how Dr. T was able to break down complicated physiological and biological systems into understandable processes so that we could have a view into how the human body and mind works. He explained why we struggled to get on the same page, why some things seemed so hard and others seemed so easy when it comes to having a successful marriage or business.

After the tour of the human body and mind, Dr. T invited us to join him on a journey of self-discovery in his yearlong program. In this program, Dr. T guided us through seven areas of our life, taught us how they are all interconnected, and how and why they affect each other. Through the class we learned how to align our physical, mental, and spiritual parts leading to emotional breakthrough which changed our lives.

My husband and I were given tools which we were able to use individually to better understand ourselves and align our lives with our purpose and goals. This not only brought us more success in our business but also provided us tools which improved our marriage and our communication. We learned how to recognize both the benefits and the drawbacks of potential situations or things so we could break the control that things and situations from the past had on our future.

When You Cut the BS, Life Can Transform 180°

Undoubtedly, the most powerful experience we had with Dr. T was a single day seminar. It was here that we both had a life-changing breakthrough that has impacted every part of our lives. We both had struggled with certain people in our lives which resulted in not only difficult relationships but was affecting our marriage. It was at this workshop that Dr. T worked with us one-on-one to help us clearly see that the troubled relationships brought a major benefit to our lives, and without those struggles we would be in a much worse place today. Once we were able clearly see both the benefit and drawback of the situation we could move forward in our lives, no longer controlled by the inaccurate perceptions we had previously formed.

We are both grateful for Dr. T and his life changing work. The benefits to our marriage, our business, and our personal relationships are incalculable. We only wish we had been introduced to him sooner so that we could have enjoyed the benefits of his insights and understanding of the human body and mind earlier in our lives.

We have all heard many times that you should enjoy the journey, not just the destination. However, most people fail to grasp the concept, because it is difficult to enjoy a painful or difficult struggle, even when you can see that the end will be worth the battle. After working on the courses provided and taught by Dr. T. and his seminars, we now clearly see the journey and the goal and the benefits and drawbacks of both, allowing us to not only appreciate the goal but the journey as well.

Thank you, Dr. Trivedi. We will never forget this experience!

Dr. Mark Gabriel

Three years ago, I thought I was on top of the world. I had a successful practice in Portland, OR, and I had just started a relationship. But I was missing a major component in my life: my purpose, my drive to continue getting up in the morning and continue my mission to help people. I was always looking for a weekend off, I was going out every night, and I smoked all the time to cope with stress. I wasn't sleeping, either.

I tried to work more, put in more hours, make more money, but nothing was enough. I wasn't happy. I was distant from everyone, friends, family members, even my father, whom I stopped communicating with about seven years prior to meeting Dr. T. that summer.

We met at a chiropractic convention in Vegas. During the first five minutes of listening to his lecture, I felt the need to work with him and scheduled a consultation with him the same week, then signed up for the ten-week course.

Dr. Trivedi's first call was a call of hope. It made me realize that it would take a huge amount of work to find the missing piece of my puzzle, to conquer the things that had kept me stuck for years in my depressed state. I did the required assignments but could not finish them the first time. I had to try harder, reaching deep into my brain. I wanted to make it work. I wanted to be able to do what was asked of me and make my way through all the junk that I've been storing in my head for years without even knowing it. I wanted to clear it all out.

I was flabbergasted when I found out that the thing that was holding me back had been buried deep down for about 25 years. Hiding behind all the walls and barriers I'd set for myself was a sexually abused little boy who had been tied up in his own thoughts, prevented from moving forward in life. I'd seen multiple psychologists and counselors in my life, for multiple reasons at different stages of

When You Cut the BS, Life Can Transform 180°

my life, but I'd never shared that incident with any of them. Once it resurfaced, my entire life changed. That was my breakthrough.

Three years later, I'm helping nonprofit organizations and developing a special program for kids who were sexually abused. It's given me purpose and meaning and made me proud of my achievements. Finding that purpose has made me happy.

I'm a huge proponent of coaching and constantly working on your personal growth. I'm a big believer in reading, too, and read 45 management and leadership books in 2019. All of those are crucial aspects that make me informed of the latest habits and methods for keeping my mind fresh, helping me to continue providing value for my family, my team, and my friends, as well as everyone else I interact with.

Always opt for coaching, is what I say. Always invest money in yourself and your education. Learn more about yourself so that you can tell the difference between what is working and what isn't and make changes for the better.

Ashley Sullivan

Before Dr. T, I was stuck in depression. I'd had constant health issues since I was a very young child — diagnosed with lupus in my early twenties, I was living a half-life, my days consumed with doctor visits and medicines. I tried programs and read books to help me find solutions, something to pull me out of the rut and get me on the path to a fulfilled life. But every solution I found was only short-lived. I felt empty, grasping at anything to keep me from falling back again. My marriage struggled; we spent all our time trying to find something that would keep me from getting worse, making visits to the doctors. We didn't give up, but it was incredibly hard.

It all changed with one event, the start of a four-year journey. We were invited to an event that dealt with the mental game of business. There, Dr. T spoke briefly about the connection of our mental condition to our performance and our health. After that, my spouse and I did everything we could to be at any events Dr. T spoke at. I wanted a little more direction, so we took advantage of an opportunity to join one of his programs.

At first, I didn't know what to expect. I was a little skeptical as to what he could teach me that would transform my circumstances. What I found was that he taught with facts to back everything up. He coached me on an approach that would help me to navigate many challenges of life and find true love for myself.

My energy went up. My health took a different turn, a turn for the better. I learned what gratitude and love really was.

The next program I attended was where the doctor's teachings really came alive for me. I was beating myself up over the resentment and guilt I felt towards my grandmother. I took the leap of faith to trust the process that Dr. T was leading me through. As I did the work, I began to feel sick — and then I felt relieved. At the end, all I wanted to do was hug my grandmother and tell her thank you, and that I love her. I could see how I'd been carrying these negative things through my life, how constrained I was, both mentally and in my physical health. After the work was over, I felt level and light, and my back and chest began to loosen up.

When You Cut the BS, Life Can Transform 180°

A week after coming back, I went about my normal routine of visiting doctors for my regular labs. I received a call from the doctor a few days later, telling me I needed to come in immediately. My heart sank into my stomach. Gathering support from my wife and parents, I went to hear the results.

The doctor looked at me with concern. “What are you doing that’s different?” He was worried because my results were all showing normal ranges. He said, “I’d say you’re cured, but I want to know what you did differently.”

I told him I’d been working along with an expert, targeting the mental side of things that affect my health and overall performance.

My doctors are in disbelief even now. My family is in awe over how dramatically my life has shifted. Like a wave rippling out, it has affected our energy levels, regarding health, independence, and even money. We are no longer dreading the weekly doctor’s visit, or the idea of eating more medicine than food. My wife and I began growing together again, enjoying things we had lost sight of.

Ten years ago, I would have embarked on this journey guarded yet open — I’ve been searching for so long for the light in the dark tunnel I was in. We all want change, but the answers are in the action we are willing to take. To have the chance to take back your life is worth more than one lifetime.

Alex Geelan

When I began my journey with Dr. T, I was in the most chaotic point of my life, and it wasn’t until a few months after working with him did I realize that I had been chasing something that I truly didn’t value. I wanted to make money, and I wanted to make a lot of it...I told Dr. T I wanted to be a Billionaire, but I didn’t have any idea what that meant. I didn’t realize the service it would require me to provide, I didn’t realize I didn’t know what I would do to provide that service...I was headed down an extremely sick path.

The moment I realized I didn’t give a crap about being a billionaire working in the financial services industry, I began to naturally just do things that I love to do. I started playing a lot more basketball, I got back to working out and taking care of my body...Things I am not paid to do but love to do. I wasn’t kicking my own butt anymore because Dr. T helped me realize that living my best life was loving the life I already had, and it couldn’t have been truer. He and I have been working together for just about a year now. Since then I have made more money in my entire life than I ever had before, my relationships have drastically improved, and I’m doing the things I love without judging myself for doing them.

Most importantly, I used to believe gratitude was just a feeling people had or didn’t have. I didn’t realize it was an awareness. There’s so much for me to learn, not just about getting what I want, but I’ve begun reading on health, neurology, and the human body because what I really want to do is help athletes perform in their sports to the best of their abilities. That’s what I would love to do, and that is where I am headed...There is so much to learn, and there couldn’t be more to learn when it comes down to myself. I feel just as chaotic as I did when I entered his programs, but it’s a different chaos. It isn’t a chaos that is screaming “I’m lost” ... It’s a chaos that I am learning to manage through increasing my own awareness. The strategies I learned while working with Dr. Trivedi are strategies I’ll use daily for the rest of my life. I will always be in at least one of his programs... There’s so much

When You Cut the BS, Life Can Transform 180°

to learn, he has so much to teach, and this is a process that is worth learning to manage. Working with Dr. T was the most valuable decision I've made for myself yet. My life will never be the same, and if it wasn't for his programs, I don't know where I would be, but I am not looking back!

Angel Lagunas

I first met Dr. Trivedi in December of 2017. I had just left my job in corporate America and went full time in a business that I had started part time 2 years earlier. I was a recent newlywed and my future felt scary and uncertain. I felt torn between two extremes; one was the joy and excitement of finally calling 'my own shots' but I was also terrified at the notion of not having a steady paycheck anymore. I was stuck and paralyzed. I heard about Dr Trivedi and his work from a business mentor. I had been a self-proclaimed self-improvement junkie over the past 20 years. I attended seminars, read books, listened to audios of anyone and anything to help me 'get ahead'. But the things I heard from my mentor caught my attention. This was not self-improvements, in the traditional sense. It was not the rah-rah-rah of positive thinking I was used to. This was based on science. That piqued my attention.

I flew down to Austin to meet him. What I learned that day was the start of a two-year journey into discovering who I was and why I thought the way I did. I was able to blast thru mental barriers and beliefs, I had about myself. I was able to eliminate many years' worth of shame because of beliefs I had.

The experience working with Dr Trivedi was unique. I learned things about myself, life, relationships, money that I had not heard of in all those years of 'self-help'. His knowledge and perspective changed my life. There were many times where I felt that he had direct view into me thoughts or soul because the things he taught resonated so powerfully. My relationships have improved since my work with Dr. Trivedi began. I was finally able to understand why some of the challenging people in my life behaved that way. I was able to love them for who they were and by me being my authentic self, I allowed them to be more authentic as well.

My health improved working with Dr Trivedi. I was a type 2 diabetic. My A1C always hovered around 6.5 to 7. After doing the work, my A1C dropped to 5.3!

I lost my dad in early 2019. I was devastated but I was able to work through the grief with Dr Trivedi. It changed my perspective on what my dad's 'loss' meant to me. I was left with nothing but love and gratitude for my father.

My business grew over 38% in one year by working with Dr. Trivedi. The funny thing is we never really talked about business. He didn't teach me anything about marketing, or strategic social media campaigns, etc. What he did was show me how to better serve and by doing that, I had more customers, better workers and more money. Absolutely stunning results.

Dr Trivedi has changed my life. I will always be grateful to the things he has taught me. It has changed my relationships, business, health, and many other areas. Ultimately, what Dr Trivedi has taught me is love and gratitude. How to love myself and others around me. Those are lessons that could change this world if enough people learned them.

When You Cut the BS, Life Can Transform 180°

Joe Marques

Before I started working with Dr. T, I was stuck and frustrated. My business wasn't moving the way I thought it should, and in fact I resented it, because I felt that it was holding me back from my true purpose. I was a very angry individual, but I didn't even know it. I'd stuffed it way down deep. So deep, not only did the outside world not see me as "angry," but I didn't even realize it myself.

The anger, resentment, guilt, and shame that I had built up from going from being a millionaire to being broke, divorced, and homeless had me in a state where I felt I could not move forward. Before I met Dr. T, I questioned if the first time around dumb luck and I was wasn't meant to be successful.

I've spent more than 25 years reading about personal growth, taking online courses on personal growth, and watching every personal growth guru there is. I had done an excellent job of intellectualizing what needed to be done. I "knew" how to succeed. The problem is that knowing something in the brain and feeling something in your heart are two totally different things. In my brain, I was capable of great success, but in my heart, I was unworthy of success, recognition, and even love.

My life didn't start changing until my initial call with Dr. T, discussing my candidacy for his course. He told me, "Until you get rid of the anger and resentment you have, you will struggle trying to move forward." I laughed at him. I wasn't an angry person. If he told a hundred people who knew me that I was angry, they would laugh too. That's how deeply I was hiding the fact that I was, truly, an angry and resentful person.

On my third call with Dr. T, he assigned me homework around the crooks and thieves that "caused" my initial downfall. During that homework, I finally quit paying lip service to "being thankful" for the event — and truly began to feel gratitude and love for all aspects of the experience. The peace that I felt after doing that work not only continues today, but also continues to grow as I work. That feeling is the best in the world. Clearing that one event took me from feeling stuck and frustrated to feeling appreciation for everything — and my businesses began to expand along with that feeling.

I've worked with Dr. T for a little over ten months so far, and I will personally net \$500,000 dollars in 2020. More importantly, I'm making huge strides in my mission of teaching beginning entrepreneurs. Life becomes amazing and the universe works everything for you once you discover your values and mission and start on the path to accomplish it. I was already a confident, energetic man, but now I'm unstoppable. I know what my life's purpose is and am willing to go through any pain and pleasure necessary to continue that mission.

I could probably write a separate book on all that Dr. T has done, and the impact he's had on my life. His programs have helped me to clear a boatload of emotional trauma and helped me to truly love myself. It's hard to describe the feeling, but life is amazing when you have love and gratitude for yourself and everything in your life. The saying, "You can't love anyone else until you love yourself," has a whole new meaning to me now. It's 100% true. I have a much deeper love and appreciation for everything in life, now that I love myself.

Dr. T, thank you for all you have done for me. I look forward to seeing the impact you are going to have in this world. I would have laughed at anyone that told me life could be like this eight years ago.

When You Cut the BS, Life Can Transform 180°

I know with certainty that I wouldn't be where I am today without your guidance and influence in my life.

Brooke Silberhorn DC

The first time I was introduced to Dr. T and his teachings, I didn't get it. He talked about finding the drawbacks of money, and in my mind, there were NO drawbacks. I knew, however, that I wanted a better mindset around money. What He said was so contrary to everything I had ever been told, and it intrigued me, so anytime I came across something of his on Facebook, I read, listened to, or watched it.

Finally, after 6 months of devouring his free content, I scheduled a Breakthrough call with him. At that point in my life, I was living in constant stress. Life was a roller coaster of emotions that I didn't know how to get off. I resented my ex-husband and was full of guilt and shame for the "mistakes" of my past. I'd healed after being diagnosed with Thyroid Cancer but was fearful of it coming back. I was failing in business, and despite what I did to grow, I was circling the drain. I also felt guilt toward my husband and daughters for my choices and lack of results. I was so tired of telling my daughters they couldn't do or have the simplest things, because we just couldn't afford it. I wasn't where I thought I should have been at that point in life, and I didn't understand what I was doing wrong.

After I began working with Dr. T, one of the first things I noticed was that I felt less chaotic in my emotions. I very quickly saw a change in how I responded to my girls and to stressful situations. I began to see both sides of everything I had (and was) experiencing in life, which allowed me to have a greater appreciation for my life just as it was. I no longer viewed the life experiences I perceived to be "negative" as blocking my path, but rather that they were part of my journey and making me the woman I am today.

I've had so many incredible breakthroughs since working with Dr. T, but there are a few that stand out. At my first workshop, I worked through my relationship with my ex-husband. For over ten years I felt so much resentment toward him and that relationship. But at the end of that day, all I felt was gratitude. I even get teary eyed thinking about it as I write this. My life today...a life that I love...is because I went through all the ups and downs of that relationship. If I hadn't gone through that relationship, I wouldn't have my oldest daughter. If I hadn't gone through that divorce, I wouldn't be remarried or have my second daughter. I know, if it weren't for those two things...my ex and our divorce, I would not be who I am today.

It's funny. I initially had a hard time writing this. I am the same, yet so vastly different. I have changed so much; I've almost forgotten where I came from. It has been almost two years to the day since I had my breakthrough call with Dr. T, but it seems like an eternity ago. Working with Dr. T wasn't always easy. In fact, he pushed me in ways no other mentor/teacher/coach ever had. Yet working with him allowed me to look at life, relationships, money, and business in a completely new way. Every experience, whether I perceive it to be "good" or "bad," is all part of a wonderful tapestry that is my life. Nothing is missing.

When You Cut the BS, Life Can Transform 180°

Dr. Al Simeone

Before I met Dr. T, my life was in chaos. I called off my wedding a month before the wedding date. I'd planned my entire life and career around my fiancée: I would get married, open a chiropractic office, and live an easy, happy life. Suddenly all my hopes and dreams of that "perfect life" were gone. I moved back to Connecticut with my tail between my legs.

I was able to negotiate a good job with bonuses, but I didn't feel at all fulfilled in my work. Chasing success led to getting fired for taking an interview at another office. I didn't get the job I interviewed for, either; so, jobless and at a loss, I took a road trip west, with no idea where I would end up. Once I reached Colorado Springs, CO, I decided to open my own chiropractic office there, to do things my own way. But after everything I'd been through, I was still carrying guilt, shame, and resentment.

A few months later, I met Dr. T.

I decided to work with Dr. T through his three-day program. My life changed after the very first day! He helped me to process and integrate my perceptions of the past, which had been holding me back and keeping me from truly moving forward. The feeling was amazing, even physical: I felt as though I was expanding from the inside out, able to fill my own space once more.

The program helped me to realize how grateful I was for the experiences I shared with my ex-fiancée. Letting go of the resentment and my other negative feelings allowed me to become more balanced in my relationships with others, as well as in how I viewed myself. This has led me to finding that balance in other aspects of my life, which has allowed me to create a business which supports my lifestyle and lets me serve my community in a fulfilling way, aligned with my values.

Not only that, but there are physical changes, too. My eating habits have changed, and even though I'm not on a diet, I'm healthier and have lost four inches at the waist.

Above all, I'm more aware of my emotions, and can navigate stressful situations that would have thrown me into chaos in the past. Dr. T helped me to take steps toward achieving my mission in life, finding fulfillment – and as a result, I love myself more.

Ten years ago, I thought I could handle anything that life threw at me – but obviously I was wrong, at the time. It took going through those experiences to show just how wrong I was. If you had told me then the changes that working with Dr. T would bring, I would have thought you were crazy!

Today, I know that his work is transformative. I've seen it through my experience with him. Understanding the neuroscience behind his methodologies is one thing, but if you want real changes, you must do the work. If you're willing to put in the time and effort, you'll see results even sooner than you might think!

L.C.

When I met Dr. T, I was planning to end my marriage. I was also questioning whether I was in the right business for me. I felt like I was going in circles — I'd read numerous self-help books, spent years envisioning a more positive life, only to continue to find myself in the exact same spot, year after year.

A friend and colleague introduced me to Dr. T. She explained his work and how he had helped her, and I thought, "This is exactly what I need, and I didn't even know it!" I wanted to work with Dr. T to

When You Cut the BS, Life Can Transform 180°

get help in advancing in business, but I quickly realized that the journey was so much more than that — so much more than I could have ever hoped for. It would turn out to help me in all areas of my life, not just business.

I started in two programs right away. Later, I attended a seminar, not exactly sure what to expect but hopeful that I could find what I needed. I knew that things I was holding on to were holding me back in life, but I didn't really know what to do about it. With Dr. T's help, I learned!

Working with Dr. T is like nothing else I've ever experienced. Quite apart from the financial aspects, he has done so much more for me. He has helped me to understand the traumas I experienced as a child, and how they have served me in my journey. He helped me to figure out what it was that was keeping me "stuck" in life, and how to get past it. I am now able to turn negative things into positive things.

After attending one of his seminars, I walked away filled with love. Love and gratitude for everything, even negative experiences — even for a rape that happened thirty years ago. I didn't even realize that I was holding onto feelings of shame, because I had buried the event so deeply, and so I thought I had dealt with it. After thirty minutes of going through the experience with Dr. T, I felt so enlightened — it was amazing. I understand that what I've gone through has been done for me, not to me. My heart is now opened to receive love, and I am aware and present in life. I believe I am an inspiration to those who love me.

If I went back ten years, I would tell myself that things aren't as bad as they seem — but they're not as good as they seem either. They just are. The situations that I felt were in my way were there on my way, to serve me and to help me serve others.

If you're thinking about working with Dr. T, do it. Give yourself one of the greatest gifts and learn from him. He has so much to teach you about being your authentic self. Love yourself enough to give it a chance.

Robin Hale

Before I started working with Dr. T, I was in a period of fast business growth as a chiropractor. It was good for my bottom line, but I knew that it was building on an unstable foundation. I didn't love what I was doing. I didn't love myself. I felt like a fraud. The increased income from my business made it easier to hide these feelings, though, so everyone around me thought I was finally gaining some happiness in life. But I knew otherwise. Spending money was becoming an addiction, what I turned to as a source of "happiness," so I knew that I'd have to continue to grow my business to keep up with it.

I listened to books that told me how to start my mornings, how to speak positively to and about myself. I heard the concepts, but I didn't apply them. It all sounded good, but none of it really resonated with me. I knew that I needed to make a major mind-body connection change if I wanted to keep going.

About seven months ago, a friend of mine made a post on Facebook about attending an event with Dr. Trivedi. She talked about how he not only got to the root of her bullshit stories, but how he taught her to overcome them neurologically, so the stories didn't come back and continue to run her life. I knew that I needed to attend this program, regardless of the cost.

When You Cut the BS, Life Can Transform 180°

A month later, I was sitting in a hotel conference room with Dr. T and six other people. Apparently, when I first walked into the room, I was a little tense. It was later described to me that I seemed like I was ready for a fight. I knew I was nervous; I was about to bare my soul to a bunch of people I'd never met. But I never would have imagined that the energy I gave off was so palpable to those around me. I can only imagine what people back at home had been feeling from me.

Once we got started with the program, I realized I couldn't even answer any questions without crying. I had so much anxiety built up from so many years of pushing through, of being strong, of helping others before helping myself. We went through three days of hard work, and I could feel the tension slowly melt away as I began to see things for what they really were. By the end of the third day, my new friends commented on what a different person I was, compared to the first day. They could physically see the transformation that was occurring in my physiology, and I could feel it, too.

Dr. T invited me to join his group to continue building on the work I'd done. I knew that making that investment was necessary for me to continue to grow. If I hadn't made that commitment, I would have settled back into my old comfort zone: easy to sustain, but not at all fulfilling.

2019 ended up being my best year, financially. I started a consulting business which is growing each month. I ended a long-term relationship that I had known I needed to put a stop to for a long time. My relationship with my kids is stronger than ever. I have deeper friendships and a renewed vision for the future, including some major life changes. I have an excitement for life that I don't remember ever having before.

It took 42 years, but I'm learning to love myself. Ten years ago, there's no way I would have believed that working with Dr. T could have such a dramatic impact. I can only take comfort in knowing that I'm exactly where I need to be. I had to go through the trauma in order to see the beauty of where I am now.

Guillermo Palomino

Before Dr. T, I was unfulfilled, worried about my financial future, and sick and tired of my debt. But these circumstances were nothing new — my whole life, I was told that I was inadequate, not capable.

I repeatedly sought out ways to fix it all, to show that I was capable and adequate after all. Having graduated from other self-development and coaching programs, I was quite skilled at tolerating obstacles. But there was always a shadow that followed me, a perpetual cloud of dissatisfaction and failure. Every success was ephemeral.

One day, I saw an ad on Facebook that caught my attention. The ad had many familiar internet sales techniques, but Dr. T himself was very different from the multitude of self-help gurus out there. Having been in professional sales for most of my career, I knew all about motivational speakers, sales and personal growth techniques, and — especially — how none of them worked for me. Hearing him say, "None of those things work," and, "What I do is scientifically based," along with a few curse words, made him seem different, fresh. He has an openness in his eyes that transmit an ownership of self. And the timing was right for me. I needed inspiration and I wanted a new approach.

When You Cut the BS, Life Can Transform 180°

The most profoundly impactful and immediate change in my life is that I no longer see the world through blue lenses. I'm not saddened by the notion that I am inadequate and not enough. I was never a sad person, after all; I was just disappointed. I felt a preemptive disappointment in myself, but now that is gone, and in its place is peace. I've realized that I don't really need to *be* something in order to do something — I just need to *do* things.

My most specific issue that needed work was my career. I thought sales commissions would make time for my family, money for buying things, and happiness. I liked some aspects of the entrepreneurial lifestyle, but others I abhorred. But I kept building myself up with sales techniques, leadership seminars, constantly regaining motivation to keep going — as though that were the only possible way to spend my life. While there was some success, there wasn't nearly as much as I wanted. I regretted that I couldn't achieve what was expected of me, because it reinforced the message I'd heard since I was a child: I wasn't enough.

The parts of my work that I enjoyed were tied to counseling, coaching, teaching, and communicating. Working with Dr. T helped me to realize that the things I gravitated toward were the things I was meant to do. I'd been making decisions about my work based on others, not myself. Now, I have a more balanced view of financial things, which means I no longer must suffer, regret, or beat myself up about doing the things that I want to do.

One of my favorite results of putting in the work with Dr. T is that I'll finally be getting my master's degree in clinical mental health counseling. I've always wanted to be a therapist, but never pursued it because, again, I felt that sales were the only way to guarantee financial success. But now that I know what I truly want to do, what I'm meant to do, I know that success is guaranteed.

Changing my work to accommodate my highest values has increased my income and reduced my debt! I'm recognized for my work, and it feels effortless and natural. I'm saving money, investing, and preparing to buy a home. The material things that I always wanted are coming through doing more of what I like and less of what I don't. Working with Dr. T has helped me to leverage my real wealth — not money or success but living in alignment with my true values.

It's affected my health, as well. Several members of my family had serious heart issues, and I was starting to see warning signs. Upon starting work with Dr. T, I adjusted my diet, which saw a dramatic improvement in all my biometric markers within a two-month period.

Working with Dr. T has helped me to overcome the underlying fear that trying to prove my capability will always result in failure — in my work, financials, physical health, and even hobbies. If you find a pattern that you don't like in your personal life, your health, or your career, work with Dr. T.