

America's #1 Self Help Program Coming to UK At Last - First European Release Technique 7 Day Retreat in Europe

Until now, the Release Technique, America's premier self help program has been available only to Americans or the 1200+ Europeans who traveled all the way to the US to attend a Release Technique Seminar. On the 100 birthday (begins July 19th ends 25th) of the creator of the Release Technique Lester Levenson the Release Technique is holding its first European Retreat in Bristol, Somerset. July 19th to the 25th.

Sherman Oaks, Ca (PRWeb UK) April 24, 2009 -- Until now the [Release Technique](#) has been available only to Americans or the 1200+ Europeans who traveled all the way to the US to attend a Release Technique Seminar. On the 100 birthday (begins July 19th ends 25th) of the creator of the Release Technique [Lester Levenson](#) the Release Technique is holding its first European Retreat in Bristol, Somerset, July 19th to the 25th.

The Release Technique has been available for about 30 years and has been taught to about 250,000 people. Releasing is a simple and natural process that helps people to very simply let go of unwanted feelings and thoughts. One of the results that most people experience after practicing the technique is the side effect that the very common mental issues like stress, anxiety, guilt, anger, depression etc simply disappear and never come back. This has been researched by Harvard, Columbia, and other medical school researchers who have proven the dramatic effectiveness of the Release Technique. Former Albert Einstein associate Dr. Kemeny calls the Release Technique "a profound breakthrough in the history of behavioral science".

[Releasing](#) works where other methods fail and releasers experience dramatic changes and improvements with their health, relationships and their overall happiness. Releasing works on the premise that our thoughts create everything that people experience and teaches how to identify subconscious thoughts and eliminating them.

Larry Crane, a self made multi-millionaire by the time he was thirty-years-old went through the same crisis that many celebrities have gone through and despite of his enormous financial success and influence came to the realization that the "normal" (counseling etc...) way of coping with a situation like this did not create the results that he was looking for. Being used to find his own solutions he invested time and money to find an answer and he came across a scientist named Lester Levenson who had developed the "Release Technique" [self help program](#) which gave Crane all the answers that he needed.

Crane is passionate about his work and offers free and unlimited support to his students, he usually spends most of his time taking phone calls himself answering questions or providing free phone support. Unlike other self help programs, Crane focuses on teaching his students to master the method themselves.

Crane who has been teaching the method for about 30 years is very optimistic about the acceptance in the UK. "Europeans are a lot more proactive and open to improve their lives than Americans" and releasing resonates very well with people that want to find their own answers.

Participants come from various backgrounds: business owners, health practitioners, meditators... which have one thing in common; people who rather turn to a self help program instead of relying on external help.

For more information on the Release Technique, visit: www.ReleaseTechnique.com

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