



THERE IS A WAY BACK

A Veteran's Guide to Reclaiming Your Mental Health

Carl Burgess

Veteran · Breathwork Practitioner · NLP Facilitator

100%

Rated Excellent

100%

Felt Safe & Supported

100%

Better Sleep & Mental Health

100%

Would Recommend



FOR VETERANS, FIRST RESPONDERS & ANYONE STUCK

THERE IS A WAY BACK

How to Break Free From What's Holding You Back & Find Your Purpose

The 4-Phase Breakthrough System – For Veterans, First Responders & Anyone Who Feels Stuck

Carl Burgess

Veteran | Practitioner | Founder, Strong Happy Healthy Loved

200% game changer. Recommended to all veterans. The 4-Phase System built me from the inside out. I felt safe, supported, and in control.

Chris

Veteran · 10 / 10

70%

Less Stress

70%

Better Sleep

100%

Recommend

9.3/10

Participant Rating

100%

Would Recommend

70%

Stress Reduction



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You're Not Broken.

You're Carrying Something Nobody Trained You For.

You left the service. Or the job. Or the relationship fell apart. Maybe all three. And now you're lying awake at 3am wondering why the hell you can't just switch off. Why a car backfire sends you sideways. Why the people who are supposed to be closest to you feel like strangers.

You've probably been told to 'toughen up'. Or 'get over it'. Or maybe you've been handed a diagnosis and a prescription and told to get on with it. And still — nothing changes.

Here's what nobody told you: your nervous system learned to survive. It did exactly what it was supposed to do. The problem isn't you — it's that nobody ever showed you how to turn it off.

The nightmares. The rage. The drinking. The numbing out. The pushing people away. None of that is weakness. It's a highly trained system stuck in survival mode — with no off-switch.

What you need isn't more willpower. What you need is a system that works with your nervous system — not against it. One that uses the same precision and structure you were trained to respect.

That system exists. And it's been tested by people just like you.

This isn't a book about sitting in a circle talking about your feelings. This is about rewiring the system — using breathwork, neurolinguistic programming, and a proven 4-phase protocol that has already transformed real veterans' lives.



I've Been Where You Are.

Here's What Got Me Out.

I served. I came home. And then I spent years fighting a different kind of war — one inside my own head. The alcohol. The broken relationships. The rage I couldn't explain and the emptiness I couldn't fill. I was functional enough to fool most people. But I was dying inside.

I tried the traditional routes. Medication. Counselling. 'Talking about it'. Some of it helped a little. None of it got to the root. Because the root wasn't in my head — it was in my nervous system. In the way my body had been trained to respond to threat, and never untrained.

Then I found breathwork. Then NLP — Neurolinguistic Programming. I started to understand that the stories I was telling myself, the anchors in my body, the automatic patterns — all of it could be changed. Not overnight. But systematically. Phase by phase.



I didn't find a programme that fixed me. I built one — tested it on myself — and then watched it transform the lives of veterans.

— Carl Burgess

The 4-Phase Breakthrough System is the result of that journey. It's built on the science of nervous system regulation, the precision of NLP, and the power of breath — combined into a structured protocol that veterans and first responders can actually follow.

This isn't theory. I've lived it. I've qualified in it. And now I have the pilot data to prove it works.

Dr Mair Underwood PhD — Researcher · Decades of personal development experience

"Carl did teach me new techniques, and while working with him I was safely held so that I could step outside of my comfort zone, and make real changes to improve my life. Carl's work benefitted all of me: mind, body and spirit. I have no hesitation in recommending Carl and the SHHL team."



This Is Not 'Just Breathwork'.

This Is Nervous System Reprogramming.

Let's get one thing straight. When people hear 'breathwork' they picture a yoga studio and scented candles. That's not what this is. The breathwork protocols in the 4-Phase Breakthrough System are precision tools — designed to directly influence your autonomic nervous system in the same way a rifle sight is designed to hit a target.

Combined with NLP — Neurolinguistic Programming — you get a complete toolkit:

BREATHWORK

- › A dedicated breath for each phase
- › A unique breath protocol for each phase
- › The Sleep Breath for deep recovery
- › The Anxiety Stopper for acute moments
- › Breath as your daily anchor

NLP

- › Anchoring calm states
- › Reframing trauma narratives
- › Pattern interruption
- › Locus of control reclaiming
- › Language & identity shifts

Most programmes give you one tool. We give you a complete system. Breathwork calms the body. NLP rewires the mind. Together, they break the cycle that no amount of 'talking about it' ever could.



ICAHP Accredited



The 4-Phase Breakthrough System

Four phases. One complete transformation.

01 RESET

Reclaim control of your mind and body through conscious breathing and nervous-system regulation.

Before anything else can change, the system needs to reset. Phase 1 uses the Reset Breath and NLP anchoring to interrupt the survival loop – calming the nervous system, stabilising sleep, and giving you back control over your own state. This is where the pattern breaks.

02 REWIRE

Break free from learned behaviours and emotional loops using subconscious reprogramming and CO balance.

Your nervous system learned to survive. Now it needs to learn something new. Phase 2 uses the Rewire Breath and NLP pattern interruption to break the old loops – the automatic reactions, the negative self-talk, the behaviours that keep pulling you back. You stop running on autopilot.

03 REALIGN

Rediscover your authentic self, core values and purpose with mindset anchoring and emotional intelligence.

Who are you without the weight of what happened to you? Phase 3 uses the Realign Breath and deep NLP work to reconnect you with your values, your identity, and your purpose. You reclaim your locus of control and start leading your life instead of reacting to it.

04 RISE

Step into your full potential with unshakable confidence, clarity and direction.

Like a tree seed – you already have the blueprint inside you. Everything you need to grow is already there. Phase 4 provides the right environment: the Rise Breath, forward-focused NLP, and a community of people on the same mission. You don't just recover. You rise into who you were always meant to be.



The Proof.

Real Veterans. Real Results.

This isn't a theory. The 4-Phase Breakthrough System has transformed the lives of veterans, first responders, and people who felt stuck. Our pilot data alone tells the story:

70%

Reduction in
Stress & Anxiety

70%

Improvement
in Sleep

60%

Less Disconnection
from Others

9.3/10

Participant
Rating

- 100% rated their experience as Excellent
- 100% felt safe and supported throughout
- 100% reported better sleep and improved mental health
- 100% said they'd recommend the program to others

CHRIS

Veteran

10/10

"Rise confirmed everything — 200% game changer. Purpose, self-worth and knowing who you want to be. Built me from the inside out."

MIKE

Veteran

10/10

"Brother, I have to thank you for what you've given me — it's life-changing. Released a lot of trauma during Reset."

DEAN

Veteran

10/10

"Positive energy shift and stronger self-belief. Anxiety and sleep issues dropped from daily to rarely. Stress levels — 10/10 improvement."

TERRY K

Veteran

8/10

"Released a lot of guilt I was holding onto. The anchor is my go-to tool."

PETER

Veteran

8/10

"Learning, growing, empowering. Carl made me feel completely comfortable and supported. You can do it all from home."

SHANNON M

Veteran

10/10

"Relaxed, grounded, calm for weeks after. The breath calms me when anxiety hits."



What You'll Walk Away With.

This Isn't About Managing Symptoms.

The 4-Phase Breakthrough System is not crisis management. It's not a coping strategy. It's a complete rewiring — a transformation in how you relate to your nervous system, your mind, your identity, and your future.

A Regulated Nervous System

Sleep deeper. React less. Breathe through what used to send you sideways. You'll have protocols for every state — high activation, low energy, acute stress.

Freedom From the Loop

The patterns that kept pulling you back — the drinking, the anger, the numbing — interrupted and replaced with NLP tools that actually work in the real world.

A New Identity

Not 'veteran trying to cope'. Someone who knows who they are, where they're going, and what tools they carry. Your mission changes — and you embrace it.

Real Community

You join a tribe of people who've walked the same road. No judgment. Just accountability, growth, and genuine connection.

Lifelong Tools

Everything you learn is yours to keep. These aren't clinic visits. This is a skillset — breathwork and NLP — that compounds over time.



Your Tribe Is Waiting.

You Don't Have to Do This Alone.

One of the biggest lies we were sold after service is that we should handle it ourselves. That asking for help is weakness. That we don't need community. That isolation is discipline.

That lie has cost too many lives. And it's time to replace it with the truth: the strongest people on earth — soldiers, first responders, warriors — have always operated in teams. Connection isn't weakness. It's a force multiplier.

The Strong Happy Healthy Loved community is that team.

- People who get it**
A community of veterans, first responders, and anyone ready to grow — all on the same journey, all pulling in the same direction.
- Ongoing practice**
Access to breathwork and NLP tools, resources, and live sessions to keep your practice sharp and your progress compounding.
- Accountability**
Real check-ins. Real standards. People who'll call you on your bullshit and celebrate your wins — because they know what it costs.
- Carl's guidance**
Direct access to Carl and the framework. Not a corporate programme with rotating coaches — the person who built it, in the trenches with you.

Join the community:
skool.com/strong-happy-healthy-loved-8186/about



What Comes Next?

This Is Just the Beginning.

Completing the 4-Phase Breakthrough System isn't the end of the road — it's the start of a new one. Here's where people go from here:

Become a Breathwork Facilitator

Want to take what you've learned and help others? SHHL is a registered training school. Carl offers facilitator training so you can guide others through the same transformation — and build a purpose-driven career doing it.

Free Courses on the Skool Community

Inside the Strong Happy Healthy Loved Skool community you'll find free courses covering breathwork, NLP fundamentals, nervous system regulation, and more. Access them any time, work at your own pace, keep growing.

Paid Immersion Courses

Ready to go deeper? SHHL offers paid immersion courses including advanced breathwork, mental health first aid, and specialised NLP programmes — all designed to give you mastery, not just knowledge.

Stay in the Community

The Skool community is your ongoing home base. Live sessions, check-ins, new resources, and a growing tribe of people committed to the same mission. Your growth doesn't have a finish line.

Explore everything at:
skool.com/strong-happy-healthy-loved-8186/about



This Is Your Moment.

Don't Close This. Take One Step.

You picked up this book for a reason. Something in you knows that the way you've been living isn't the way you have to keep living. That there's a version of you — calmer, stronger, more present — waiting on the other side of this work.

The veterans who've completed the 4-Phase Breakthrough System didn't have some special advantage you don't have. They just said yes when the moment came.

This is your moment.

- 1 Go to the Skool community**
- 2 Connect with Carl and the team**
- 3 Start Phase 1 — your first breath**

JOIN THE COMMUNITY NOW

skool.com/strong-happy-healthy-loved-8186/about

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