

The background of the entire page is a composite image. On the left, a hand is shown pulling back a heavy curtain with vertical stripes of blue and purple. To the right, through the opening, a couple is seen from behind, walking on a sandy beach towards a bright, low sun on the horizon. The sun creates a strong lens flare and illuminates the scene with a warm, golden light. The couple's reflections are visible on the wet sand.

How to Effortlessly Find Life and Love After 40

Breakthrough to Relief and Freedom...
in 10 days 10 steps 10 seconds

By Dr. Bob Huizenga

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If you are between 40 and 60 it's time for a change.

You've Given Your All

- For decades, you've probably worked hard trying to please people, wanting their attention, affection, and recognition, or you've tried to control your world to make it exactly how you wanted.
- You've spent a lifetime trying to keep everything together—for your family, others, and yourself.
- Maybe you've been the caretaker, always focused on everyone else's needs and pain.
- You've struggled to find your place, somewhere to truly feel like you belong.
- You've worked tirelessly on your self-esteem, telling yourself you're worthy and valuable.
- You've strived to make your world safe, protecting yourself, your kids, your family, and those around you.
- You've pushed to hit goals, succeed, provide, create, and build a shining life.
- You've spent a lifetime trying to fix things, to make things better, to improve.

On Autopilot

Most of this was just automatic—you were on autopilot, doing what you believed, deep down, you needed to do to get by in life, not just for yourself, but for others too. You didn't overthink it; you just kept doing what you do, over and over again.

Maybe there was this nagging feeling inside that things weren't quite right, that you weren't quite making it, that there were gaps, and your efforts were falling short, even when you tried twice as hard.

Crisis

And today, it might feel like it's all unraveling.

Maybe there's a crisis—infidelity, divorce, failure, health issues, or some other catastrophe.

Or maybe there's just an inner voice and a gut feeling that screams, "No more! I'm done! I'm finished!"

So here you are, in a time of confusion, transition, change, fear, guilt, regrets, and questions like: "Why does this keep happening to me? What does my future hold? How do I get through this?"

Perhaps you've tried to change direction, but your attempts at transformation just didn't work or ended up being the same old strategies that always failed.

The Dilemma

This is the dilemma for folks between 40 and 59. Everyone goes through it—no exceptions. But you do have a choice to make:

1. **"I'm going to lean into this confusion. I'm going to face my feelings of loss, hurt, pain, and this crisis, and I'm committed to finding some kind of healing, change, or transformation."**

2. The other choice, which a lot of people make, is: **"I'm going to close my eyes, my ears, my heart, and just become a cold and grumpy old person."**

Since you're here, I'm guessing you're ready to navigate this in-between time and transition, seek out healing, and allow a new life and new relationships to emerge—no longer weighed down by struggle and strain, but by a natural, easy, and spontaneous sense of love for yourself, others, and your community.

This is your opportunity to experience a life altering experience, effortlessly and quickly.

10 steps to a dramatic and radical shift

I've spent the past decade perfecting a 10 step process that reaches to your very core and generates a dramatic and radical shift. All of my clients describe the pervasive feeling of "relief."

This will happen...

Space

You welcome space between your words and thoughts. Your thoughts are crisp. Gone is the confusion and overwhelm. Negative feelings no longer surround your thoughts. The urge to speak quickly is gone. The tension free space between you and another becomes an opportunity for exploration and intimacy.

Relief

The strain and stress you feel are diminished. You breathe fully and deeply. Your heart stops pounding. You stop tormenting your body. Your chest loosens, and the pain is gone. There is a quiet sense of being relaxed, a load lifted, all responsibility gone.

Freedom

New dreams and visions will pop up, showing you who you are, who you want to be, and the life you're ready to create. You experience the exhilaration of reclaiming your true self, whoever that might be. You begin to entertain possibilities for a new purpose, a new and fresh voice wanting to break loose. Your inner self is jumping up and down.

Effortless

Change and transformation occur without effort. It just happens, as if a switch is flipped. The painful thoughts and the exhausted, discouraged efforts are gone. You marvel at how easy it is—no more "working on it." It just happens.

Foundation

You become pleasantly aware that your life—the way you perceive and approach yourself, your relationships, and your world—is based on a new foundation. Your inner compass points in a new direction. You live from a new framework that seems natural, easy, spontaneous, and filled with hope.

This isn't about:

- Dredging up old hurts and pain.
- Going on some deep psychological journey to battle inner demons.
- Just venting all your frustration, anger, or hurt.
- A chaotic mess in your head.

Instead, this is about:

- A calm, peaceful feeling of relief, freedom, and all-around well-being.
- A complete shift from how things used to be, to becoming your new normal.

You will learn

Sign up for the 10 day intensive and this is some of what you will learn:

1 You will create a space for love, which does not mean "being close."

2 You will live by a future vision for love, rather than controlled by past painful memories.

3 You will experience love and project it outward.

4 You will learn which behaviors to change; those that have the greatest chance of influencing your relationship.

5 You learn how to modify/change/transform/diminish your catastrophic thinking.

6 You will learn how to be aware of, identify, modify, and transform self talk.

7 You will objectively evaluate the status and make informed decisions regarding your relationship.

8 You will use the Love Stacking Matrix work sheet and begin stacking love experiences.

9 You will be aware of the key relationship killer and how to transform it.

10 You learn how to identify and modify your marriage mood.

11 You will identify with exact clarity where you get stuck and how to move through it.

12 You will learn how marriages and relationships really work.

13 You will learn how your marriage heals itself.

14 You learn how to feel emotionally safe with your spouse/partner.

15 You will create a vision of love based on the three Love Laws.

16 You learn how to understand, in-depth, your spouse and develop acceptance, forgiveness and compassion.

Allow yourself to experience a love that is Natural (not manufactured), a love that is Easy (you need not work on it), and a love that is Spontaneous (an expression of your uniqueness).

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