

Freedom from Fear

Recovery Programme



Program Contents

Please ensure that you read the instructions before listening to the program.

Part 1

Track	Title	Time
1	The Beginning	26.07
2	Explanation of the Nervous System	19.50
3	Explanation of Physical Symptoms (Part One)	27.40
4	Explanation of Physical Symptoms (Part Two)	32.05
5	Nervous Fatigue / The Four Fatigues (Part One)	44.45
6	Nervous Fatigue / The Four Fatigues (Part Two)	36.11

Part 2 - Can be listened to at a pace to suit yourself.

Track	Title	Time
7	Agoraphobia	34.28
8	Social Phobia	25.44
9	Obsessive Compulsive Disorder (O.C.D.)	30.01
	Indecision / Loss of confidence /	
10	Personality Disintegration / Feelings of unreality	16.55
11	Depression	11.02
12	The Method	26.48
13	Day / Night Talk	45.05
14	Occupation	8.43
15	Problems	6.38
16	Courage, Bravery and Faith	9.47
17	Advice for the family	10.06

Part 3

Track	Title	Time
18	Journey to Recovery (Part One)	20.00
19	Journey to Recovery (Part Two)	15.40
20	Journey to Recovery (Part Three)	29.24
21	Journey to Recovery (Part Four)	27.07

Part 4

Track	Title	Time
22	Encouraging Words (Part One)	25.24
23	Encouraging Words (Part Two)	20.10