

*Thank you!*

**You're on a journey, a life-long journey, but you are now equipped with the knowledge and tools to successfully navigate this journey, with a better understanding of how you can adapt to stress along the way.**

**I very much hope that you've enjoyed the course and found it to be beneficial. If it has helped you, even in a small way, I'm very grateful for that and for your attention throughout.**

**As I bid you farewell, I wish you good luck on your journey. So until our paths cross again, thank you very much.**

*With best wishes*

*Matt*