

# End the Cycles Podcast Press Kit Fact Sheet

## About End the Cycles

### The Show

End the Cycles is Health & Fitness podcast for Mental Health with shows released every Monday morning to help adults overcome the cycles of anxiety and depression they experience in their lives.

Author and coach, Mike Oglesbee, shares his philosophies, tools, and techniques that he has used personally as well as professionally as a coach and hypnotherapist for more than a decade to help people end the cycles of anxiety and depression in their lives.

Episodes consist of relative topics that are commonly discussed in his sessions with clients as well as common interactions he has with people seeking help with anxiety and depression.

## The Details

### Website

[www.endthecycles.com](http://www.endthecycles.com)

### Email

[Mike@mikeoglesbee.com](mailto:Mike@mikeoglesbee.com)

### Download / Subscribe

The show can be listened to directly from the website, as well as subscribed and listened to on most podcast platforms, such as Apple Podcast, Google Podcast, Spotify, Amazon, Stitcher and pocketcasts. Episode transcripts are presented in blog format on the website under “Blog” tab at top and bottom of page.

### Schedule

Episodes are released weekly, on Mondays at 6am (American EST)

### Social Media

**Facebook:** [facebook.com/AuthorMikeOglesbee](https://facebook.com/AuthorMikeOglesbee)

**Instagram:** [instagram.com/authormikeoglesbee/](https://instagram.com/authormikeoglesbee/)

# The Production

End the Cycles has been running since January 24<sup>th</sup>, 2022. It had over 900 downloads in its first month primarily from listeners in the United States with an audience that continues to grow. By the 11<sup>th</sup> episode, End the Cycles podcast had more than 3000 downloads.

End the Cycles was designed to create a bigger audience and outreach for Author Mike Oglesbee to share his philosophies and teachings to people throughout the world. End the Cycles podcast was inspired by his book, Fight Back: End the Cycles of Anxiety and Depression, published in August 2020. His success as a coach and hypnotherapist helping people for more than a decade has served as a testimony to the effectiveness of his teachings and has stood the test of time.

Now, he shares those same teachings through End the Cycles podcast to those who want to change their lives and overcome anxiety and depression.

## The Creator & Host

Mike Oglesbee is an author and a transformative coach who has been helping people eradicate anxiety and depression and live more effective lives since 2011 when he founded Maximized Mind, LLC. in Myrtle Beach, SC. His diverse, unique background and experience with anxiety and depression, both personally and professionally, have led him to create a powerful system and philosophy that addresses the root causes of these debilitations. One of his main philosophies is that empowerment is the key to overcoming anxiety and depression, as well as most things in life. Empowerment comes through knowledge, and knowledge about the self becomes self-empowerment.

Therefore, he devotes much of his time as a coach, mentor, advisor, friend, and partner to teaching and helping people understand themselves in a deeper way that allows them to step into their own personal power and make the changes they desire in their lives.

Mike's formal educational background consists of a Bachelor of Science in Psychology from the University of Phoenix and an MBA from Trident University International. He has received numerous certifications and training through several organizations and academies as a Clinical Hypnotherapist and Neuro-Linguistic Programming (NLP) Practitioner.

## Audio Podcast Trailer

Here is the 1m25s mp3 audio trailer to End the Cycles



End the Cycles  
Podcast Trailer.mp3

# Podcast Summary

## Short:

End the Cycles is a weekly wellness podcast designed to help you eliminate anxiety and depression from your life, for good!

## Extended:

End the Cycles is a weekly wellness podcast where I share the philosophies, tools, and techniques that I have used personally as well as professionally as a coach and hypnotherapist for more than a decade to help others just like you end the cycles of anxiety and depression in their lives. A new episode is released each Monday to help you progress in your journey as you end the cycles of anxiety and depression from your life. You can find my podcast in all major podcast apps including apple podcast, spotify, google podcast, amazon, and stitcher, as well most all other podcast platforms as well.

# Images

Included in this PressKit:

- 3 variations of my cover art
  - Plain square (3000 x 3000 pixels) This is the art that shows up on podcast apps
  - Banner image (1500 x 570 pixels)
  - Mockup image (2600 x 2000 pixels)
- 1 headshot of host and producer (1125 x 1235 pixels)
- 2 behind the scenes studio pictures
  - Green lighting (6369 x 6688 pixels)
  - Blue lighting (6368 x 8095 pixels)

