

Important Notice

For complete recovery it is important you do not use this program as a crutch. In other words turning to it only in moments of fear. It is in your calmer moments that you should turn to this program more than ever, because with less fear, your mind will absorb more easily what I am asking you to do. Some sufferers in calmer moments just want to get on with their lives, however when panic builds up once more they reach out for this program in fear looking for something to help calm them down. This is what I mean when I say don't use this program as a crutch.

Question? How often should I listen to this program?

Answer: As often as possible, daily, or oftener than this.

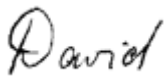
I want this method to become so much a part of you, that your reactions to fear or panic will with practice become the right ones.

Please! Please! Please! Once more I ask that you do not use this program as a crutch because it is not possible to recover this way.

Once more I want reassure you that when practiced the right way this method will bring you through to complete recovery.

I wish you many successful practices and good luck for the future.

Kindest Personal Regards



David Johnson
Resident Counsellor
Freedom From Fear Counselling Centre
Auckland, New Zealand