TEMPLATE

1

WHEN QUOTING SOURCES

(HEADLINE eg Recognition for XXX at last)

I am very pleased to (Anxiety UK) have brought out a self help guide on understanding anxiety. I specialise in treating (add the anxiety type) so was interested to read what they said: (quote an interesting fact or couple of paragraphs from the guide). I see so much of this these days (talk about what you see - what sort of things are your clients coming to you with). To know this is being recognised by such an important organisation is fantastic. (Put in another quote from the guide which illustrates this)

I also find that (mention something you do and do well) really helps a lot of people with this. (Expand on what you do if you want)

If you want to know more or book a session then (your contact details)

Or if you would like to buy (or get) the guide (whatever you have used - give a web link or contact details)

I will be writing more about anxiety soon so do come back