

Simple directions to follow

Thank you for purchasing the "FREEDOM FROM FEAR RECOVERY PROGRAM". Through this program you will finally come to understand what nervous illness i.e.. the anxiety state is all about and how to recover from it. It is my personal wish that you receive the maximum help from this series of recordings, so please follow these simple directions carefully.

1. **Part 1** should be listened to in one sitting with breaks taken as required. The listening time of part 1 is approximately 3 hours.
2. **Part 2** can then be listened to at a pace to suit yourself.
3. **Part 3 (The Journey to Recovery)** and **Part 4 (Encouraging Words)**, must NOT be listened to for at least three weeks from the start of your program because I want you to understand the basics of the anxiety state before you start "The Journey to Recovery". Also apart from listening to my words you have the method to start practicing and I am sure you will find this in itself will be enough to occupy your mind in the beginning. This is what I call your Pre Journey to Recovery practice.
4. Certain parts of this program will mean more to you personally so it is important that you listen to these parts as often as you wish.
5. Do not try to understand the meaning behind my words straight away, because as you listen more and more the explanation will become clearer and clearer. In other words let your mind learn the meaning behind my words at its own pace. Do not try to force understanding, as this will only increase your anxiety levels.

Finally, the fact that you have purchased this program tells me something very important: You have not given up on yourself, in other words you are still trying to find a way out of your suffering.

I can assure you with complete confidence the information contained within this program will with practice bring the "peace of mind" you so desperately want.

Kindest personal regards



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