



Analisi sito web focusingresources.com

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Il punteggio e 54/100



SEO Content

	Title	Inner Relationship Focusing with Ann Weiser Cornell Lunghezza : 51 Perfetto, il tuo title contiene tra 10 e 70 caratteri.																		
	Description	Focusing changes lives. Learn this powerful body-based practice of self-listening and emotional wisdom through phone courses, workshops, books and more. Lunghezza : 152 Grande, la tua meta description contiene tra 70 e 160 caratteri.																		
	Keywords	Molto male. Non abbiamo trovato meta keywords nella tua pagina. Usa questo generatore gratuito online di meta tags per creare keywords.																		
	Og Meta Properties	Buono, questa pagina sfrutta i vantaggi Og Properties. <table><thead><tr><th>Proprieta</th><th>Contenuto</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>	Proprieta	Contenuto	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
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SEO Content

image:height 701





image:type image/png

Headings





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 Content

		<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
	Images	<p>Abbiamo trovato 19 immagini in questa pagina web.</p> <p>5 attributi alt sono vuoti o mancanti. Aggiungi testo alternativo in modo tale che i motori di ricerca possano comprendere meglio il contenuto delle tue immagini.</p>
	Text/HTML Ratio	<p>Ratio : 3%</p> <p>Il rapporto testo/codice HTML di questa pagina e inferiore a 15 per cento, questo significa che il tuo sito web necessita probabilmente di molto piu contenuto.</p>
	Flash	<p>Perfetto, non e stato rilevato contenuto Flash in questa pagina.</p>
	Iframe	<p>Molto male, hai usato Iframes nelle tue pagine web, questo significa che in contenuto inserito negli Iframe non puo essere indicizzato.</p>

SEO Links

	URL Rewrite	<p>Buono. I tuoi links appaiono friendly!</p>
	Underscores in the URLs	<p>Abbiamo rilevato underscores nei tuoi URLs. Dovresti utilizzare trattini per ottimizzare le pagine per il tuo SEO.</p>
	In-page links	<p>Abbiamo trovato un totale di 26 links inclusi 0 link(s) a files</p>
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 0%</p> <p>Internal Links 100%</p>

In-page links

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

SEO Keywords



Keywords Cloud

free resources more life inner
relationship how change help
focusing

Consistenza Keywords

Keyword	Contenuto	Title	Keywords	Descrizione	Headings
focusing	30	✓	✗	✓	✓
inner	19	✓	✗	✗	✓
resources	18	✗	✗	✗	✗
help	16	✗	✗	✗	✓
relationship	15	✓	✗	✗	✓











Usabilità

	Url	Dominio : focusingresources.com Lunghezza : 21
	Favicon	Grande, il tuo sito usa una favicon.
	Stampabilità	Non abbiamo riscontrato codice CSS Print-Friendly.
	Lingua	Buono. La tua lingua dichiarata en.
	Dublin Core	Questa pagina non sfrutta i vantaggi di Dublin Core.





Documento

	Doctype	HTML 5
	Encoding	Perfetto. Hai dichiarato che il tuo charset è UTF-8.




Documento

		
	Validita W3C	Errori : 0 Avvisi : 0
	Email Privacy	Attenzione! E stato trovato almeno un indirizzo mail in plain text. Usa antispam protector gratuito per nascondere gli indirizzi mail agli spammers.
	Deprecated HTML	Grande! Non abbiamo trovato tags HTML deprecati nel tuo codice.
	Suggerimenti per velocizzare	<ul style="list-style-type: none"> Eccellente, il tuo sito web non utilizza nested tables. Molto male, il tuo sito web utilizza stili CSS inline. Molto male, il tuo sito web ha troppi file CSS files (piu di 4). Perfetto, il tuo sito web ha pochi file JavaScript. Perfetto, il vostro sito si avvale di gzip.

Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
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Ottimizzazione

	XML Sitemap	Grande, il vostro sito ha una sitemap XML. <code>https://focusingresources.com/sitemap_index.xml</code>
	Robots.txt	<code>http://focusingresources.com/robots.txt</code> Grande, il vostro sito ha un file robots.txt.
	Analytics	Non trovato Non abbiamo rilevato uno strumento di analisi installato su questo sito web.

Ottimizzazione

Web analytics consentono di misurare l'attività dei visitatori sul tuo sito web. Si dovrebbe avere installato almeno un strumento di analisi, ma può anche essere buona per installare una seconda, al fine di un controllo incrociato dei dati.