



Sample Short Email Lift Note

Email Subject line:

My friend thought I'd started taking antidepressants...

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Dear _____,

You know those days when nothing goes right and the entire world is against you? I used to have them. All. The. Time. And I was often moody, irritable, and snappish.

Until one day when an acquaintance told me about [3 Minute Meditations](#)...and genuinely changed my life forever.

I've always been rather skeptical about meditation, but I was impressed by the benefits this guy was experiencing from it. Less anxiety, more patience, more happiness—even lower blood pressure! I wanted these things, too. And three minutes at a time is completely doable, even for someone as harried as me.

After our conversation, I looked up [3 Minute Meditations](#). It's inexpensive and has a 100% money-back guarantee. With nothing to lose, I placed my order.

It was easily the best decision I've ever made for myself. Just weeks after starting the program, my whole perspective changed. Today, my bad days are few and far between. I feel calmer, happier, more appreciative. I feel *lighter*.

And I'm not the only one who's noticed a difference. Last week, I ran into an old friend who I hadn't seen since before starting [3MM](#). She studied me intently before eventually asking if I'd started taking antidepressants.

No, I told her, I'll tell you my secret...

I think you'll want to know about it, too. Click [here](#) to learn more.

To your health,
[Sender name]

P.S. - Remember, [3MM](#) is risk-free. Try it—it's worth it.