

**Kelly Armatage** - Bahrain based Therapist talks about her ground-breaking self help invention.

# A.S.K. A Serenity Kit

'A sound mind in a sound body' is the English translation of a famous quotation by the pre-Socratic Greek philosopher, Thales, demonstrating the close links between physical exercise, mental equilibrium and the ability to enjoy life. Though stress and negative habits are a global issue, more and more people around the world are working on themselves to improve their emotional and psychological wellbeing.





A.S.K. A Serenity Kit, set to launch this month in Bahrain and globally is a simple and easy way to turn-around problems into great success. Kelly Armatage, whose brain child this is, has worked on her own mind for 10 years and on those of some of the most successful entrepreneurs.

**How did you come up with A.S.K.? And does self-help really work or being guided by a therapist is necessary?**

Over the last 8 years of coaching people, I discovered a therapy method that re-wires the subconscious and can change any issue. It was initially 25 steps, but I brainstormed it down to 3 simple steps, so people can use it on themselves, without the need for a therapist. It is along the lines of other self help methods like CBT, NLP, EFT and TFT. This project has taken 14 months to complete.

**How does it work?**

The KIT includes a video tutorial, book, audio book and A.S.K. worksheets. It is quick and easy and can be used over and over again on all areas of your life. In addition, we have the free A.S.K. forum online, the worksheet which is free, plus people can access videos of clients doing the technique with a variety of

different issues. I wanted the world to have access to A.S.K. as a free technique and those that wish to go in depth can buy the KITS.



**Any successful A.S.K. cases you'd like to share with our readers?**

A.S.K. solved someone's insomnia within 20 minutes and the person has slept every night since. A.S.K. also helped a woman release the sadness and pain around

her husband's death, who had died of cancer. Another person landed a job within 4 weeks and yet another woman solved a relationship issue she had for 17 years. You could check more videos on our website. A.S.K. can be used for a number of issues including emotional problems, financial stress, weight issues, anxiety, relationship difficulties, parenting tension, sickness, career stagnation, phobias, addictions, trauma, and abuse.

**Tell us more about the launch in Bahrain?**

We are launching A.S.K. initially in book stores in Bahrain, with a global launch planned after. As well as the KITS, we have plans to have 50 Therapists worldwide train as A.S.K. Facilitators online. It will also be registered with a university, so therapists can study for the A.S.K. diploma and use it within their clinics. We have plans to hold regular A.S.K. Seminars in countries all over the world. I see it becoming a new movement within the self-help sector and due to its fantastic results, it will go on to help many people.

For more information visit [www.aserenitykit.com](http://www.aserenitykit.com)