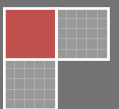




Lost in the Woods

How Tiger Could Have Stayed a Champion

By Michael Stevenson MNLP, MTT, MHT
Master Hypnotherapist and Master Success Coach
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Published by Transform Destiny, Inc.

18396 Brookhurst Street

Fountain Valley CA 92708

<http://www.transformdestiny.com/>

800-497-6614 / 714-408-4281

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Introduction

Tiger Woods is arguably one of the greatest athletes of all time.

From the very young age of two, Woods began playing golf, coached by his loving father.

He even made an appearance on The Mike Douglas show, hitting a drive and having a putting contest with comedian Bob Hope.

At the age of three, he shot a 48 at the nine-hole Navy Golf Club in Cypress, California. And by five, he appeared on ABC's "That's Incredible."

Woods has won fourteen professional major golf championships, the second highest of any male player, and 71 PGA Tour events, third all time. He has more career major wins and career PGA Tour wins than any other active golfer. He is the youngest player to achieve the career Grand Slam, and the youngest and fastest to win 50 tournaments on tour.

"How," you might ask, "could someone so privileged and gifted allegedly create such a mess out of his life?"

One other thing that Tiger Woods is noted for is his use of NLP and Hypnotism. Several years ago, Tiger admitted that he not only had physical coaching, but a mental coach, as well.

In this eBook, I'm going to explore the question, "Could Tiger have avoided his personal fall using NLP and hypnosis?"

I'll also look at how his wife, Elin Nordergren, could have used NLP to catch him in his alleged lies.

About the Author, Michael Stevenson



I am a practicing Master Practitioner of Neuro-Linguistic Programming (NLP), TIME Techniques, Hypnotherapy and EFT, and a Master Success, Life and Business Coach. I'm the President and Lead Trainer of Transform Destiny, Inc., a full-service hypnotherapy, coaching and training company in Orange County, California. I've been helping people change their lives and achieve their dreams for over a decade.

I was not always a hypnotherapist. I used to be a computer programmer. I was a heavy smoker and had tried *everything* to quit smoking, with no results. After nearly fourteen years of smoking, and about four years of trying to quit, I quit smoking easily and effortlessly with a self-hypnosis tape that I bought at a stage show at the county fair. I instantly became fascinated with hypnosis.

My first trip to the library yielded no results whatsoever. I began going from bookstore to bookstore looking for any information I could find on this incredible subject. Eventually, after I had read nearly every book I could find on hypnosis and NLP, I attended a live training, became certified as a Clinical Hypnotherapist in just one weekend and started my own private practice out of my living room.

Since then, my life has changed in so many incredible, amazing ways. I live in Orange County, California, where I own and operate Transform Destiny, Inc (www.transformdestiny.com). I have now received hundreds of hours of hypnotherapy training and I'm board certified by several prestigious boards, including the National Guild of Hypnotists, the International Hypnosis Federation, the International Association of Counselors and Therapists, the International Medical and Dental Hypnotherapy Association, and the International Board of Clinical Practitioners, of which I'm currently the President.

Lost in the Woods: How Tiger Could Have Stayed a Champion

I tell you this, not to impress you, but to impress upon you the fact that anyone can learn hypnosis – even a former computer programmer like me.

In the last ten years, I've taught tens of thousands of people hypnosis, NLP, TIME Techniques and coaching, either through my books, or in person. These are, by far, my favorite subjects to discuss, and if you have a question, feel free to contact me. Maybe your question will be featured in our monthly newsletter. Feel free to contact me any time at www.transformdestiny.com/contact.asp.

If you're interested in learning hypnosis, NLP, TIME Techniques or EFT in person, go to www.transformdestiny.com and come join me at one of my live trainings.

What is Hypnosis?

In this chapter, we will take a look at what hypnosis actually is. While we don't fully understand hypnosis from a medical/scientific standpoint yet, many studies are in process at the time of this writing that will shed light on exactly what this wonderful state is and how we can continue to use it in the future. Here's what we do know about hypnosis...

Hypnosis is a Natural State

Hypnosis is a natural state that each of us has the ability to enter. Some people are more talented than others at entering deep trance (This deep level of hypnosis is commonly called *somnambulism*). Everyone is able to enter this somnambulistic level of trance, but some enter it more easily than others.

Nearly every school of thought about mental health defines two major parts to the entity we call personality. Some call it Id and Ego; some call it Child and Parent. We will call them your Conscious Mind and Subconscious Mind (or Unconscious Mind, as most in this industry prefer to say, and which I'll use throughout the rest of the book).

Your conscious mind is the part of you that you're conscious of, the part of you that you "think" with. It consists of all of your conscious thought, and is generally limited to thinking of around seven things – give or take one two – at any one time.

Your unconscious handles the many millions of details that you encounter every day of your life. Your unconscious is the domain of your emotions. It's where your learnings and memories are kept, and it maintains all your

A good analogy that I like to use is that of a sailing ship. The Captain is your conscious mind, and does all the logical, rational thinking. It makes conscious, informed decisions based on the high-level information before him. He does not

deal with the lower-level, more mundane tasks... that's the Crew's your job. If you haven't guessed it yet, the Crew is your unconscious.

If the captain wants the ship to turn right, he doesn't grab the wheel and do the work himself! He give the command, "All Hands! Full to Starboard!!!"

Something as simple as turning the boat right seems like an uncomplicated process. But behind the scenes, crewmembers are scurrying to make the command a reality. There is a man who rings the chime to indicate a turn, which prompts engineering to fire up one of the motors, which requires more steam, prompting crew members to shovel and burn more coal, which needs still other crew members to replenish coal. These men work hard and deserve a good meal, so there are cooks that make food that waiters need to serve. Others have to replenish the food supplies, sweep the floors, check the weather, monitor sonar and radar, plot courses and a million other tasks... All just so the Captain can bark his next order.

The same is true with us. Something as simple as picking up a glass of water involves hundreds of muscle pairs. To consciously think of each group of muscles to flex and tense in just the right proportion to pick up a cup – neither dropping it, nor crushing it – is as delicate an operation as a ballet, and it takes the intent and orders of the conscious mind, plus the multi-tasking skill of the unconscious mind to pull it off.

Now, in order for any captain to be a good captain, he must pay attention to the feedback from his crew. Can you guess what happens when the Captain starts ignoring – or even worse, mistreating – the crew? That's right, mutiny. And that's exactly what happens when some of us get out of *rapport* with our own unconscious.

There's good news, though! Just the act of using hypnosis begins gaining that *rapport* between the conscious and unconscious minds. Hypnosis opens the channels of communication between the two, and when the unconscious gets its fair share of attention, it begins to produce better results.

Basically, hypnosis allows us to open the unconscious mind to suggestion, while the conscious mind wanders, or is otherwise distracted.

Hypnosis is not mind control, brainwashing, black magic or voodoo. The hypnotist has no special powers over the subject. Hypnosis is actually a cooperative activity, which requires the full consent of the subject.

As a matter of fact, all hypnosis is self-hypnosis. The subject enters his own trance - the hypnotist merely guides the subject through his experience and offers therapeutic suggestions along the way (or entertaining suggestions, depending on his line of work).

To learn more about hypnosis, or to take one of our online courses or live trainings, please visit www.transformdestiny.com.

What is NLP?

NLP stands for Neuro-Linguistic Programming. Let's break down the words to see what they mean:

- **Neuro:** Having to do with the nervous system or the mind. Neurologically our experience is processed through our five primary senses:
 - Visual, auditory, kinesthetic, olfactory, and gustatory, plus our internal dialog.
- **Linguistic:** Dealing with language and other nonverbal communication. Our communications are translated into neural representations, where there given meaning, ordered, and stored.
 - Pictures, sounds, feelings, tastes, smells, self-talk.
- **Programming:** Programs, patterns and systems that we run within our own mind.

So, NLP is the study of how we use the language of the mind to model excellence, eliminate bad habits and emotions, and achieve our goals.

In computers, we often hear that the computer's most basic language is that of ones and zeros. Everything we see on the computer, from Windows, to words, to pictures and images, the audio files, are all made up of simple ones and zeros. Only when we put these ones and zeros into logical, meaningful groups, can they be interpreted as larger, more specific things.

Similarly, our mind's most basic language is that of our *senses*. Everything that happens in our mind is encoded, not as ones and zeros, but as combinations of pictures, sounds, feelings, tastes, smells and our self-talk – in NLP, we call these our *modalities*.

Understanding this most basic language of our mind is what NLP is all about.

To learn more about NLP, visit <http://www.transformdestiny.com/nlp-guide>.

Tiger's Downfall

In December 2009, Tiger Woods was involved in a car accident at around 2:00 AM. He allegedly ran over both a fire hydrant and crashed into a tree.

The original story is that Tiger's wife grabbed a golf club and, with it, freed Tiger from the car by breaking the windows of his SUV.

However, it didn't take long for the story to change.

Almost immediately, reporters and commentators began wondering if his wife, Elin, chased him with the club prior to the crash – perhaps even causing it.

The supposed cause for all this commotion? Tiger's alleged affair.

And, as if that wasn't bad enough, within a few days, that turned into alleged *affairs*, as nearly 20 women have publicly admitted having affairs with Tiger, by the time of this writing.

While Tiger admits to using the incredible tools of hypnosis and NLP in his professional life, it's clear that these principles aren't being applied in his personal life.

Now, Tiger stands to lose his wife and his young child to divorce, and that's not to mention the monetary damage, due to morality clauses that are written into the contracts of most of his endorsements.

All morality and judgment aside, hypnosis and NLP could have helped Tiger. Let's look at some of the specific ways he could have averted the catastrophe that he's now living.

What's the Direction of Your Motivation?

What would compel a man with so much success to take such risks?

It often comes down to the direction of your motivation.

Do you know what kind of motivation you have?

Most people don't think about it, but there are actually different kinds of motivation - two, to be exact: "Toward" motivations and "Away" motivations.

The common analogy is "the Carrot vs the Stick." While that's a well known analogy, most people don't realize that it does describe an actual personality trait. Nor do they take the time to figure out which one motivates the people they interact with.

These motivation styles are an example of NLP Meta Programs – Or programs we run in our mind – called the Motivation Direction Filter (refer to my blog post on [NLP Meta Programs](#) if you haven't read it yet). These are mind patterns that I teach in my live [NLP Master Practitioner trainings](#).

Toward Motivation

A "toward" person is motivated toward what they want or like. They will be motivated by rewards, bonuses and achieving goals. They will want to know what benefits they will reap by getting the outcome. A Toward person is motivated by "carrots," not "sticks." A "stick" or consequence will often only offend them and make them angry.

A person motivated toward a goal will define the outcome, focus on it, and move toward it. When they achieve that outcome, they set another outcome or a higher outcome and begin moving toward it.

Away Motivation

An “away” person is motivated away from what they don’t want or like. They will do what it takes to avoid pain and/or suffering and are often highly motivated by their fears. An “away” person is motivated by the “stick.” If you try to motivate them with a “carrot,” or reward they simply won’t care.

Of course, things are rarely that black and white. There are varying shades of gray, even with this Motivation Direction Filter, so you may find people somewhere in the middle.

In any case, knowing this one simple pattern can greatly increase your persuasion skills by knowing how to best communicate with people to motivate them.

Now, away motivation is not evil. It has its use, and its purpose. Generally, it’s great for motivating people who are in a rut, or stuck.

“Joe, if you don’t get off your butt and make some sales, you’re fired!”

Interestingly enough, both Toward and Away Motivation move in the same direction – it’s the focus that’s different.

For instance, someone who says, “I really want to break my sales record,” is going to get the same results as someone who says, “I’d better move or I’ll get fired!”

Both will produce positive results of higher sales numbers.

The problem with Away Motivation is, it lacks consistency.

If a person is very close to the thing that they don’t want, the Away Motivation is very powerful.

However, once they start getting some results and the “pressure is off,” the motivation drops dramatically.

This is the problem with most fad diets!

Rather than the person being Toward Motivated, oriented to health and feeling good, they look in the mirror and get Away Motivated by the disgust they have for their body. They say, “I don’t want to be fat!”

So, they take dramatic measures to lose weight, because the motivation is so high. And usually, this involves starving the body of an essential nutrient that it needs!

This diet says no carbs, that diet says you'll get protein "poisoning." This diet says drink only grapefruit juice, that diet says all fruits are off limits.

If you look around, you'll find conflicting diets from conflicting "experts," everywhere!

When I work with clients at the subconscious level, I tell them, "Eat what you want!"

How much you weight has virtually nothing to do with what you eat. It is a simple formula of calories in vs. calories burned. After all, we all know someone who is thin as a rail, yet eats burgers, fries, ice cream, and all kinds of other junk.

The difference is, when a person is Away Motivated, they'll lose 10 or 12 pounds, then say, "Well, I've been good, and I'm not as fat as I was. I'm just going to have some pizza." But because they've starved themselves both physically and emotionally, they binge.

A Toward Motivated person would make much better choices about the food and how much of it to eat. It's all about moderation. You can see examples of this in my [weight-loss hypnosis CD](#) and in [my one-on-one weight loss sessions](#).

Now that we know about Away Motivation, let's talk about one more aspect.

People like Tiger, with the "Type A" style, aggressive personality, need action.

They need stimulation to keep them motivated.

If a person were, say, so Away Motivated about losing that they became the top of their field, what would happen to their excitement once they got there?

Away Motivation tends to not only create a roller-coaster effect, but also leads to self-sabotage.

When people get bored, they create little “dramas” or take risky chances to keep it interesting.

The question is, is it possible to change yourself from Away Motivated to Toward Motivated?

Absolutely.

Our Away Motivations are based on one thing, and one thing only: Our past experiences.

Think about it. Someone who is really motivated away from poverty, is likely to have had some negative feelings about poverty in the past. And they carry those feelings with them. Otherwise, it wouldn't motivate them. In this case, that feeling is probably fear.

The field of NLP has a set of techniques called [TIME Techniques](#) where a person can eliminate all anger, sadness, fear, hurt, guilt and other negative emotions from the past. Imagine if all your “bad memories” from the past became “just memories,” with no negativity or feelings attached to them. It's like rebooting your life!

Not only that, in a matter of minutes, TIME Techniques can eliminate limiting beliefs, such as:

- I'm not good enough
- I can't make enough money
- I'm ugly
- I'm a slow reader
- I'll never have what I want

Normally, I use TIME Techniques with clients in my Personal Breakthrough Sessions. These are six- to eight hour sessions, where we completely eliminate all that's holding you back in life, then program your subconscious to live the life you've dreamed of.

Lost in the Woods: How Tiger Could Have Stayed a Champion

At my typical rate of \$350 /hr, an eight hour session runs \$2,800. Now, I'm sure Tiger could have afforded that, but the results are guaranteed, so there's nothing to lose anyway.

Now, if you're not as well off as Tiger (but would like to be), there's good news!

In my [Decide to Succeed seminar](#), I use all my training and experience to walk you through the TIME Techniques process so you can let go of the past, *really* enjoy the present, and create the future of your dreams.

The price of this event varies throughout the year, but there's always an early-bird discount that brings it down, usually to \$197 or so.

If you're interested in getting a reboot in your life, come check out [Decide to Succeed](#). You're worth the investment!

How Hypnosis Could Have Saved Tiger

Your subconscious mind (often called your unconscious mind, by hypnotists) is the creative, imaginative part of you.

In order for it to take action, it needs to imagine.

Tiger learned to do this in golf, and it pulled him out of a horrible slump.

By envisioning where he wanted the ball to go, he allowed his unconscious mind to move his body, just like he did in his mind.

This principle was also put into effect with the US teams in the 1984 Olympics.

Studies show that your unconscious mind doesn't know the difference between something that is real, and something that is imagined fully – sight, sound, feelings, etc.

Hypnosis is a combination of relaxation and using the imagination to reprogram yourself.

It can be used by a hypnotherapist or hypnotist, to direct another person through the process. Or, it can be used yourself, in what's called Self-Hypnosis.

By using his imagination to put himself into a receptive trance, Tiger could have focused his mind and his energies on his wife, on creating love in the relationship, and on his new child. While this may not eliminate his attraction to the opposite sex, it certainly could have made him stronger to fight his natural impulses.

While the process of self-hypnosis is simple, it is far too much for this ebook. However, you can learn about hypnosis and self-hypnosis in my book, *Learn Hypnosis... Now!* which you can get at <http://www.learnhypnosisnow.com/>.

The Lost User's Manual for the Mind

NLP has often been called the Lost User's Manual for the Mind.

The reason is because it puts us in touch with the most basic language of the mind, and using that language, we can reprogram ourselves to change our thoughts, our beliefs and our actions, giving you the results you want in life.

For instance, one of the most basic languages of the mind is called, Submodalities.

That's a fancy word to describe how we store things in our mind.

Our unconscious mind does not categorize things by words. Rather, it stores and gives meaning to everything based on how it looks, sounds and feels in your mind.

To give you a quick example, think of a time when you were incredibly motivated. Think of a specific time.

What I want you to do is go back to that time in your mind, float into your own body so that you're looking through your own eyes, and see what you saw, hear what you heard and feel what you felt. Do that for a moment and notice that you can feel the motivation again.

Now, for just a moment, we're going to change that.

Take that memory in your mind, and step out of your body – as if your spirit could leave your physical body behind. As a matter of fact, step out of the whole picture, so it's in front of you like a huge photograph of that scene.

Then, in your mind's eye, push it away from you – far away. All the way to the corner of the room so it's small and dark, the size of a postage stamp, and you can see your body in the picture. Do that, and notice how the feeling of motivation disappears, or at least diminishes significantly.

What you just did is to shift how your mind *encodes* that memory, changing the meaning and changing the feeling forever, unless you choose to put it back.

Let's do that. In a moment, close your eyes, then have that picture come rushing back to you, getting bigger and brighter, and as it gets to you, jump into the picture, back into your body, again looking through your own eyes. See it, hear it, feel it, and notice the feeling of motivation come back.

What if Tiger were to take the thoughts of other women in his mind, and pushed them out far away, made them dark and small. Do you think he'd be in this same situation?

Now, imagine what would happen if you took something completely mundane, like doing your taxes, and brought that picture, sound and feeling closer and closer, bigger and brighter and jumped into your body, feeling the feeling of enjoying your taxes!

It's totally possible using NLP!

What if you could wake up every morning and have you be in charge of how your day goes, rather than which side of the bed you woke up on, or how you slept?

If you could motivate yourself all day long, how much more would you get done and how good would that feel? Would there be *any* more excuses?

You can learn how to do this with some powerful Submodality techniques and more in our NLP Trainings. I have an Intro to NLP course which is available both as an [online class](#), or as a [live training](#).

Finally, if you want to learn even more about NLP than can be taught in an intro course, take my [NLP Practitioner Training](#). This seven-day course will totally transform your life, and will even qualify and certify you to work with others as a Practitioner or Success Coach.

Could Elin Have Caught Tiger Lying?

Another thing NLP allows us to do is to detect how people are thinking.

Now, that doesn't make us mind-readers, and as of yet, we can't tell what people are thinking. But we can tell a person's pattern of thinking by looking for and listening for certain things.

You've probably noticed in conversations that most people move their eyes in different directions when they talk.

In the 1970s, the creators of NLP discovered that the direction in which the eyes move will actually tell you how the person is thinking.

For instance, you can tell when a person is remembering something, and when they're making something up.

Imagine if you had this one simple tool to possibly discover when a person is lying and when they're telling the truth!

Well, you don't have to imagine, because I'm going to show you on the next page.

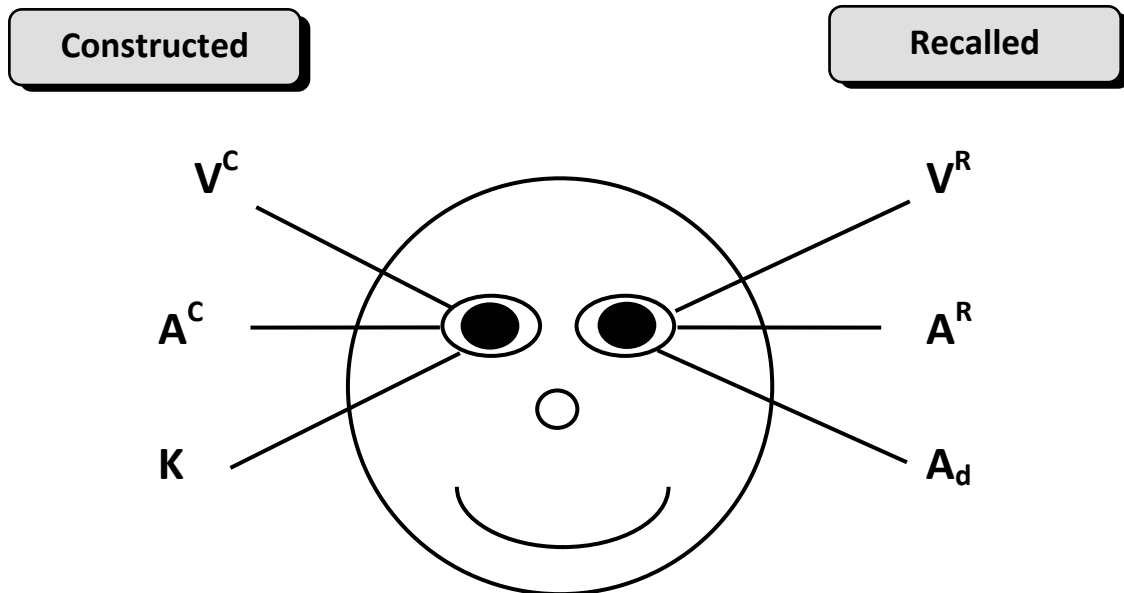
The chart on the next page is for a typically "wired" right-handed person. That means that it will be accurate for most people.

However, occasionally, you'll come up against someone where the left and right sides are flipped. This usually corresponds to left-handed people, but not always.

In any case, the chart always looks like this, or with the left and right sides flipped. The positions never get "mixed" in any other way.

Reading Thought Patterns from the Eyes

You can tell *how* people are thinking (not *what* they're thinking) by watching their eye patterns. When accessing certain modalities, people tend to move their eyes based on the chart below. By watching for those eye movements, you can tell a lot about their thinking.



A Normally Organized Right-Handed Person – As You Look At Them

- V^C = Constructed Visual Images
- V^R = Remembering Visual Images
- A^C = Constructing Sounds (Auditory)
- A^R = Remembered Sounds (Auditory)
- K = Feeling Feelings (Called Kinesthetic)
- A_d = Talking to Yourself (Called Auditory Digital)

For instance, if you were to ask your child, “Jimmy, did you break the cookie jar?” and they say “No,” while looking up and to the right (Remembering Visual Images), chances are, they’re remembering the incident and may be lying.

If you ask your spouse what their boss said when they asked for a raise, and your spouse looks straight to the left when replying (Making up Sounds), they may be lying.

Now, there’s no hard-and-fast rule as to “If they look this way, then...”

It’s important to “calibrate” the other person, which means to watch them tell the truth and watch them lie (if possible), then look for the trends.

On the following page, there are some questions you can ask to watch where a person’s eyes go when they answer.

There are a few reasons why a person’s eyes could go to the “wrong” place, but overall, you’ll find the chart to be accurate for most people, and if you really calibrate the other person, you’ll have great success.

You can learn more about using eye patterns to discover people’s thoughts, to communicate better and to discover how people run programs in their mind so you can motivate them in my [NLP Practitioner Training](#).

Eye Pattern Questions

You can find out if someone's normally- or reverse-organized by asking the following questions and watching for the responses. Some people access by defocusing first.

V^R: **Visual Remembered:** Seeing pictures from memory, recalling things they've seen before.

Question: "What was the color of the room you grew up in?"
"What color was the first car you ever owned?"

V^C: **Visual Constructed:** Images of things that people have never seen before. When people are making it up in their head, they are using visual constructed.

Question: "Imagine your car if it were blue."

A^R: **Auditory Remembered:** When you remember sounds or voices that you've heard before, or things that you've said to yourself before.

Question: "Growing up, did you have a favorite pet? What was the sound of your pet's bark/meow/etc?"
"What was the very last thing I said?"
"Can you remember the sound of your mother's voice?"

A^C: **Auditory Constructed:** Making up sounds you have not heard before.

Question: "Imagine what I just said with Donald Duck's voice."

A_d: **Auditory Digital:** This is where your eyes go when you are talking to yourself — internal dialogue.

Questions: "Can you recite the Pledge of Allegiance to yourself?"
"Is there a poem from grade school that you remember?" "Can you say the Times Tables for 7 to yourself?"

K: **Kinesthetic:** (Feelings, sense of touch.) Generally you look in this direction when you are accessing your feelings.

Question: "Do you have a favorite beach or place in the outdoors to walk? Imagine walking there without shoes." "Imagine what it feels like to touch a wet rug."

Conclusion

If Tiger had learned and applied such inner-mind techniques, not only to his golf game, but to his personal life, he very well might be in a different position than he is today. Even if Tiger is innocent of the allegations, and this is all a mix-up or shake-down, these tools would help him manage his emotions and his behaviors to ride the wave of disaster until he can overcome it all and rebuild his life.

If you want to learn some of the tools that I've learned to change my life, be sure to visit my website at <http://www.transformdestiny.com/>. There you'll find my programs, workshops, events and trainings to help you take your life to the next level. Below is a list of some of what I teach and some of my offerings:

NLP: Neuro-Linguistic Programming

- Intro to NLP Live Workshop: <http://www.transformdestiny.com/nlpi>
- Intro to NLP Online Class: www.transformdestiny.com/inlpo
- NLP Practitioner Training: www.transformdestiny.com/nlpp
- NLP Master Practitioner Training: www.transformdestiny.com/nlmp
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