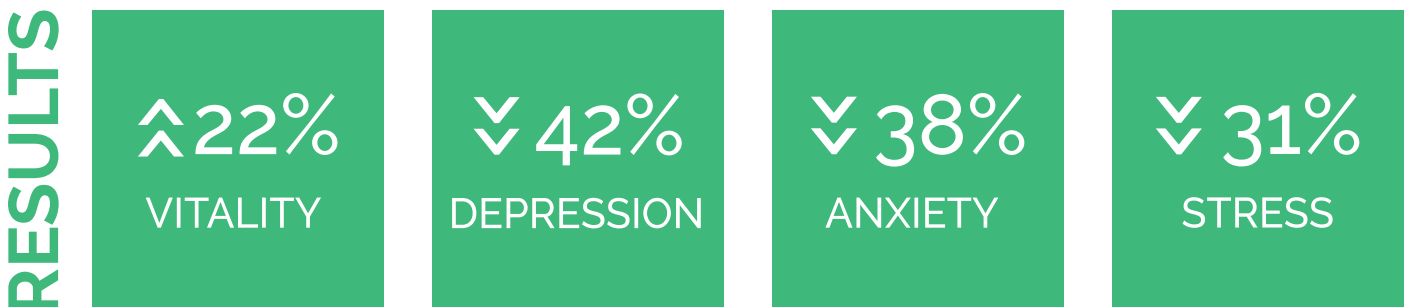




The Lift Project (www.theliftproject.global) is a positive way to approach mental wellbeing. It is a lifestyle-based program that uniquely brings together science-based strategies from research in the fields of Neuroscience, Lifestyle Medicine, and Positive Psychology.

Developed and presented by internationally recognized wellbeing expert, [Dr Darren Morton](#), The Lift Project explores 10 wellbeing-enhancing topics over 10 weeks. Delivered online but designed for group engagement, The Lift Project has lifted tens of [thousands of lives](#) around the globe in healthcare settings, workplaces, schools, universities, and entire communities!

The effectiveness of The Lift Project has been investigated in [numerous studies](#) showing significant reductions in depression, anxiety and stress, and significant improvements in positive aspects of mental health such as vitality and life satisfaction.



To view a trailer of the program, visit [The Lift Project website](#) where you can also view a [sample lesson](#).

The goal of The Lift Project is to lift 10 million lives. As a profit-for-purpose, The Lift Project donates profits to initiatives that support human health, happiness, and hope around the globe.

*The Lift Project is certified by the American College of Lifestyle Medicine,
and endorsed by the Australasian Society of Lifestyle Medicine.*

www.theliftproject.global | contact@theliftproject.global