



Training Program Syllabus

Sections 1-3:

- General overview—taking an in-depth look at how you act out life as a human being.
- What you walk away with-----a deeper understanding of what makes up the quality of your life and the feelings that interfere with it.

Sections 4-6:

- General overview---examining the belief system that you live by and the aspects of it that are causing you all your chaos.
- What you walk away with----you finally realize the reasons you are experiencing life the way you do.

Sections 7-9:

- General overview---looking into the basic principals of a new belief system that will produce a higher quality of life.
- What you walk away with---understanding new ways of responding to life that will move you in the direction of the quality of life you are looking for

Section 10:

- General overview---showing you how to take the previous 9 sections of intellectual material and turn it into actions that make your life different
- What you walk away with---actual experiments----that you understand how to use---- that you can take and apply to any situation that is happening in your life and in so doing, changing your life forever!