



**Licensed Psychotherapist  
Trauma & Mindset Expert, Best Selling Author – Hypnotherapist**

Susanne Mealer is the creator of The Hurtig Approach™ - an evolutionary method that helps clients who are consistently hitting barriers to eliminate the drama, trauma and chaos in 1/10th of the time of traditional therapy alone.

While Susanne is a Licensed Psychotherapist and a Trauma and Dissociation Expert, she is NOT your typical personal development consultant or therapist. She approaches transformation from a mind, body, and soul perspective, using quick and effective tools that uncover and target the ROOT causes of self-sabotage and self-limiting beliefs providing rapid results, emotional freedom and personal empowerment.

Her mission and true passion is helping individuals, couples and entrepreneurs remove the subconscious invisible walls that are shackling them and keeping them from their ideal life.

Her specializations, her own journey of immigrating independently to the United States from Denmark at the young age of 20, and her experience of running a successful business has given her great insight into both life and business/career challenges.

Susanne believes that to achieve what you truly want in your life, relationships, health, and work in the world, you must look at the bigger picture both inside and outside of your entire self - mind, body and spirit.

To learn more about Susanne and how she helps people remove the invisible walls that are keeping them from living their ideal life, please visit [Susannemealer.com](http://Susannemealer.com).

