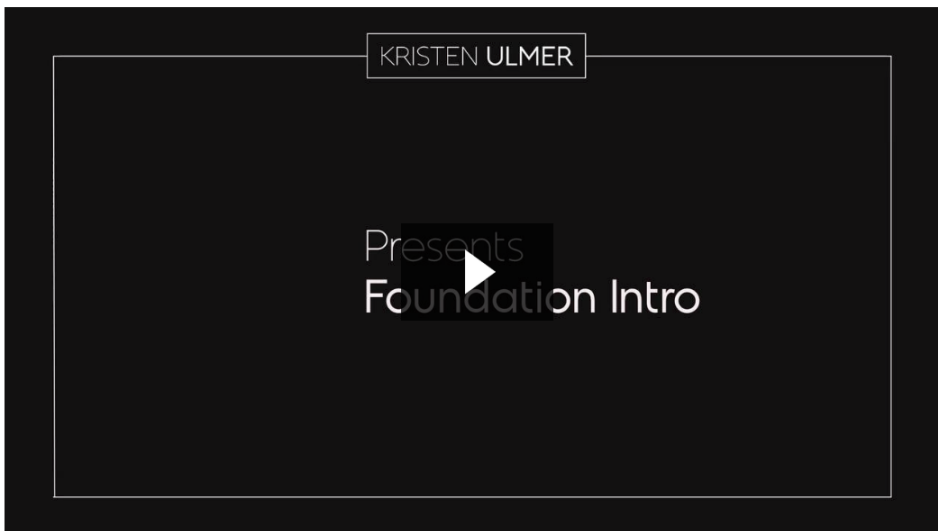


## Welcome to The Foundation of Your Finally Free Course

Please start with the program introduction video, shown below. Then watch the videos in linear order, as each video builds on the other.

The Foundation is the heart of this experience. It is the same for every course, and I use it for everything I teach.

The Ad On then comes at the end, and is listed below. It addresses your specific challenge, and is meant to be watched last.



## Download

[Audio Version of The Foundation Intro](#)

[Written Program Introduction](#)

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### Ad On

- [Addressing Chronic Anxiety](#)

## One Page Summary of Your Chronic Anxiety Practice

### Welcome to Your Chronic Anxiety Practice

This is a 1 week practice, but if your problem is really ingrained, do it for 30 days. Also come back to it anytime you start to feel chronic anxiety reappearing in your life.

Note: You're not doing to become free from fear or anxiety. You're just looking to calm down fear and anxiety to more reasonable levels -without having to repress fear- such that you'll feel better, be better equipped to handle stressful situations, be more in flow with your challenges and also be more productive.

**Your practice:**

- Do this Method for a solid week or (depending on your needs) for a solid month.
- Do this Method at least once a day or (if you want your chronic anxiety resolved sooner) several times a day, for up to 10 minutes or longer each time.
- Do this Method right before your most uncomfortable times of the day.

\*Keep in mind our equation throughout the process:  $\text{chronic anxiety} = \text{fear} \times \text{chronic resistance}$ .

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