

## FAST TRACK

# of Sessions	How Long Are Sessions?	How Often Do I Attend?	Is There Homework?
Up to 8 sessions	<p>The first session is 2 hours</p> <p>Subsequent sessions are 2-3 hours each.</p> <p>For example:</p> <p>Monday -</p> <p>Session 1 &amp; 2 in the AM or Session 1 &amp; 2 in the PM or</p> <p>Session 1 in the AM and Session 2 in the PM</p>	<p>We conduct 2 or more sessions per day.</p> <p>We may work, which could occur M, W &amp; F or any other variation depending upon schedules</p>	<p>It is recommended that you listen to: "The Secret Language of Feelings" website/Audio Programs before beginning this series</p> <p><a href="http://www.thesecretlanguageoffeelings.com">http://www.thesecretlanguageoffeelings.com</a></p> <p>You will also have the opportunity to practice self-hypnosis, which is recommended for better, permanent results. All workbook materials are included in the series price.</p>

### NOTE:

- Sessions are not offered individually. They are presented as a series in order to complete the work necessary to eliminate unwanted habits and ensure that your goals are achieved, and results are permanent.

#### **INCLUDES ALL FEATURES FROM SUCCESS SERIES PLUS:**

- Addresses issues that need more time
- Very good for people with limited windows such as:
  - Traveling from another country or time zone
  - Vacations
  - Limited flex time from work
- Reinforcement of new habits patterns with timely repetition for maximum gain
- Great for fast learners, assimilators and implementors