



## WHAT PEOPLE SAY'S ABOUT TONY



**Tony J Selimi**  
The See-Through Coach



**Timea Van der Molen**

Director and Co-Founder of Vandercom

"The result of a divine collaboration with Tony is greater love, personal freedom, expanded higher consciousness and an overall sense of wellbeing. If you are someone in need of clarity, want to take your business, relationships and family life to the next level, ready to grow mentally, emotionally, spiritually or financially, I whole heartedly recommend him as your trusted coach, teacher and healer."



**Joel Alexander Van der Molen**

Managing director, Vandercom

"Thank you, Tony, for being the light that others can walk toward, for being the bridge for me to walk the path from the shadows to the sunlight, from not knowing to knowing, and thank you for your commitment to the most important contribution to the progression of humanity and the planet."



**Dr. Kim A. Jobst**

MA, DM, MRCP, MFHom

"It is a privilege to work with Tony in all of the eight key areas of life to help me unleash my inner genius. If you are serious about transformation and change, the TJS Method he uses is tested and will serve you for a lifetime. Do yourself a favour and start your jour journey with someone you can trust; this man's life, methods, and journey are awe-inspiring."



**Michael Bell**

Global Alliance Manager, Microsoft

"Working with Tony is a journey that will impact your life and who you are. Tony's focus is to identify your real goals and what are the real blockers. His approach enables you to resolve these to allow you to move forward healthily."



**Michael Bell**

SAP

"Tony has been a very Positive Supportive and incredibly focused coach and mentor to me. I choose to work with Tony as my trusted see-through coach because he helps me carpet over the cracks of my life with a beautiful canvas of love and wisdom."



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### Susann Bannister

MD of Cracking events

“Tony is someone who radiates love and holds your hand gently as he walks you safely into a life of greatness.”

### Jackie Coultas.

“Tony helps you to dig deep inside yourself with sincere, honest, no holding back conversation. I loved him for it. I'm so very grateful he came into my life and can't wait to do further work on myself with Tony holding my hand. I want to say best wishes but he already holds those in his heart and mind.”

### Paul Miller

MD of Cracking events

“I have had the pleasure to work with Tony on a one to one basis. Having exhausted what I thought to be every avenue in personal development I went to him out of desperation to succeed in business and in my career as a whole. What came out of it was far beyond my wildest expectations. Tony is so much more than a business coach. He is an incredible spiritual teacher and healer. He has taken me on the most remarkable journey in my life and as a result I have been able to destroy my limiting beliefs and start tuning into my intuition to discover where my true passion lies.”

### William D

Entrepreneur & Angel Investor

“It is because of the trusting and open space that Tony creates in our sessions that I have been able to create my amazing business. I honestly do not know where I would be if I had not met Tony. One thing is for sure, I would not be where I am now.”

### Catherine T

Lawyer

“Having Tony as my personal coach is by far the best investment I have ever made. He has enabled me to create so much balance in my life and has increased my happiness, self belief and confidence exponentially. He has taught me so much about the spiritual world.”

### Ben Morley

PT

“Tony helped me create my signature program The Breakthrough Training, he has a gift to bring clarity where there is confusion, bring hope when there is none, and help you access your own innate wisdom. I am privileged to have Tony as my see-through coach.”

### Dr Rosie

“Tony, I can't thank you enough for enabling me to see the wonderful future ahead of me. Before my coaching sessions, I did not push myself as I had a negative belief that I wasn't good enough. But the valuable exercises on values and working on my unconscious mind really helped to change that. I am able to see my future 3 months, 6 months from now and create a compelling future for myself beyond that. I now know how fantastic my life is and will continue to be! Thank you so much! I have found the real me. Part of me was missing. I feel complete. Full of love; Energy; Positive Action. This is a truly amazing experience. God bless you Tony!”



### Will Pike

Personal Trainer & Creator of "Love Fitness"

"This was a brilliant year, a journey with Tony's "T.J".S. method coaching and Healing Yearly Package was the best investment i have ever made! Not only i have now overcome the many insecurities i had about myself, i am now a successful entrepreneur and a very happy with the way my life is going. Tony has been my personal life and business coach for the last three years. I urge everyone to book his combination session, healing helped out remove back and shoulder pain, coaching gave me the clarity , the confidence and finding my purpose and the goals I needed to do to live my purpose, don't miss out."

### Christine H, Florida

Boutique Hotel Owner

"It was one of the most amazing journey's I have had in my life. Everyone in my life saw such a change in me in a very short period of time. I cannot thank Tony enough for the Life Coaching, and for the healing sessions that helped me deal with bereavement and overcome many emotional and physical issues that i was experiencing. His wealth of business and IT knowledge also came handy as he helped me sort out many business issues and finally implemented procedures and policies that were long overdue. His TJS Evolutionary Method helped me gain clarity, create balance i an all areas of my life and re discovered my passion. He has given me hope and my life back. He has shown me a future that I am so excited about experiencing and for filling. As Tony would say Love, Light and Chose to live a happy life. I am blessed to have him in my life. I found my twin soul, my new family and confirmation of who I am. Tony is a man who has found his purpose and passion. His love for all is obvious; the experience he gives is a must!"

### Mandy A.

Marketing Director

"To finally feel that the missing pieces of me have fit back into place is the most amazing feeling. What Tony brings is a gift beyond measure. I am in awe. The blessings received go deep into ones very soul. A million, million thank you's is not nearly enough!"

### David L

CEO & Entrepreneur

"God where do I start - I found my twin soul, my new family and confirmation of who I am. Tony is a man who has found his purpose and his love for himself and humanity. His love for all is obvious; the experience he gives is a must, I had 6 months sessions with him at the Light Centre in Belgravia before I made a decision to return back to Sidney"

### Samantha Bernard

Massage Therapist

" In a city like London it is all too easy to become consumed by life's everyday stresses, forget who you are and where you are going. Even working in healing myself I lost my path a little and was in need of some guidance, redirection and a little self-esteem. I came to Tony through a mutual friend, a meeting which was a divinely guided blessing. Not only is Tony one of the most genuine, loving and insightful people I have ever met but his wealth of experience shines through in each and every technique he uses, whether it's energy healing or coaching. I felt uplifted after each of my sessions and even my singing ability improved as a result of unblocking my stifled energy flow. The mark of a true professional is when their teachings and words not only stay in your mind for the rest of the day but for several months and years after. Tony is one of those people, a totem of strength and a joy to know." (and if you're really lucky you'll get a fantastic basil and gin cocktail ;-)"



### Darren A

Investment Banker & CEO

"If you don't know, you don't look; If you don't look, you don't know; I looked now I know. I went to see Tony as i felt frustrated with how my life was going, the same old..I felt everything was crumbling in front of me....our two hour initial consultation left me feeling empowered, in peace and that i can do something to turn my life around. Within 12 weeks i feel confident, happy and excited about my life, i simply can not thank him enough for the support, the patience and the clarity he has given me. If you want someone to take you from zero to hero, Tony is your man!"

### Sherese Thomas

London

"To finally feel that the missing pieces of me have fit back into place is the most amazing feeling. What Tony brings is a gift beyond measure. I am in awe. The blessings received go deep into ones very soul. A million, million thank you is not nearly enough!"

### Danielle B

Solicitor, London

"God where do I start - I found my twin soul, my new family and confirmation of who I am. Having Tony as your see-through coach is an experience on its own and any lies you may have told yourself over the years gets illuminated by the light he shines."

### Mounir Houssini

Artist, London

"I am so looking forward to finally pursue my dreams, embrace my gift and what i always wanted to do in my life and establish myself as an artist. It has taken me 6 months to overcome my fears, find my authentic self and gain clarity about the man i am and wanted to be. Tony's empathy, his unique holistic approach to coaching, his healing hands, as well as all of his workshops i attended have helped me focus my energy and start living and creating my best life. I am so excited, thank you Mr Selimi, dear friend, thank you for being patient with me and for being my Michael Angelo, you have helped me reveal the David in me for the world to see for many generations."

### DR Josephine M.

"If you don't know, you don't look; If you don't look, you don't know; I looked now I know. I went to see Tony as i felt frustrated with how my life was going, the same old. I felt everything was crumbling in front of me....our two hour initial consultation left me feeling empowered, in peace and that i can do something to turn my life around. Within 12 weeks i feel confident, happy and excited about my life, i simply can not thank him enough for the support, the patience and the clarity he has given me. If you want someone to take you from zero to hero, Tony is your man!"

### Aron Crombie

Paramedic

"I felt strong and positive emotional shifts from the very first session I had with Tony. I found him to be highly intuitive, as he picked up on certain things that I had told him nothing about; he was spot on. After just one treatment, I felt a renewed sense of positivity, and a greater perspective. The session itself was calming and soothing and I left feeling much more balanced than when I arrived. I think Tony is gifted when it comes to picking up on exactly what it is you need from a coaching and a healing session and I will certainly be going back to see him again."





**Shelley J Whitehead**  
Relationship and Dating Expert

“Tony takes time and puts all he has into his work with clients he engages on many levels with you. Thank you for being extremely patient with me, for being my spiritual teacher, Life Coach, Healer, Mentor and personal friend. You are a shining star who’s light has the ability to reach the darkest parts of everyone you touch and work with.”



**Denis Taylor,**  
Managing Director within Financial Services

“Tony's coaching methods, tools and style lead you quickly to fine-tuning your values, mission purpose and goals. Rather than coaching through a scripted or pre-programmed path, Tony's wisdom directs you toward a practice of self-reflection and purposeful action. A personal journey like this is no easy ride. Be prepared to be confronted and challenged, be prepared to delve deeply into how you live, how you lead others and to answer questions other people in your life may never ask. In a time where "authentic leadership" has emerged as a corporate imperative or personal mantra, the time invested in reading or experiencing Tony's wisdom will yield significant returns personally, spiritually and professionally.”



**Jellmaz Dervishi**  
TV presenter & Journalist , Alsat Tv Macedonia

“Tony is an inspired teacher, mentor and a coach who will definitely awaken you to your greatness through being a mirror from which you can see the light within you. He challenged my core beliefs and helped me draw the line and realign my life to my true values. His love, wisdom and energy will open up your heart, switch on your inner light and empower you to live a healthy, balanced and meaningful life.”



**Stephen Morallee**  
Artist and Creator of Deetell

“Tony's coaching work has helped me to ground deeper and fly higher. His integration of love, craft, sensitivity and clarity is incredible. His healing work is deeply enlivening and laser like in its focus and impact.”



**Adam Frewer**  
Inspired Life Coach & Healer

“In my sessions with Tony it soon became obvious that I was not speaking with another "individual" as such. I felt no influencing ego or personal agenda around what I should and shouldn't do. I got massive clarity, but it felt almost like I was speaking to a higher version of "myself". He would reflect back to me exactly what I needed to hear and at the perfect time for me to both understand and utilise it.

This allowed me to own the changes and power within me, from a place of being asked and not being told. Now I live through my potential, making a massive impact on thousands of lives around me as a fellow coach and healer.

Without meeting Tony I suspect another 20 years or more would pass by for me to reach this place. Tony is a true magical being of light and the only person thus far that I have met and that I can acknowledge and call "a true teacher.”



**Sandra Wick**  
Germany

“Tony is an amazing coach, mentor and healer. He is not only the most-loving human being, but also incredibly challenging, intense, sharp and to the point. You leave his coaching sessions feeling blessed, empowered, enormously motivated and blissfully happy.”





**Anthony Wade**

Dr Voice.

“There are not enough words, or the quality of Language available to describe the work of Tony J Selimi- who in a matter of timeless moments again went ahead to transform the destiny of another Human Being with such delicacy, Truth, Love and focused Lazor Beam Intent. To see this happen first hand to another Human Being is an extraordinary experience, but even more incredible and rewarding when it is your own Son in the Healing Seat of Tony Selimis hands - Tony I am forever

grateful and indebted to your mission on Earth, when I witness your work and will continually stand beside you wherever I can possible - to help promote and inspire your services to others on this planet - who in many cases are in desperate need of TJS Evolutionary Coaching and such healing and love. thank you - thank you and again - thank you my Brother - Your Brother and friend for life Love.”



**Amanda Kennedy**

Entrepreneur and Founder

“20 minutes with Tony will change your world. His wisdom, insights and ability to help you fine tune your own life purpose is a powerful ability that he has as a coach and mentor, bringing out your own inner wisdom and help you live your best life.

Tony has spent the past year mentoring and coaching me and has helped in removing some of the controlling actions I had put in place to protect myself from deep routed fears, fears that had prevented me from living the life I was meant to lead. This massive shift has enabled me to embrace a new way of loving life, both personally and professionally.

Tony’s unique methodology - TJS Evolutionary Coaching Method - provides tools, methods and principles that will help you live a balanced and happy life, the best life possible.

Tony’s book ‘A Path to Wisdom’ is a must read for anyone who wishes to embrace life fully, excel in love, business and happiness. On a personal level Tony is an amazing person. He touches the souls of all he meets, and leaves lasting impressions in the sand that no water will ever wash away. I often describe him as a bright shining light, a light that gets brighter ever time I meet with him.”



**Phil Carvil**

Space Physiologist and Fitness Professional

“Tony has that unique combination of grounding and energy that empowers you to question and to act. Those words resonate with me. Previously, I spent a lot of time in my head overthinking, whether it be as a scientist, worrying about money or wandering about past or future relationships. I'd lost the joy of the present moment and my own self-worth. I'd succumb to my inner fear of being alone.

With Tony, he guided me to look within, to question my mind beliefs and open myself up to seeing my self-worth. I'm still learning, but with his help I am working to a grander vision.

I've created a business for future space tourists providing pre-flight body development training, started towards a PhD on spaceflight countermeasures and begun to realise how amazing the world is when you stop thinking and start living. Thank you my dear friend Tony.”



**Michael Bell**

Senior EMEA Executive at SAP, London

“Tony J Selimi is a not only outstanding Elite Life Coach, Leadership Coach, Speaker, but also a great healer that I would recommend to any Leader, Senior Executive of busy professional that is going through a life transition, lost his ways, works in a high profile and demanding job, and wants to change their life and experience it in joy and confidence. Thank you for your helpful insights, support and warmth during my career move from Microsoft to SAP. Give yourself the best gift and

experience the magic that comes through a years coaching journey with Tony J Selimi, I call him "See-through Coach" as he truly can see through all of your stories and bring clarity of vision, focus, and mission. Thank you, thank you, thank you.”





**Shelley J Whitehead**

Relationship /Bereavement Coach London

“I chose to work with Tony J. Selimi early this year the moment we met as I believe every coach needs a coach. The experience has been profound. Tony has the ability to access my deep unconscious issues and by using his unique methods everything is transformed and reframed in a second. I have gained the clarity to achieve my potential in an unstoppable way. Tony guides me to be an even better coach. Huge thanks and deepest gratitude.”



**Shelley J Whitehead**

Women’s Relationship Coach, London

“If you need to calm your mind and focus, or be happy and satisfied with life, simply listen to this recording and relax. You will finish completely tranquil and excited about life again. Trust me when I say you really have to experience it Tony’s healing voice and the magic he brings to thousands of people with a backdrop of beautiful meditation music and healing sounds to appreciate how profoundly relaxing and heart-warming it is .I can see the difference in my positivity, migraines are gone, and for sure I now fall asleep within 5 minutes when I do Tony’s meditation”



**Paul Miller**

Entrepreneur, London

“I had been meaning to get into meditation for quite some time but I just couldn’t seem to master it properly which made me frustrated. The idea of switching off and creating ‘stillness’ really bugged me. Coupled with the fact that I found it so difficult anyway, I really was sceptical about giving it another shot. I stumbled across Tony Selimi’s meditations on iTunes and started to give it a go. I was amazed at just how much focus and attention I could give to it bearing in mind that I have such a short attention span (probably why I always avoided meditation!). Doing Tony’s meditations on a daily basis has really helped me calm my mind and think clearly. I am free to go about my day with a renewed energy and vigour.”



**Farhan Rehman**

Entrepreneur

“I’ve tried a lot of other meditation, guided meditation and hypnosis, but I really like Tony’s voice and style best by far. I really get emotionally involved in the journey parts and I feel fantastic after they finish. I can see the difference in me too, in my positivity, and self-esteem, and just how I think to myself, I just feel happy :)”



**Sue Bannister**

Cracking Events, London

“The Blissful Mind Meditation is a high quality guided audio meditation that you can download...so now you have no excuse not to experience the bliss of guided meditation for yourself! If you want to see the difference in yourself, if you want to ALWAYS be the positive you, and if you want to look on the bright side of life, make more out of the bad times, and live a life of passion, then download your copy now.”



**Anthony W**

Vocal Coach and Music Producer, London

“I am so looking forward to finally pursue my dreams, embrace my gift and what i always wanted to do in my life and establish myself as an artist. It has taken me 6 months to overcome my fears, find my authentic self and gain clarity about the man i am and wanted to be. Tony’s empathy, his unique holistic approach to coaching, his healing hands, as well as all of his workshops i attended have helped me focus my energy and start living and creating my best life. I am so excited, thank you Mr

Selimi, dear friend, thank you for being patient with me and for being my Michael Angelo, you have helped me reveal the David in me for the world to see for many generations.”



### Rudi Cirigliano

Marketing Manager, Bosch UK

"The sun is shining, the weather is sweet and I'm feeling really good after an awesome initial consultation with Tony J Selimi last night, within no time we managed to reach my first personal breakthrough and dig into a root of cause of so many barriers that have affected me through my life, and it's all connected to so many things, that's only scratching the surface. I've also learnt that if we operate from a space of love and power, we create, if you give that power away in an attempt to please others and avoid judgement, you weaken your resolve and strengthen the opposite, moving away from your own resonance. I feel like a computer that's undergone an initial diagnostic system check and has identified some bad sectors. Repair? Y/N – the answer is obvious, but it takes action and a decision. Thanks Tony for all your insight and guidance, it's truly earned my trust. The love and honesty you put into your work is truly life changing and inspirational."

### Jim C.

Germany

"And I know what was so wonderful about our three days together: I've never felt such open and connected and willing to be balanced and in alignment with my true self as gay men in my entire life. Thank you Tony J. Selimi"

### Idan Caruba

London Builder & Entrepreneur

"Tony is not only an amazing healer, he is also an inspiring and truly wonderful person. Through our sessions I have felt a deeper connection to the divine source of all life. This has helped me to trust more in my intuition and be guided to find greater meaning and purpose in my life. I noticed a massive shift in me happening the moment I started the energetics healing journey with Tony. I felt immense energy moving inside, as well as concepts and ideas, which were very new and mind blowing for me. We had the Christmas and New Year holiday so I had time to really think if I want to do a year worth of coaching with him. It is a big commitment and quite scary to admit to myself, however, it is definitely what I was looking for a very long time. Already there are changes in my mind, positive and strong ones, whereas before it was impossible for me. Tony, thank you for that, and I am looking forward so much in working with you. Its great to have met you in this life. Feel free to use this success story. Lots of love, Thank you!"

### Kerry J.

London

"Everyone involved at Love 2 Love workshop carried with them a persistent dedication to remaining in integrity with their hearts and Spirit and in maintaining loving intent throughout the workshop. The participants who attended were a diverse group of amazing souls who are consciously walking their own path to wisdom. Working with Tony as a coach or participating in his workshops or talks is an experience to be hold."

### Dianna

Brazil

"Thank you so much Tony for your teaching, coaching, and all you have done for me. Thank you for facilitating my most heart-expanding and body mind healing retreat ever!"

### Jason C

New York

"Since I started coaching journey with Tony many life adversities I used to have started to disappear. Attending his one to one private Integrated Living One week retreat was the most remarkable experience of my life. It was an important re-grounding for me to community and nature. Ultimately it has helped me become more balanced, calmer and focused and has refreshed my spiritual journey like a mountain stream on a very hot August day."





### Angela B.

Angel Investor and Enterprenour

"As always, you are a complete joy. Your energy is healing and I think I will sleep well tonight. I cannot thank you enough for your help and the light you send my way. I will update you in a couple of weeks.

I am so glad my angels led me to you. Thanks for helping me have the courage to tell him I love him. It was important to him and important for the relationship to move forward.

If you are looking for an inspired teacher, personal or business coach, healer, mentor and someone who walks the talk, give Tony a call. May you always shine your brilliant light."

### Silvio Brenan

Switzerland

"This healing journey with Tony cannot be described in words, he has opened me in ways that I never thought possible. I felt safer, loved, more secure, and more alive than ever before. I was seen, listened, and understood. Tony helped me to experience to completely embrace my being including my judgements, fear, and disempowering beliefs. I learned to trust my inner voice, something that I thought was unattainable. I've been awakened to the truth of myself and to the beauty of other men. The world teems with more wonder."

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### Christopher

Sidney, Australia

"The Spiritual Retreat with Tony and his small group of clients awakened me to the interconnectedness of all life. To my body, my heart, and my soul. Having Tony as your coach and workshop facilitator gives you time to get to really know and connect with other men in a profound ways never thought I could do. He helped me breakthrough the issues I had with my father and I now live in gratitude for all that happened to me."

### Marianna T

Lisbon, Portugal

"Tony's healing hands and coaching was very meaningful and a profound expereince for me. I am forever marked and inspired to be me. My dry well has been filled to the brim and my thirsty heart has been qenched with the love and wisdom that Tony shares in his sessions, books, and retreats."



### Bogdan M

London, Entrepreneur and Angel Investor

"My comments to friends about having Tony as my coach, healer and mentor always are about the way I feel In his presence, loved, peaceful, and inspired to do anything I set my mind on. He is a man with greater integrity, quality, and knowledge than the many coaches, speakers and facilitators that I have encountered. He is the light that radiates when there you are in the dark."

### Chris E

Senior Executive, City of London

"Words seem such a meagre way to try to express what the healing, coaching and his retreat has meant to me. It is what helped me reconnect me to me, to my Creator, to the infinite wisdom of love available within me, love that I can freely give and receive from to others. Reconnected me to be able to receive love from others. Reconnected me to the beauty in others. I have not felt this free for a very long time."

### Amanda

Los Angeles CA

"I have to sincerely thank you for the immense love you put in every coaching session to help me breakthrough the various life adversities that have blocked me for years to live my inspired mission. Thank you to all your clients that I have met through your master mind groups, social media, and your retreat that was awe inspiring. I found love through opening the dialogue with my pain, I found wisdom and the strength through overcoming hurdles in life that inhibited my spiritual growth. You have facilitated a service to human kind which allowed a safe environment to reconnect with body, mind, heart and spirit."

### Charles M

London

"Not only having you as my coach met my expectations, you also exceeded them by igniting a fire within my heart that shines as time goes on.....I have been to many seminars and retreats over the years which were intended to bring about a spiritual renewal.....On a scale of 1 to 10, I would have to score the overall event as a 12, your birthday date that I will never forget as it is on this day when I saw you for a healing session that the penny dropped when I was able to experience the power of your teachings, presence and wisdom in profound ways that words would not do a justice."

### Mark K

Entrepreneur

"I am very grateful for the experiences at the Body Mind Sprit Talk, it is what made me stop smoking instantly and made me want to have you as my teacher. I am blessed as I continue to be amazed and astonished by the catharsis and magic that happens in each of our sessions."

### Joe B

Brooklyn NY

"I feel this was the most sustaining spiritual retreat for men that I've ever participated in. I have reached some breakthroughs in how I would like to move forward on my path. Having Tony as my coach is now just matter of time to manifesting my hearts desires. Thank you."



Brian

London UK

"Having you as my mentor and coach has far exceeded any expectation I had in that, you made me feel alive again, feel my heart and ready to live and not merely exist as I had been doing. I have this feeling of being a awakened, tightly closed bud that has finally felt the sunshine and is opening up for the first time in years."

Sento Marco

Spain

"Through your healing work I discovered that I could slow down, pause, and relax. I learned to open my heart more fully to the sacred within and in others. I brought home new ways of being, further deepen my capacity to be present to myself, others and the world."

Steven C

Miami FL

"I am profoundly moved and tender in my heart as a result of having the pleasure to be coached and mentored by Tony J Selimi. I opened my heart to the infinite wisdom of love, learned to apply TJS evolutionary Method in my daily living and drank every bit of experience I could. It is what Tony does to you, he makes you thirsty for wisdom, growth, and knowledge."

Robert B.

Lawyer, City of London WA

"Many thanks for helping me heal my childhood wounds, set up my own business that I now love and enjoy growing it every day. You gave me so much, most of all I am now daily carrying with me some profound moments of intimate sharing I had with you on so many occasions. I am a better leader and I owe that and so much more to you and your inspired teachings. I use the tools you taught me daily to deal with the day-to-day realities of my work and relationships - especially my relationship to myself. I feel inspired, trusting, and confident of a safer and rich journey."

Mounir Houssini

Artist, London

"I started my personal transformation journey with Tony J Selimi last year and have attended most of his workshop. This weekends Intensive Love2Love workshop blew me away, it was a real eye opener, very empowering, and was taken on an inner journey to truly once and for all learn simple steps towards loving myself and living my life.

Over the two days Tony delivered a content that helped me truly unblock parts of me that have been blocked for years. In addition he also brought together two guest speakers Michael Serwa and Marina Pearson talking about self love, their journeys and sharing their tools with us all to bring balance into our life's. I left feeling another dimension has been opened into my life, i got loads of knowledge and felt very inspired. I was surrounded with a group of men and women all on the same path, honest, sharing and caring individuals who all shared and participated into all the experiential exercises.

His meditations shifted something in me, after Love2Love weekend workshop i felt stronger, empowered, met new like-minded friends, Michael Offered 2 hours of Free coaching to us all, Marina also offered us a free copy of her meditation that helps you come to terms with your own inner BITCH. I am now practising what i've learned not only with myself, but when i see people, talk to them go to work, my attitude has shifted.

Thank you Tony for the priceless lesson, thank you bringing so many lovely people together and creating an opportunity for each of us to connect, grow and make new friends, partnerships. With your unique integrated coaching style you helped me and the group to feel our hearts, you helped me found the most beautiful treasure, and that was inside of me, my love, my heart and all around us. Love You and once again a big thank you."



### Hyacinthos Christou

Dance Teacher & Performer, London

“A grounded person with powerful abilities to serve behavioural change and life’s improvement. A healer that I would recommend to anyone who wants to change his life and experience it in joy and confidence. Thank you for your helpful insights, support and warmth !”

### Idan Caruba

London

“Tony is not only an amazing healer, he is also an inspiring and truly wonderful person. Through our sessions I have felt a deeper connection to the divine source of all life. This has helped me to trust more in my intuition and be guided to find greater meaning and purpose in my life. I noticed a massive shift in me happening the moment I started the energetics healing journey with Tony. I felt immense energy moving inside, as well as concepts and ideas, which were very new and mind blowing for me. We had the Christmas and New Year holiday so I had time to really think if I want to do a year worth of coaching with him. It is a big commitment and quite scary to admit to myself, however, it is definitely what I was looking for a very long time. Already there are changes in my mind, positive and strong ones, whereas before it was impossible for me. Tony, thank you for that, and I am looking forward so much in working with you. Its great to have met you in this life. Feel free to use this success story. Lots of love, Thank you

### Samantha Bernard

Massage Therapist, London

“In a city like London it is all too easy to become consumed by life’s everyday stresses, forget who you are and where you are going. Even working in healing myself I lost my path a little and was in need of some guidance, redirection and a little self-esteem. I came to Tony through a mutual friend, a meeting which was a divinely guided blessing. Not only is Tony one of the most genuine, loving and insightful people I have ever met but his wealth of experience shines through in each and every technique he uses, whether it’s energy healing or coaching. I felt uplifted after each of my sessions and even my singing ability improved as a result of unblocking my stifled energy flow. The mark of a true professional is when their teachings and words not only stay in your mind for the rest of the day but for several months and years after. Tony is one of those people, a totem of strength and a joy to know.” (and if you’re really lucky once you complete your year of coaching you’ll get a fantastic basil and gin cocktail.”

### Andrew Garland

BBC London

“My session with Tony today brought home how we are shackled by belief systems learned from our past, which – if not addressed – can hamper our future development and growth. Working with Tony, I feel I am being given the tools and support to find a new path to freedom and enlightenment”

### Alan and Cassie

“My colleague and I met with Tony following a chance meeting at the Mind, body and Spirit show. Tony came across as a really lovely guy with many fantastic ideas. So we arranged to meet him for a coffee and a chat which promptly turned into a coaching session. Not only was Tony’s insight and reflection on our business amazing but he helped us to see our business in a whole new light which has revolutionised our thinking whilst also freeing us up to make it bigger with many more possibilities for the future. We are eternally grateful to Tony for his kindness and would whole heartedly recommend him for business coaching.”



### Bassma Rasasi

Muscat, Oman

“Working with Tony immediately gave me clarity about my current situation, as well as my goals. His intuition, knowledge & experience are helping me get to know myself better, identifying mental patterns & creating a reality that I love. He reminds me of my own power to shift my reality & I love the combination of expertise that he owns, which makes his Coaching very effective, empowering & wholesome.”

### Sherese Thomas

London, UK

“Tony, I can’t thank you enough for enabling me to see the wonderful future ahead of me. Before my coaching sessions, I did not push myself as I had a negative belief that I wasn’t good enough. But the valuable exercises on values and working on my unconscious mind really helped to change that. I am able to see my future 3 months, 6 months from now and create a compelling future for myself beyond that. I now know how fantastic my life is and will continue to be! Thank you so much!!”

### Nora R

London

“Wonderful! Enlightening! Inspirational! I was able to heal a totally battered, unloved and broken heart. I realised I have been afraid to live my truth because of the true power that I am, but in hiding this I am not being true to me or what the true me can bring to all those I meet. Thank you”

### Daniel B

London

“Tony is a world class healer, facilitator, teacher, guide and mentor. I have encountered many “students” and “teachers” on my journey these past 22 years and Tony is the first whose work I would endorse 100%”

### Cristina B

Italy

“Tony is a wonderful person with a unique gift to share. You will learn what the blocks are in your life, how to let go and be “in flow”. If you feel like your rushing around and don’t know where you’re going in life, his healing-coaching sessions are for you!”

### Will P

London

“Since I started to work with Tony I have not only achieved everything I aimed for, but even more than I could have asked for. I suddenly realised my potential and what was holding me back! I urge everyone to book a combination session. Healing helped reduce/diminish back, bleeding teeth, digestive problems, and back and shoulder pain. Coaching gave me clarity on the goals I needed to focus on – don’t miss out!”

### Jenny D

London

“What a fantastic journey I’ve had! Healing helped me to release various energy blockages from panic attacks, to recently healing my benign tumour in my womb. His coaching over the year helped me gain clarity about my life, gave me insights to relax and get some much needed healing. Tony has made a big difference. I now feel revitalised and refreshed”



Elizabeth P

UK

“Tony really helped me to remove the clutter in my life, let go of my fear, the kind of men it was attracting, get instant calmness in a stressful work life and live a more balanced life overall. What a joy, thank you from the bottom of my heart”

Christine H

USA

“I had just experienced the hardest and toughest year of my life. I received an email from Tony about his Body Mirroring System. I was coming to England in August and thought I would do a session. I then thought about how I was feeling and decided I needed something before this date. I contacted Tony and asked him if he travelled to do his healings. He did and so came to Florida for a week – he ended staying three weeks to help get me on track. It was one of the most amazing journey’s I have had in my life. Everyone in my life saw such a change in me.

When I met Tony I was in a very dark place mentally and physically. I was tired, constantly getting sick, exhausted and had lost the zest for living. I was not sure what I was expecting or what I was going to achieve. Tony began his healing sessions with me. I started to feel slight changes in after the first two sessions. The sessions then became more intense as Tony worked deeper into my chakras. I began to totally transform. I started feeling well again, more energetic and peaceful but most importantly I began to feel alive and vibrant. Each and every day I went through a new experience and reached a new level of health and feeling whole again. My health improved, old thoughts changed and I felt at peace with myself. I had certain ailments that disappeared. At times it was hard work but Tony pushed and persevered. Most importantly he took his healing very personal and was very intuitive about what was going on with me.

I cannot thank Tony enough for the healing he has done for me. He has given me hope and my life back. He has shown me a future that I am so excited about experiencing and fulfilling. As Tony would say, “Love and Light”. I am blessed to have him in my life. I found my twin soul, my new family and confirmation of who I am. Tony is a man who has found his purpose and passion. His love for all is obvious; the experience he gives is a must!”

Michele Scataglini

Senior manager

“Successful on the outside, crumbling to pieces inside. By applying the method that Tony shares in this book, you can arise a sparkling phoenix. I believe through the embodiment of this work that corporations and individuals can achieve their inspired vision and become prosperous.”



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**Dr. John Demartini**

International best-selling author

“A balm for the restless soul yearning for connection, freedom, and love in the desert of emptiness.”



**Laurie Cagno Singer**

Songwriter

“A life manual that shows us how to extract wisdom from every life adversity to become more balanced, mindful, and heart centered. ”



**Vicki Wusche**

Author

“In this timely and important book, Tony provides a solution for creating and strengthening the essential relationships that give our lives meaning. Read this book with a childlike curiosity and you will heal your deepest wounds and pain, and live in love and gratitude.” Baybars Altuntas, angel investor and best-selling author

“This is a must-read book breaks the myths about what loneliness is, and if we read it, we will transmute the sea of loneliness into an ocean of oneness.”



**Dr Todorche Stamenov**

“I received the copy of #Loneliness few days ago and the moment I opened up the package the tear on the front cover caught my eye. I started reading the book, I was drawn in each page like the gravity pulls us down and keeps us firm grounded. Tony’s wisdom written in every chapter is profound; his personal journey through loneliness is awe-inspiring and has helped me see my own loneliness and the loneliness, I observe in my day to day work as a cardiologist who deals with so many patients who deep down are feeling alone, abandoned, and unheard. #Loneliness is the life

manual that overlaps the apparent loneliness with the mosaic of separated mental fragments. It helped me learn to turn any personal or professional life challenges into seeds for gratitude and nectar for perfect health, wealth, and eternal living. In particular I was impressed with the clarity this man brings into life’s most complex issues and breaks them down in manageable chunks that inspired me to listen to my own built in ALARM and breakthrough the shames, fears, and apparent loneliness. I have found my new “bible” and I wholeheartedly recommend this book for the spiritually awakened citizen that can help them turn their inner critic into your personal teacher. Bravo Tony J. Selimi, I loved your last book A Path to Wisdom, though #Loneliness is a masterpiece with the power to penetrate every part of ones being and infuse love. “This masterpiece is a must-read book if you are yearning for a complete new way at looking, understanding, and loving the true nature of your essence.”



**Shelley J. Whitehead**

Relationship and bereavement expert

“If your objective is to live an empowered, magnificent life, read his book and start your journey on a new path to awareness and joy. A treasure of a book for a world where everything is available at the click of a mouse.”





**Joel Van der Molen**  
MD of Vandercom

“Tony’s story of survival through the most difficult childhood and testing times on the streets of London and in the corporate world gave rise to the man who now shares his story and guides us with his intrinsic philosophies. This is only the beginning of what the world will know of this inspiring, selfless being.”



**Mouna Salih**

“Give yourself this priceless gift that this book is, read it with childlike curiosity, and learn to speak your truth, honour your soul, and center your being. Keep shining and sharing your gifts.”



**Mike Markovski**  
Self-Esteem Coach

“The worldview developed here transcends science, dogma, and belief, giving readers a new way to reconnect with their truth, hearts, and Divine within.”



**Dr. Kim A. Jobst**  
MA, DM

“#Loneliness is a rare book that has something for everyone. No matter how much a hardened critic, how sceptical, how vulnerable, how soft-centered, or how hard-core scientific you may be, rest assured there is something for you in this book. Do yourself a favour and read this book line by line; this man’s life and journey are awe-inspiring.”



**Anthony Wade**  
Voice transformational coach, aka Dr. Voice

“Tony, through his descriptive and true-life experiences, suspends you in the very room you are reading his book and gives you a three-dimensional view of what pain and loneliness mean. Now is the time to wake up! This book will do just that for you.”



**Shay Allie**  
Barrister and author

“Tony is a phenomenal speaker and writer with the ability to touch your soul because he speaks from his heart. This is a life-changing book written by a truly inspirational person on a much-needed topic in today’s world.”



**Antony Welfare**  
Retail, e-commerce, and social-media expert

“This is an interesting and enlightening book that questions the essence of who we are and what we have trained ourselves to acknowledge and ignore.”







### Jo Hetherington

Personal transformative coaching

“ Tony J. Selimi addresses one of the biggest issues facing us in the modern world—loneliness. He advocates that in a world in which we are seemingly so well connected through modern technology, the truth is that we have never been so disconnected with ourselves, and this is what lies at the heart of loneliness.”



### Paul Miller

Founder, Move Play Explore

“This book is a must-read for those who want to go deeper into their spiritual essences and uncover their true selves. The result—accessing your wisdom, developing sustainable wealth, and achieving long-lasting health—is priceless. Thank you, Tony, for this wonderful gift to humanity.”



### Sandra Wick

Germany

“Tony’s book is a wake-up call, a reminder that loneliness comes at us in many forms. Not only does Tony J. Selimi hold up our mirror and tell us where to look, but he also gives us interesting examples from his own and his clients’ lives and valuable exercises and food for thought about how to see, address, and overcome loneliness.”



### Dr. Rami Baz

Canada

“Having read Tony’s best-selling book A Path to Wisdom one more time, through great wisdom, he offers us the possibility to experience our true selves. He has chosen loneliness as a major problem of our modern time to bring us to realize we’re interconnected spiritual beings having a human experience. The virus of the modern age is a threat greater than any other, taking humanity away from its true source of life: love, freedom, and connection.”



### Klementyna de Sternberg Stojalowska

“This is a brave story. Uncomfortably brave and at the same time encouragingly open; it reassuringly nudges me to face the music and start writing my own score.”



### Patryk Wezowski

Creator and producer of the movie Coaching

“Read this book cover to cover and do all the exercises, and your body, mind, heart, and soul will be enriched. A must-read book for today’s modern citizen living in a technological Disneyland yearning for social inclusion, connection, and love.”



### Melanie Le Roux

Restaurant manager

“This book beautifully helps us unravel the cause of our unhappiness, loneliness, and deep-rooted fear. It helps us master the multi-layered beings we are to reach fulfilment and love of self; in so doing, we will inspire others to do the same.”





**Farhan Rehman**

Entrepreneur and social-media expert

“Thank you, Tony, for enduring your journey and sharing your wisdom at a time so prevalent as we stand on the brink of oblivion. The wisdom you impart directs us to creating a new reality, a new world in which together we create heaven on earth.”



**Jenny Garrett**

Award-winning coach and author

“Tony is more than qualified to speak as an authority on this subject. His life story left me breathless. Surprisingly, through all his adversity, he speaks with heart-centered accuracy that unleashes the power of love.”



**Harun Rabbani**

Entrepreneur, author, and founder of UnTangled FM

“Once you’ve read this book as well as his first best-selling book A Path to Wisdom, you will understand why I and so many others have a deep love, trust, and respect for Tony. Experience true magic and incredibly insightful reading.”



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Relationship, dating, and bereavement expert

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**Katharine Wolf**

Healer

“With brave honesty and generosity of heart, Tony takes us on a journey through empathy to oneness, offering connection as the cure to the painful illusion of separation.”



**Ayman Najafi**

Speaker and entrepreneur

“Tony J. Selimi can be described only as an enlightened soul with a powerful, inspiring message. His story is one of a survivor, a warrior, and ultimately a heart-centered leader who by taking you through this book will give you a wonderful awareness that will transform loneliness and help you better understand life on this planet. Tony’s book is both special and essential.”





**Dawattie Basdeo**

Author and founder of Holistic World

“He provides an antidote to the modern virus of loneliness that if gone unchecked will have potentially catastrophic effects. This is a wonderfully inspiring and uplifting book to guide humanity back to balance and healthy flow.”



**Daniel Browne**

Author of The Energy Equation

“We’re entering a world in which the time for true connection is diminishing. The effect is an increasing sense of isolation and dissatisfaction with how we live; we are passing this on to future generations. Tony has identified and nailed this growing phenomenon. This book is an early wake-up call of our modern age and a book that is essential reading.”



**Gwendolyn Ann**

Natural health and wellness practitioner

“Tony understands the spiritual soul connection we all share. This connection, which Tony’s writings have so graciously shown me, grants us all freedom from the pain of loneliness and fear. I’ve learned to love my true self unconditionally, and for this gift, I am eternally grateful.”



**Adam A Frewer**

Energy rebalancing coach

“Tony’s new book is the ripple effect of divine wisdom from the biggest stone thrown into the lake of our connected consciousness for a very long time.“



**Elaine Kennedy**

Delicious Destiny

“Tony shows us not how to put a Band-Aid on truth but how we can acquire real skills to recognize and break down the barriers that bind us. I’m more consciously aware of my façades and can stop bad behavior in its tracks. Now I can’t wait to sign up a friend to work with Tony too!”



**Sue Bannister**

MD of Cracking-Events Ltd

It is in-credible, unthinkable, and unimaginable that Tony has been about to remain humble, grateful and hopeful throughout his heart wrenching life adversities that he openly shares to awaken us to the healing power of love and to our true being that resides in each one of us. #Loneliness: The Virus of the Modern Age represents who we were in our past, who we are in our present and who we may become in our future.

“His illuminated insights give a glimpse of what the future of humanity may end up being if we do not take action now and become the custodians first of all of our body, mind, and hearts then of our neighbors, nations, humanity and our planet. Thank you and bless you.”

