

Marina
PEARSON

THE *MB.*
effortless
LIFESTYLE
PROGRAM

Your 9 month journey to create an
effortless lifestyle that gets results.

THE ^{MBS} *effortless* LIFESTYLE PROGRAM

Your 9 month journey to create an effortless lifestyle that gets results

Imagine life where stress no longer resides – where self-judgment, money, relationships and not being successful are no longer an issue.

A life that allows you to manifest the results you want EFFORTLESSLY full of peace and joy to live life on your own terms vs. feeling that you are at the mercy of all which life demands of you.

Well its possible!

The key to creating an Effortless Lifestyle for yourself is closer than you think. Which is why I created the Effortless Lifestyle Program so that you can finally let go of your struggle and stress and live life on your own terms.

What Are the Results?

- Let go of the attachments that are currently keeping you stuck & stressed to finally create the results and abundance that you are looking for
- Experience a deeper and richer experience of life so that life becomes a magical journey
- Manifest what you want as you are guided by wisdom versus insecurity
- Live from grace, where peace and stillness resides to be who you truly are vs. the roles you play to experience true freedom.

The Journey

This 9 month journey will give birth to you're the lifestyle of your dreams EFFORTLESSLY. The intention of the program is for you to get clarity of what your effortless lifestyle looks like and then to create it so that you can go live it!

Your Facilitator

I (Marina Pearson) will be your facilitator during your Effortless Lifestyle Journey where we meet 3 times a month as a group and once

every 3 months for your 60 minute laser-like coaching session. I am the number one bestselling author of the international award winning book *Goodbye Mr Ex* and for the last 3 years I have been working to transform Stress into an Effortless Lifestyle. I am a Ted Speaker and was nominated for The Best Relationship Coach of the Year Award. I have also been featured in Marie Claire, Best, Top Sante, NOW, The Guardian, The Daily Mail, SKY, Fox News and The Huffington Post.

Who is this Journey for?

Souls who want to:

- Let go of struggle and stress to manifest their results effortlessly
- Make a difference in the world but who know they are not fulfilling their fullest potential
- Live life on their own terms to create time and financial freedom
- Let go of self doubt, judgment and fall in love with themselves to finally feel at peace and free.

What some of my clients have experienced already

Before doing the Effortless Lifestyle Program I was going through continuous overwhelm and unable to feel the inner peace that I so longed for. During my journey, I made subtle shifts in my thinking, freeing me from getting stuck in my head so as to think without constraints. The acceptance that I am already who and what I want to be and that I am only a thought away from my inner peace has been game-changing. Not only do I spend a lot more of my time feeling at peace, which has given me a huge amount of freedom, but I have also changed the way I am going to approach my work with young people around emotional wellbeing too. Thanks Marina.

Jackie Lawrence, *Social Worker, UK*



The Effortless Lifestyle Program has been amazing. I have gone from "When I achieve x, I will receive y" which had me stuck in a fruitless loop for 10 years. This has led from not making any money in my business with no leverage, to becoming a Guinness World Record holder, creating some incredible fruitful contacts, flying business class to beautiful places around the world while spending time with close family and friends. For the first time I am at peace with my thoughts a large percentage of time and that percentage grew with every Effortless Lifestyle call. During the calls, I realised I wasn't taking enough action and then I got stuck on what action I should be taking. However, working through this with Marina, making a plan and knowing that I can trust my wisdom has made all the difference. Thank you Marina.

Caroline Ainslie, *Founder Bubbly Maths, UK*



Before coming on the program, marrying my love for art, language and music seemed like a pipe dream. I had spent years fearing my ability as a musician. In fact, I had stopped seeing myself as one. I was also experiencing some big challenges with my family and felt that I didn't have the support needed for me to pursue my dream. In just 9 months I have seen my dream quickly turn into reality. I am now calling myself a musician and have started to write and compose my own music and am going to develop my own music streaming service. I have also been asked to be the face of academic teaching for my language school's new promo video, too: talking about the artistic excursions I organise, to help students develop critical thinking. I have also been approached to create a documentary. The challenging family dynamics don't bother me as much anymore as I have stopped seeking the validation that I once believed I needed. Thank you Marina.

Eddie Ferrero, *teacher and student of the arts*



THE ^{MVP} *effortless* LIFESTYLE PROGRAM

There are 4 pathways that are part of The Effortless Lifestyle Program that will take you down the road to effortless living. These events will transform stress in these specific areas into feelings of peace and effortless living. Each of these live events are part of the effortless living program:

^{MVP} *Your Pathway to* WISDOM.

This 2 day event is about leaving the stress of self doubt behind you. Instead you will gain powerful insights so you leave knowing that you are much more powerful than you had ever considered yourself to be. As well as being able to manifest whatever you want in your life effortlessly.

You will feel leaving VERY wise and powerful.

^{MVP} *Your Pathway to* ABUNDANCE.

This 2 day event is about leaving your money worries and stress behind you, and dissolving any blockages you have in creating it, so you can create as much of it as you want. You will feel leaving abundant and excited!

^{MVP} *Your Pathway to* LOVE.

This 2 day event is about falling in love with yourself, to transform the relationships around you.

You will feel leaving FULL of love and peace.

^{MVP} *Your Pathway to* SUCCESS.

This 2 day event is about leaving your stress of failure behind you, to step into your greatness and have a life full of success. You will feel leaving successful and inspired.



I highly recommend Marina's Effortless Living Program. I have gone from being in a constant state of overwhelm, pressure and anxiety to an incredible place of peace and clarity. I am able to make better decisions and focus on what I really want rather than being driven by fear. I have seen tangible results in both my businesses that are now thriving and the opportunities keep multiplying!

Lia Aquila, Founder of Raw Food Fest, UK