



Website score focusingresources.com

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Scoren er 54/100



SEO Indhold

| | Titel | <p>Inner Relationship Focusing with Ann Weiser Cornell</p> <p>Længde : 51</p> <p>Perfekt, din titel indeholder mellem 10 og 70 bogstaver.</p> | | | | | | | | | | | | | | | | | | |
|-------------|--|---|----------|---------|--------|-------|------|---------|-------|--|-------------|--|-----|--------------------------------|-----------|--------------------|-------|--|-------------|-----|
| | Beskrivelse | <p>Focusing changes lives. Learn this powerful body-based practice of self-listening and emotional wisdom through phone courses, workshops, books and more.</p> <p>Længde : 152</p> <p>Perfekt, din meta beskrivelse indeholder mellem 70 og 160 karakterer.</p> | | | | | | | | | | | | | | | | | | |
| | Nøgleord | <p>Dårligt! Vi kan ikke finde nogle meta nøgleord på din side! Brug denne gratis online meta generator for at oprette nye nøgleord.</p> | | | | | | | | | | | | | | | | | | |
| | Og Meta Egenskaber | <p>Godt, din side benytter Og egenskaberne</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Egenskab</th> <th style="text-align: left;">Indhold</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Focusing Resources - Inner Relationship Focusing</td> </tr> <tr> <td>description</td> <td>Focusing changes lives. Learn this powerful body-based practice of self-listening and emotional wisdom through phone courses, workshops, books and other online resources.</td> </tr> <tr> <td>url</td> <td>https://focusingresources.com/</td> </tr> <tr> <td>site_name</td> <td>Focusing Resources</td> </tr> <tr> <td>image</td> <td>https://focusingresources.com/wp-content/uploads/2017/09/FR-Facebook-logo-Jul-2017.png</td> </tr> <tr> <td>image:width</td> <td>701</td> </tr> </tbody> </table> | Egenskab | Indhold | locale | en_US | type | website | title | Focusing Resources - Inner Relationship Focusing | description | Focusing changes lives. Learn this powerful body-based practice of self-listening and emotional wisdom through phone courses, workshops, books and other online resources. | url | https://focusingresources.com/ | site_name | Focusing Resources | image | https://focusingresources.com/wp-content/uploads/2017/09/FR-Facebook-logo-Jul-2017.png | image:width | 701 |
| Egenskab | Indhold | | | | | | | | | | | | | | | | | | | |
| locale | en_US | | | | | | | | | | | | | | | | | | | |
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| image | https://focusingresources.com/wp-content/uploads/2017/09/FR-Facebook-logo-Jul-2017.png | | | | | | | | | | | | | | | | | | | |
| image:width | 701 | | | | | | | | | | | | | | | | | | | |

SEO Indhold

image:height 701





image:type image/png

Overskrifter





| H1 | H2 | H3 | H4 | H5 | H6 |
|----|----|----|----|----|----|
| 1 | 26 | 7 | 0 | 11 | 3 |

- [H1] Love all of you,even the anxious, sad, stressed parts!
- [H2] Love all of you,even the anxious, sad, stressed parts!
- [H2] Online courses to get free from self-judgment, feel good enough as you are, and live a happier life.
- [H2] Change the way you experience your emotions.
- [H2] Change your life.
- [H2] Your Path to Lasting ChangeLive, Online Inner Relationship Focusing Training Program
- [H2] Support for Stressful Times is Back
- [H2] What is Inner Relationship Focusing?
- [H2] 50
- [H2] 1985
- [H2] 11,452
- [H2] How Inner Relationship Focusing Helps You Love Yourself More
- [H2] Experience More Self-Acceptance
- [H2] From Anxious, Sad, or Overwhelmed to Calm
- [H2] Shift Your Experience with Inner Critics
- [H2] Start to Heal Emotional Trauma
- [H2] Improve Your Relationships (with Yourself and Others)
- [H2] Create + Maintain Healthy Boundaries
- [H2] We know life is harder when you get taken over by your emotions. We want more than that for you...
- [H2] If you experience emotional stress, you can benefit from Inner Relationship Focusing.
- [H2] Our students agree!
- [H2] Picture This:
- [H2] Here's how you can get started:
- [H2] Which kind of Focuser are you?
- [H2] I'm here for you!
- [H2] Diversity Policy
- [H2] Disability Access
- [H3] Online courses to get free from self-judgment, feel good enough as you are, and live a happier life.
- [H3] Learn a skill to change the way you treat yourself.
- [H3] Join Ann Weiser Cornell for a free, 30-minute, live webinar series
- [H3] Inner Relationship Focusing is a body-oriented process of self-awareness and emotional healing. It's as simple as noticing how you feel-and then having a conversation with your feelings in which you do most of the listening.
- [H3] A Beginner
- [H3] Experienced
- [H3] Healing Professional
- [H5] Getting Started
- [H5] Course Calendar
- [H5] Your Path to Lasting Change
- [H5] Experienced Focusers

SEO Indhold

| | | |
|---|-------------------|--|
| | | <ul style="list-style-type: none">• [H5] Healing Professionals• [H5] Certification & Teaching• [H5] FAQ• [H5] Request Affiliate Info• [H5] Teacher Directory• [H5] About Us• [H5] Disclaimer• [H6] MORE THAN• [H6] FOUNDED IN• [H6] WE SUPPORT OVER |
|  | Billeder | Vi fandt 19 billeder på denne side. 5 alt tags mangler eller er tomme. Tilføj alternativ tekst til dine billeder for at gøre siden mere brugervenlig, og for at optimere din SEO i forhold til søgemaskinerne. |
|  | Text/HTML balance | Balance : 3% Denne sides text til HTML fordeling er under 15 procent, dette betyder at din side mangler indhold! |
|  | Flash | Perfekt, ingen Flash objekter er blevet fundet på siden. |
|  | iFrame | Beklager! Din side har iFrames og det kan medføre i yderst dårlig læsning af søgerobotterne. |

SEO Links

| | | |
|---|---------------------|---|
|  | URL Omskrivning | Godt. Dine links ser venlige ud! |
|  | Underscores i links | Dårligt! Vi har fundet underscores i dine links, du bør benytte bindestreg istedet for underscores for at optimere din SEO. |
|  | On-page links | Vi fandt et total af 26 links inkluderende 0 link(s) til filer |
|  | Statistics | Eksterne Links : noFollow 0% Eksterne Links : Sender Juice 0% Interne Links 100% |

On-page links

| Anker | Type | Juice |
|--|--------|--------------|
| Skip to content | Intern | Sender Juice |
| New Here? | Intern | Sender Juice |
| Live, Online Courses | Intern | Sender Juice |
| Retreats | Intern | Sender Juice |
| Books + Manuals | Intern | Sender Juice |
| Sessions | Intern | Sender Juice |
| Boost Self-Acceptance | Intern | Sender Juice |
| Heal Emotional Trauma | Intern | Sender Juice |
| Help with Inner Critics | Intern | Sender Juice |
| Support for Anxiety, Stress, and Overwhelming Emotions | Intern | Sender Juice |
| Improve Relationships | Intern | Sender Juice |
| Create Healthy Boundaries | Intern | Sender Juice |
| Free Intro Course | Intern | Sender Juice |
| = | Intern | Sender Juice |
| click here | Intern | Sender Juice |
| Go Further with Focusing Here | Intern | Sender Juice |
| Course Calendar | Intern | Sender Juice |
| Healing Professionals | Intern | Sender Juice |
| Certification & Teaching | Intern | Sender Juice |
| FAQ | Intern | Sender Juice |
| Diversity Policy | Intern | Sender Juice |
| Teacher Directory | Intern | Sender Juice |
| About Us | Intern | Sender Juice |
| Disclaimer | Intern | Sender Juice |
| Ways to Learn | Intern | Sender Juice |
| Self-Love Resources | Intern | Sender Juice |

SEO Nøgleord



Nøgleords cloud

innerfocusing life resources how
more relationship free help change

Nøgleords balance

| Nøgleord | Indhold | Titel | Nøgleord | Beskrivelse | Overskrifter |
|--------------|---------|-------|----------|-------------|--------------|
| focusing | 30 | ✓ | ✗ | ✓ | ✓ |
| inner | 19 | ✓ | ✗ | ✗ | ✓ |
| resources | 18 | ✗ | ✗ | ✗ | ✗ |
| help | 16 | ✗ | ✗ | ✗ | ✓ |
| relationship | 15 | ✓ | ✗ | ✗ | ✓ |


Brugervenlighed

| | | |
|--|------------------|---|
| | Link | Domæne : focusingresources.com Længde : 21 |
| | Favikon | Godt, din side har et Favikon! |
| | Printervenlighed | Vi kunne ikke finde en printer venlig CSS skabelon. |
| | Sprog | Godt, dit tildelte sprog er en. |
| | Dublin Core | Denne side benytter IKKE Dublin Core principperne. |


Dokument

| | | |
|--|--------------|--|
| | Dokumenttype | HTML 5 |
| | Kryptering | Perfekt. Dit Charset er tildelt UTF-8. |




Dokument

| | | |
|---|-----------------|--|
|  | W3C Validering | Fejl : 0 Advarsler : 0 |
|  | Email Privatliv | Advarsel! Mindst én email adresse er blevet fundet i rå tekst. Brug gratis antispam beskytter for at hemme din email fra spammere. |
|  | Udgået HTML | Godt! Vi har ikke fundet udgåede HTML tags i din kildekode |
|  | Hastigheds Tips | <ul style="list-style-type: none">✔ Alle tiders! Din webside bruger ikke nestede tabeller.✘ Advarsel! Din webside benytter inline CSS kode!✘ Dårligt, din webside har for mange CSS filer (mere end 4).✔ Perfekt, din website har få JavaScript filer.✔ Perfekt, din hjemmeside udnytter gzip. |

Mobil

| | | |
|---|------------------|--|
|  | Mobil Optimering | <ul style="list-style-type: none">✔ Apple Ikon✔ Meta Viewport Tag✔ Flash indhold |
|---|------------------|--|

Optimering

| | | |
|---|-------------|---|
|  | XML Sitemap | Stor, din hjemmeside har en XML sitemap. <code>https://focusingresources.com/sitemap_index.xml</code> |
|  | Robots.txt | <code>http://focusingresources.com/robots.txt</code> Stor, din hjemmeside har en robots.txt-fil. |
|  | Analytics | Mangler Vi har ikke registreret en analyseværktøj installeret på denne hjemmeside. Web analytics kan du måle besøgendes aktivitet på dit websted. Du bør have mindst én analyseværktøj installeret, men det kan også være godt at installere et sekund for at krydstjekke data. |