

Accelerated Sales Success Now!
Success Stories

Dear Mike,

The "Freedom From Depression " program worked immediately. After two days I felt like a completely new person - strong, determined, and confident. After one week I added your "Eating for Excellent Health " program, and not only was I no longer weighed down from eating unnecessarily large meals, but my mind wasn't weighed down THINKING about the preparation of the next meal.

I threw in the "Accelerated Sales Success " program about five months later, when I got a job as a car salesman. In just six weeks my "job" became a CAREER IN SALES. There USED to be a small voice telling me, "but this is hard," "even if it's good now, things will never stay this way," "the higher you climb, the farther you're going to fall." I grinned at the thought of that voice, and proved it wrong. I proved it ALL wrong. The more challenges I'm faced with, the more excited I am to conquer them.

It's like payday! We all get excited to receive large amounts of money. How are we going to spend this check? How many things should I buy? Well, I'm faced with problems and I think, "WOO HOO! Look how much I'm going to learn by conquering this one!" It's amazing! This wasn't me six months ago!!!!

I was never nervous in approaching a customer. I knew I wouldn't have the exact information they would need, and I wouldn't explain everything perfectly. But I wasn't worried about the product, because I was selling myself first. If they didn't like me, they wouldn't stay. But I LIKED ME and it showed. They loved it.

THANK YOU FOR HELPING ME THINK RIGHT !!!

JILL STRAUSS, UTAH

Six months ago I could have been considered one of your most skeptical consumers. I had been reading your info for a few months and to be frank had trouble believing that your material could be that good.

After lengthy consideration I purchased your "Accelerated Sales Success " program. I listened to the program faithfully as instructed for three months and the results were fantastic, if not all together amazing. After about three weeks I started to notice the difference and at first I felt a bit anxious and excited. I am sure it was due to a new attitude all together and a completely new outlook with renewed enthusiasm. Things

started to really fall into place in a huge way. The little issues of the day did not seem to bother me nearly as much; in fact, I looked forward to them. I found that these annoying customer issues were really opportunities in disguise as I was easily able to convert them into sales opportunities; "Houston, we have an opportunity" so to speak. Sales absolutely skyrocketed, and not only amazed my direct managers, but prompted a call from the VP of our nation wide company with congratulations for blasting past our sales targets for the region and positioning me as the number #1 sales rep for the entire region for that quarter. I am certain that your material created this new attitude and propelled me toward my real potential. Thank you, thank you, thank you.

Richard J. Anderson, Canada

Hi Mike,

I have been using your double program, "Accelerated Sales Success." I alternate each CD everyday. I started about one month ago. I use headphones and listen to each side when falling asleep in bed each night. When I first started listening I found that I was getting very agitated and didn't really want to hear what was said. It was as though my mind was rejecting these ideas and was fighting against it. After this rocky start, I now find I really enjoy the program and find my thinking and my beliefs have changed for the better. I find I am thinking of other people more and want to help more. It has taken my focus off of myself and I ask myself daily these questions: "Who can I help today?" "What does this person need and how may I help?" When I talk to people I ask them questions about themselves; what are they doing? How do they feel? What excites them? I am sincerely interested in what they say.

I find my negative beliefs about "Network Marketing" have changed. It's interesting because I have a Networking business and I didn't realize how deep these negative thoughts were. (I wasn't aware that they even existed) This must make a difference in how I run my business.

Yours sincerely,
Gloria Molenkamp, Australia

I listen to the "Accelerated Sales Success Now" program while I sleep using jogging earphones. With the "Accelerated Sales Success Now" program, many of the phrases just start happening; like one says something about people liking me. Well, I noticed that people would smile at me everywhere. While it's true that I am always smiling, (people may have in the past smiled and looked down) but now they smile and make eye contact. People everywhere: airports, restaurants... Yesterday, I was having lunch with someone

and two women (I'm female as well) on different occasions, walked by my table, made eye contact, smiled and said "Hi." I am talking to another person and I have to stop in mid-sentence and say "Hi."

For my sales, sentences just pop into my head and I automatically say what the programs say. This seems so vague and I would love to have some sales numbers to give you, but I am just starting.

I have been getting your motivational emails for over four years. I am a sales leader. I want to recommend you to all of my team. For the past seven years I have been in the employment and training sector of adult education. Now I have moved into my own business in sales.

You've got a true fan here, thanks! Someday I will be like you and be sending out my continued success story. I already have success, but I like how you pulled yourself out of poverty, created a product that worked and shared it with others. I really admire that because you created what you needed, and shared it with others.

Sincerely,
Deana Gonzales
Live each day as an inspiration to yourself.

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I bought your "Accelerated Sales Success Now" program because I had recently started an at home business and the phone was really heavy (I was scared to call new clients). I do share the bed with my partner and he didn't want to listen to the program at night like I did. So I bought some ninety-nine cent bud head-phones, put them under my pillow and put my CD player on repeat. While I sleep I listen to it over and over. I've been doing this for over two months, and my confidence is growing. The phone is not as heavy anymore, and my sales are growing. I love talking to people I don't know now and they love talking to me!

Ashley Hitt

After being in direct sales for seven years, climbing the ladder, falling off the ladder, losing all of my sales self-confidence, I switched lines of products completely. A new company, completely different products, but the only problem was the same old attitude that was programmed in the end - a bad sales attitude, bad customer attitude, and bad

booking attitude. Even though I was enjoying the switch of products that fit my life so much better, I felt like something was holding me back, something was still looming over me from my previous experience. I found the Think Right Now programs and picked up the "Accelerated Sales Success Now" within a few weeks I found my comfort again, my pride and joy of sales success, dealing with customers, good and bad, knowing that I CAN DO IT. I can deal with whatever comes my way, prosper as I did before and not fall off that ladder again! I pop in the programs before every presentation I do, and once in a while just for kicks!

I purchased the "Real Self-Esteem (9-13 yrs)" program, and was amazed at the difference in my son. For weeks on end we could tell which nights he listened to the tapes at bed time and which nights he didn't! The program had a dramatic effect on his personality. He, who usually lacked self-confidence, was confident. He, who was argumentative, was agreeable and understanding. He, who was easily frustrated and agitated, worked out his frustration in a manageable way. There were dramatic effects on my son after each night he listened, and after about a month, the changes seemed more permanent! I'm very happy to have him change in such a way, during a difficult age. I truly feel this has changed his life; from now on, he has the proper programming to deal with life's daily challenges. I am excited to have found such a gem of a program!

Theresa Jurisch, MN

I have used the "Accelerated Sales Success Now" program for about five months now. It's easy to fit in to my schedule because I just simply listen to it while I sleep. Before the "Accelerated Sales Success " program, I didn't have any confidence with direct sales. I couldn't even call my clients up on the phone without staring at it for ten minutes. Now I wake-up knowing that today is another day to win. I love to keep in touch with my clients on a regular basis, because good customer service is hard to come by these days. I also love to go out and about and meet new ones, without shaking in my shoes. This program along with your free book "Today is your Day to Win" has helped me beyond belief.

Thank you,
Ashleigh Zimmerman, MN

I play your programs through the day when not making sales calls, instead of having the radio or music on in the background. I used the programme 2-3 days per week each week for 2 months, each for about four hours. I've played them in the car on journeys and that seemed to be okay, and a great place to feel fine letting my mouth speak them slightly as I know them somehow!

As I've been playing them during the day, I'm now so much more comfortable calling prospects and clients. Before the programme I'd procrastinate and procrastinate even though I knew it was essential to make the calls. For the six weeks I've been making more and more sales calls - from maybe five a week to over 40. For a seasoned sales person this is nothing, for someone starting their own business it's dramatic. This week for the first time I was making lots of calls in the morning - I'm overjoyed. Yesterday I called up a contact I'd met a month ago who said they'd think about things. By tomorrow lunch I have two proposals to write for them, not one - two!

The two most intriguing outcomes that I can only put down to the "Accelerated Sales Success Now" programme, because I know they've not even arisen as a thought elsewhere are first that I WANT to make calls - I was doing some background work for an article last week - something that needed to happen. Yet there in my mind somewhere was a little voice saying: "Pick up the phone, call someone, close a deal, get a meeting...I want to pick up the phone", on a continuous loop". After half an hour of discipline on the task at hand I stopped. Re-focused, made the first of four brief calls and the release I felt was enormous. Two calls led to follow-ups with prospects, both still in the fray though not yet at a proposal stage. The critical thing is I wanted to make the calls and did.

The second thing that can only have come from the programme is that I am so much calmer during calls, so much more willing to ask them about follow-ups, timeframes, or anything really. Today I asked someone about budgets and they gave me some very clear guidelines. This is so much more ironic because my services are in in-depth interviews, yet I had a blind spot [or two!] when it came to applying myself in sales. Now I know that things are on the up. I'm on holiday next week taking a break in the country. And I know I'll be taking a dozen telephone numbers because I'm enjoying the calls and I want to make more!

Some people who read this might say: "on holiday, get real!" The truth is now that I am enjoying it, and if I'm enjoying it - as many people say - it's no longer work - it's play!"

Thanks Mike,
All the best,

And I'd definitely recommend having a go with the programmes in whatever part of your day seems to feel right for them.

David Littlemore, United Kingdom

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Hi Mike,

I wanted to write and thank you for these programs. I have a handful of them and recently ordered the "Accelerated Sales Success Now", and have been listening to it before bed every night for two weeks, and while getting ready for work in the morning (I just started a new job in sales, and I thought this would be helpful.)

I didn't notice anything at first, but last week, things really started happening for me. Normally, I am a bit on the lazy side, and after sitting on the sofa and turning on the TV, (my regular habit), I couldn't sit there! I had to do something, so I got my work notebook and started writing presentations, proposals and plans. WOW, I was writing marketing ideas like crazy! My sales calls at work have really improved. I am no longer intimidated by people! Either on the phone, or face to face! That alone is a miracle in itself!

I even spoke up during a meeting with the boss of my boss! I feel a level of self-confidence I have never felt before, and I want to thank you from the very depths of my soul for these programs!

Putting off my "to do" list was something I used to do - now I take each item, complete the task, cross it off, and move to the next action. I have completed lists in my files of what I have been accomplishing this past week. More than I have done in months!

I am so inspired by my programs and what they have been doing for me, that I look forward to going to bed at night so I can listen to them. Last night my little bedroom unit failed to operate; I tried numerous times to get it to work. Then I remembered that my 14 year old daughter's CD player was under a pile of clothes in her room. I dug it out, plugged it in, and began my healing process!

Thank you again, Mike!
Marjorie Curtiss, PA

I have been listening to the "Accelerated Sales Success Now" program in my car, throughout the night, on my computer during the day and at night while on the road in my hotel via my computer speakers.

I have been more aggressive in dealing with sales opportunities, cold calling, following up with prospects and new business opportunities. I have benefited by leading my company's sales efforts with new, creative ways to prospect, presenting our solutions, and selling more at quarter's end. I can measure the increased sales revenue generated through what I have learned and engrained into my daily thoughts with these programs.

I can honestly say that I have earned \$100,000 more this year through the listening of this program for "Accelerated Sales Success."

I recommend this to anyone in sales! It's very easy to listen over and over. Burn it to CDs, import it to your iPod, and listen as often as you can. It works!

Thanks a million,

Jeff Perry,CA

Hi Mike,

I purchased "Accelerated Sales Success " about a year and a half ago whilst I was living in Kuala Lumpur, Malaysia. I was involved in Stock and Shares in the American Markets during my time there. I remember that my sales were not that great and I was failing to hit my targets on a consistent basis, if at all. I then started to look for ways to make a vast improvement on my abilities and started hunting around for self improvement methods which would not only provide some sales training but give me ways in which to motivate myself more and become more positive, as I was making 100+ phone calls a day and not getting anywhere.

I came across your site and noticed "Accelerated Sales Success " I read the description information and I must say I was somewhat skeptical as I had read books before and listened to tapes which proved to be a bit of a let down, but I thought, let's give it go, it can't make me do any worse than what I am currently doing.

I received your programme and immediately when I arrived home I put it into my CD player. I started to listen to the programme when I went to bed and had the player on loop, so that it played all through the night and was still playing when I awoke. After about a week I started to notice a difference on how much more positive and confident I was on the phone, but also my enthusiasm to actually make phone calls was heightened as opposed to not wanting to make phone calls like before.

After week three I was building far more rapport with my clients than ever before and actually talking with them about their own families and how good their weekend had been; they became so much more responsive to me. I was amazed at how much it had improved my attitude toward sales but also my ability in sales. Now, I am not going to say that my sales went through the roof in three weeks, but over a course of a month to two months I started to make sales with clients who had until then given me the cold shoulder. I was over the moon - as were my bosses who had noticed a huge shift in my ability and attitude. It was great, and all this was made possible whilst I slept. It's a hard one to get my head around it, but it worked. And so my skepticism vanished into insignificance.

I would recommend these programs to anybody. In actual fact, when I received the programme one of my colleagues asked me what they were for and when I told him his reply was "what a load of old rubbish, that's just brain washing!!" After a month of me listening to them he had noticed a change in me and asked me I would lend him the program. I said to him that he could borrow them for one week so he could hear for himself what they were about but then he would have to purchase them himself to continue with it... after a week he returned them to me, and had ordered his own online! Great Programs!!!

Rhys Morton – United Kingdom

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In June I started using "Accelerated Sales Success Now" at night a couple of times a week and sometimes while I worked out on the weekends. It was sporadic since I was not really sure that they really worked. I started to notice a more positive attitude toward selling and approaching. I was happier and more free spirited. Then I did not use them for a month or two and noticed my focus slipping. Now I use them every night. I added "Setting & Achieving Goals " about a month ago. I let them play repeatedly throughout the night. Just the other night, I noticed how calming they were when I woke up from a bad dream. I have used them every night for the last 2 months and now my self talk is improving. I can tell myself, "I forgive myself for not making calls", and I move on more quickly to more productive projects rather than dwelling on it.

I then noticed an even more amazing thing! My parents live above me and are unaware of the programs I have. I now notice my parents have been achieving goals they had set and never could complete. It is amazing! I am now a believer and will consistently use the programs to improve my life.

Thank You Mike and team.
Jenn, CO

Hi Mike,

Just a note from down under to thank you for your great product. When my programs arrived my wife thought it was just another scam, and I must admit I had my doubts. My business was going down the tubes; I was desperate. But hey, **THEY WORK**. In the last couple of months my sales are up by 50% and rising. Thank you.

Peter
Melbourne, Australia

Yes, your programs really are good.

Dear Mike and the team,

The TRN "Accelerated Sales Success" program has had the greatest impact on both mine and my boyfriend's lives. I guess we've been using them for about 3 months now and the main thing we've noticed is that our self-belief has really soared! It's great! We're both making massive strides in our jobs, closing deals in better and more inventive/personal ways and feeling generally much more confident in the way we interact with potential customers.

We tend to use the program at bedtime and in fact got really excited on the first night we ever played them... not really knowing what to expect. We just relax in bed, carry out the breathing and visualization exercises and allow ourselves to steadily drift off. Some nights I've deliberately tried to keep myself awake to hear more than the previous night, but other evenings we just enjoy chilling out to the CD, confident in the knowledge of how much good it is doing our jobs, while we snooze!

It's quite the best investment I've made and I'm recommending it to my friends, who are intrigued by how it works and by the obvious results (so soon too!)

Many congratulations on achieving a very well deserved no. 1 status and all the luck in the world for your future work. Do keep in touch

With warmest regards

Fran Law
Somerset, United Kingdom

Hi Mike,

I am in the UK and have had a very positive and dramatic improvement to my closing ratio. I rarely lose a sale these days whereas I previously lacked confidence and credibility. "Accelerated Sales Success" has somehow helped me to develop an incredible rapport with my clients; my focus is 100% on providing the best solution for them. Consequently they all seem to trust me and the order is assumed. There is absolutely no dread of closing now. It is no longer an issue. There is no pressure on my clients and no pressure on me.

I now actually enjoy meeting new prospects and getting involved with their concerns. I'm really not even thinking about my commission anymore which previously was my sole

preoccupation - totally self-defeating, obviously. My confidence has grown now to such an extent that I have now formed my own corporation and will be training others to succeed as I have done. I am recommending your "Accelerated Sales Success" to all our trainees.

Incidentally in streamlining my life I have now unsubscribed from the many time consuming newsletters that were just too fluff to be of any real practical use, with the exception of yourself and one other one.

Many thanks again Mike and keep up the inspiration!

Regards, Mike King

Mike,

Here's a quick note to say your programs certainly produce results. I especially like your "Accelerated Sales Success" programs; they have helped me to surpass my goals.

I own all of your programs with the exception of Self Esteem for Children, I read everything you suggest as well as have an extensive personal library of books, tapes, etc. I have a strong desire to move forward and I will.

Thank you for your suggestions and for the work you do. You make a difference.

Regards,
Bob Manard

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Hello Mike!

I was searching!

After reading your book and constantly listening to your program "Accelerated Sales Success Now" I've changed my mental patterns! I was a bank teller; believe it or not, I now am pacific regional resource for a major banking institute in the Asia Pacific region! I decided that now the sky's the limit!

Thanks will never be enough! I never would've seen life that way had we not crossed paths the way we did!

Lawrence O'Connor

I have played the "Setting & Achieving Goals" and the "Accelerated Sales Success" programs for about a year now. My wife and I have had our own business for six years. Since listening to all the programs every night my wife, who does the bids, has turned into a super salesperson. It is very rare that she misses a sale. I had worked in sales for eleven years before we started the business and was a very good salesperson myself. I had seen and been around great salespersons, but since listen to your programs every night, all the other salespersons I have seen pale in comparison to my wife.

Our income has gone up over 30% in one year! I keep setting goals for our company and we keep going beyond them.

Thank you for giving motivation for a better life for all.
Robert J Grzywa

Selling is a part of my job and I hate selling. Achieving my target was a big task for me. I started listening to the "Accelerated Sales Success" program and the last eight months have brought a big change in my attitude towards selling and fantastic improvement in exceeding my targets. Now, I never think about my targets and I am confident that I surely surpass them - month after month. I stopped selling - I offer my products to my customers by simply establishing an emotional connection with my customers. No more pressure - what a big relief. Thanks to the Think Right program.

I migrated from India with my wife and two daughters to New Zealand almost seven years ago. It was hard for me to adjust to the new environment. The first four years were very difficult. I had no stable job and a meager income; I never had more than couple of hundred dollars in my bank account. My desire was to have my own place to live, a reliable car, and the ability to send kids to coaching to pursue their hobbies. Then I started listening to the "Financial Abundance" program almost eight months ago. We play this CD before we hit the bed - don't know what happens; after playing both discs my CD player automatically stops. We set a target amount and started saving the money for buying a home. Even before achieving the target, a great offer came our way and we grabbed it. It's amazing how the whole situation has changed and we are getting the good things that we were only dreaming of.

I play the "Setting & Achieving Goals" program while driving back home from work. I

believe the affirmations in this program help me stay focused on my goals and achieving my goals. I have been listening to this program for almost nine months. Without my knowledge, I started focusing on what I wanted to achieve in my life. Earlier it used to be a rudderless journey. I developed the habit of establishing friendships with enterprising and successful people. I have improved confidence in myself and in the future. I am spending less time watching television and I have joined swimming and badminton classes - giving more importance to health. Now I am more energetic, I can go an extra mile. Now I have a willingness to try rather than simply giving up or procrastinate and am receiving recognition from the top management. While listening to the affirmations on the program, each sentence brings a smile to my face. It makes me feel that yes I can do this, that's a good idea, how about implementing that?

We were very skeptical initially, but now we consider that subscribing to the programs was a wonderful decision made by us. We feel that it's an investment for our prosperity and future.

Sudesh, New Zealand

Dear Mike Brescia,

I ordered the Think Right Now "Accelerated Sales Success " program in May of 2005. I also should mention this is my first real sales job too.

I have used it every night as I sleep and/or in the daytime. My results have been incredible! The first week I started listening I did things I couldn't even conceive of doing before I bought the program. I absolutely developed the confidence that no matter who I was talking to I would be able to get their attention. Believe me people, the more you use it the more you want to challenge yourself in your profession. Also, like Mike, I too became fanatical about reading all the sales training I could and can get my hands on which makes this program worth its weight in gold!

Before I used the program I kept noticing self-sabotaging thoughts and feelings that really made it difficult to sell. I continuously noticed myself getting angry internally at customers while I was doing my demonstrations, which normally ended in no sale and a lot of frustration. I was so used to feeling frustration time and time again. I would have preferred to do anything other than prospect for new business. Now, I have a passion to prospect for new clients every day I work.

Before the program I literally felt angry, upset, fearful, and even jealousy toward prospective customers. However, after the first month or so I transformed all that into confidence, pleasure, inner peace, and a lot of motivation to sell a lot of my product. Amazing! The best thing is that I feel like I haven't even tapped the vast potential I

possess and that is exciting!

I would highly recommend the Think Right Now programs to absolutely anyone who wants to be more than they are today.

Tighe Williams, IL

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Hello Mike,

Thank you for the e-mails and great information. The experiences of others have helped me to appreciate that it takes more than a day to change life long habits. I have been using self-help tapes for 20 years with little benefit, but I am still looking and trying. I know they must work for some people or there would not be a market for repeat sales. I have wondered why I never got very good results until I found the answer in one of your e-mails about one person that listened to a program for two years. I decided that I would listen to the same CD every day for 30 days - WOW, what a difference.

I ordered "Accelerated Sales Success" to put it to the test. You see, I am not a sales person and do not work in this area. I only know that this is a skill set different from mine. I loaded the program onto my iPod and play it in continuous loop as I sleep at night. After listening to it for 30 days it has changed my out look to one of eager expectation. I am now looking forward to a "sales" opportunity with a new found confidence that is allowing me to do something business-wise that I could not do successfully in the past. I now look at this challenge with confidence.

I own most of your programs and they're all good, but this one is helping me move a mountain.

Thank you and keep up the good work.
Paul Cummings, MA.

Hello,

I use "Supreme Confidence" and "Accelerated Sales Success" every day. I start with the confidence program and then the "Accelerated Sales Success Now" program; I know they are working for me.

The first week after I started listening to the programs we had to give a tour to 2 people from another company. They are existing customers who were looking to dramatically

increase their business with us if we could meet their needs. My boss and I gave the tour. During one point in his presentation, my boss went blank and I could see him faltering. All of a sudden I felt a surge of confidence and took over for my boss. I had thought, I know this stuff just as well if not better than him anyway and finished that part of the presentation for him. I am not sure how to explain it, but the words from the "Supreme Confidence" program flashed through my brain and I just KNEW I could finish for him. In fact, the worse he got the more the confident I had become. I did very well in the presentation and he flashed me a grateful look and also thanked me personally after they were gone. He said he just froze up and could not think. (We also got the new business volume!)

I also recruit for my home business at night and I am having much better success due to both programs. I am much more confident on the phone and I am connecting with my prospects better. I have been using the programs for approximately one month now.

Thanks, Mark Potes, MI

Hello there,

My name is Manuel Saavedra Cortes from Puerto Vallarta, Mexico. I am a time share promoter in this beautiful tourist port. My job is to invite tourists to my resort to visit the facilities, and to stay there for a sales presentation. It sounds easy, and it really is, all I have to do is to talk to people, but this is a very competitive job. On the street I like to work, there are up to 11 promoters on one single block! Everybody is doing the exact same thing for one resort or another...

And the reputation we have is something that does not help a lot!

I had been doing this with a very low show-ups rate, but on October this year I got the "Accelerated Sales Success" conditioning program. My sales are not the highest ever in this activity in Vallarta... not just yet... But my production has begun to increase. I am now producing regularly and the other guys on my street already know that I am beginning to take as many couples as I can, and that I am talking to everybody that walks by my location.

The index cards and listening to your programs at night are helping me to get to where I want to be. I know I will be the best at what I do... and it is going to take a lot more work on my part. Thanks for your great programs that are helping a lot of people!

Best Regards,

Saavedra Cortes, MEXICO

I am a Sales Manager for Corp 500 America. We used your techniques and bought programs for my sales people and we've increased sales 12% in under 60 days, using the "Accelerated Sales Success" program.

Rick Frazier, FL

I ordered the "Accelerated Sales Success" program and also the Think Right Now for Windows. Before I started listening to the program, I was scared and never thought I'd even start with a sales career. Since then, I now work for a company that distributes stored value, debit MasterCard, and they have several services that I also distribute like mortgages, health care advocacy programs, communication systems, and fat-burning programs. I started! That's all I can say! The changes I feel are more boldness and more decisiveness. I've put it into action, I've joined a company and I look forward to growing with a whole lot more.

Thanks, Terry, FL

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I ordered the "Accelerated Sales Success" program and it's had a big impact on my life; it's helping me to lead my sales team. I've been in sales for a long time and I'm pretty well skilled and have had a lot of training. I think what this has helped me out with is my inconsistency in my actions and behaviors as I approach the sales day. Doing what I KNOW I needed to do, but doing it on a consistent basis. It's a lot easier now, and I'm generating the results given the challenging economy that we have. I'm pretty excited about it!

Bob, NY

Prior to starting the "Accelerated Sales Success" program, I had a lot of trouble cold contacting. Prospecting was incredibly difficult for me. I couldn't bring myself to do it and did it very infrequently, which did not lead to many sales. At this point I feel very confident to do cold contacting, improving more and more each day. I really appreciate the program for helping me with that particular weakness and strengthening my ability.

Irv Federman, CA

I really benefited so much from the "Accelerated Sales Success" and "Setting & Achieving Goals" programs. I am a consultant and trainer. I had problems with sales and setting goals. The first thing I did was read the affirmations, put the program in the car, I have been playing it for the past two months. Suddenly I realized that there were so many changes happening in me and now I am the best coach and trainer and sales are easier. I am very, grateful for this and it really liberated something within me. So, thank you Mike for giving me this opportunity to express my thanks and my satisfaction. All the best to everybody who is using your programs.

Leah, Israel

Mike,

When I came across your Think Right Now site I was impressed. I didn't know if any of that stuff worked but the promise of it was very exciting. Since I dabble in copywriting I was also impressed with the sales pages, so much so, that I had to yank out my credit card. I saw something I needed NOW.

I am relatively new to Network Marketing but I have been studying books on sales techniques and persuasion for years. I understand the How and the Why and the basic mechanics and philosophy behind these techniques. So why wasn't any of this stuff working for me? How come when I was on the spot with a prospect I would draw a blank? Sometimes I would give lip-service to these methods, just going through the motions. The worst part was while my mind was telling me that this was the right thing to say, my heart was telling me that I was a fraud. Dozens of books and tapes, hundreds of dollars spent, but for what? None of it had any effect on my underlying belief system.

Back to me staring at your sales page and thinking "okay, I'll bite." With equal measures of eagerness and skepticism I watched my mailbox for my copy of "Accelerated Sales Success" Just after a week of listening when I went to bed I noticed subtle changes in my viewpoint. After one month, the changes were no longer subtle. We are talking IMPACT here! The programs I listened to every night were busily altering the way I view my business. The fundamentals of good salesmanship were not just collecting dust on my bookshelf anymore. They have become a part of my personal paradigm. It's one thing to study techniques. It is another to internalize a belief system.

I now believe I am truly helping people.

I now believe in the great value my products present.
I now believe that it is my role to help people get what they want.
I am now not so quick to accept the first "no" I hear.
I am excited, motivated and determined.
I no longer feel guilty suggesting people spend their money.

"Accelerated Sales Success" works. The positive messages I hear every night have become my personal philosophy, my behavior and my way of life. It also helps me relax and fall asleep quickly. That lady on the tape has such a soothing effect on me! I will buy more of your Think Right Now products and some day I will own them all!

Thanks Mike. This was the kick in the pants that I needed.

Sincerely, David Parton, British Columbia

Hi Mike,

I just wanted to let you know how much my life has changed since I began using your Think Right Now programs. I ordered the "Accelerated Sales Success" a little over a month ago and have been listening to each CD every day; one in the morning for one hour and then the other in the evening at bedtime. I was already used to listening to self-improvement CD's as I am an avid fan of another audio program, but I elected to put off spending my time on that program to give yours my full attention.

I was struggling in my profession as a Mortgage Banker and didn't really feel like I had the confidence necessary to really compete with others in my industry, as it seemed I was always scrambling to keep deals together and suffering from great anxiety waiting for them to close. I knew that something really needed to change in the way that I was approaching my work each day, but I really didn't know what or even how to begin. I knew all about making goals and creating positive self-talk and such, but the degree to which I was seeking immediate change just wasn't happening. As soon as I began listening to your program I began to notice an almost immediate drop in anxiety. Just listening to the affirmations and pretending that they actually applied to me would put such a smile on my face! Within just a few days, I noticed that I was handling myself with more confidence when speaking with my clients and with more energy and conviction than ever before.

My sales have doubled from where they were just a month ago, and I know that it is only a matter of time before they triple or better. I no longer have any fear of asking for referrals, I no longer undervalue my services, and I am more motivated to work harder and smarter than ever before. There is no doubt that your products work the way they are meant to and I am so happy that I have found them. I can honestly say that I am thrilled

with the results and I still continue to listen twice a day, everyday. I could not go on the way things were and was seriously beginning to wonder if I needed to find a different profession. But now, thanks to you and your products my sales ability has improved so significantly that I cannot wait to get started each day. By the way, I really like the way you always let everyone know that you love them. You are a very special person and I really thank you so much for being who you are and for creating such amazing products!!

Sincerely,
Sonja Bivins, CA

[Order Accelerated Sales Success Now!](#)

Mike,
Thank you for your programs and newsletter. I purchased three programs, "Setting & Achieving Goals" "Accelerated Sales Success" and "I Love Exercising"

This year, my income has more than doubled - from \$52,000 last year to over \$116,000 so far (with one more quarter yet to go!!!). I've listened to the Goal Setting program and enjoy reading your newsletters. I look forward to getting more from your programs (particularly the newsletter) and wish you continued good health and happiness.

David, Australia

Thanks Mike!!!

I love your newsletters and I've had some success that I'd like to share. I am in Direct Sales. Sunday afternoon I was over \$1700 away from an annual sales goal and had one more workshop to go before time ran out. \$1700 is usually more than I sell in an entire month, but I just kept telling myself that everything would work out. Tuesday afternoon I was still \$728 away.....and then one more order came in for, yep, you guessed it, \$729!!! Thanks again for all your insight, encouragement and support and words of wisdom!

Leanne Enox

Hi Mike,
First of all, THANK YOU for being YOU and for providing me with the tools for change

I've needed for many years. I just didn't know how to do it on my own. I've read several self-help books and I've listened to many motivational tapes and seminar recordings, which got me pumped and excited at the time, but the effects just weren't very long lasting. I'm a 44 year old man with two great teenage boys and a beautiful wife, a comfortable home and a VERY positive, loving and caring attitude. I just couldn't find in myself the inner motivation to have the success I desired in the Industry I chose three years ago - Network Marketing.

In 2002 at the age of 41, I finally got sick and tired of answering to supervisors and bosses that could never be satisfied with a job well done and looked into Network Marketing. In early 2003, I was introduced to a company that had some basic training and education in the field of advertising and marketing and basically worked night and day, practicing and learning what Network Marketing was all about. I was failing miserably in the area of sales because I was scared to death of rejection. No matter what I knew about selling and how to go about approaching prospects and customers, my fear of rejection always prevented me from feeling comfortable approaching people to sell them something, even though I also knew the products were good ones for the price.

Later that year, in June of 2003, I was introduced to your Think Right Now products. I bought and listened to "Accelerated Sales Success" for about a month and didn't feel much different, so I put it aside and forgot about it. I still kept going, practicing Network Marketing and failing - having a small amount of success occasionally, but never really making much of an income with it.

Back in April of this year, 2005, I was introduced to a product that literally blew my mind in its ability to produce its advertised results. I KNEW this was the product of the century, but still couldn't find it in myself to do what I knew I needed to do to approach people about it. I had the feeling that if I didn't start listening to your program faithfully and giving it a fair chance, I just might blow my best chance for financial success and independence. After 4 months of failure due to that nagging fear of rejection, I finally started listening again to the "Accelerated Sales Success" program. This time, I played it faithfully, night and day. If I'm home, it's now playing in the background; feeding my subconscious mind with the affirmations I needed overcome my irrational fear of being rejected. I'm slowly overcoming that fear, but I'm NOT going to give-up on it THIS time.

Last month, after faithfully listening to the program night and day for about 2 weeks, I more than doubled my sales for the previous month, simply because I got on the phone and called a few of my customers and prospects, FINALLY overcoming that fear enough to pick up the phone and speak to them about my affiliate product.

My goal is to be a managing representative with my affiliate business by the end of this year and I believe, with the help of your "Accelerated Sales Success" program, it's not only possible, but very likely indeed. I'm still feeling a bit uncomfortable with making cold calls and approaching people regarding sales of any kind, but your "Accelerated Sales Success" program is giving me the courage to at least face those fears head on.

I Love you Mike and Thank You from the Bottom of My Heart . . . Honestly!

God Bless,
Joe Huguenard, Florida

Hi Mike,

My grateful thanks to you for your programs and the wonderful work you have done putting them together, truly excellent.

What I like especially is that you have worded the statements in such a way that the dissolving part of the process covers numerous problems, some of which one is conscious of and others that are buried and forgotten. Every time I listen to your programs "Accelerated Sales" or "Setting and Achieving Goals" I am consciously agreeing with them. This goes a long way to transcending and eliminating any buried and forgotten negatives that were previously programmed.
Great stuff! I applaud you!

I love you too!

Elane Towers
Perth, Western Australia

[Order Accelerated Sales Success Now!](#)

Dear Mike,

In June I started using Accelerated Sales Success at night a couple times a week and sometimes while I worked out on the weekends. It was sporadic since I was not really sure they worked. I started to notice a more positive attitude toward prospecting and selling. I also used Think Right Now for Windows and saw a great increase in my positive attitude. I was happier and more free spirited. Then, I did not use them for a month or two and noticed my focus slipping. Now I use them every night.

I added Setting Goals about a month ago. I let them play repeatedly through the night. Just the other night I noticed how calming they were when I woke up from a bad dream. I have used them every night for the last two months and now my self talk is improving. I can tell myself, I forgive myself for not making calls, and I move on quicker to more productive projects rather than dwelling on it. Then I noticed an even more amazing thing! My parents live above me and are unaware of the programs I have. I now notice

my parents have been achieving goals they had previously set and never could complete.

It is amazing! I am now a believer and will consistently use the programs to improve my life. Thank You Mike and team.

Jenn, Colorado

Dear Mike,

I have played your "Setting and Achieving Goals Now" program and the second set Sales programs for about a year now. My wife and I have had our own business for six years. Our business specializes in faux finishing, murals, decorative painting, trompe l'oeil, decorative textures, and customer satisfaction.

Since listening to all the programs every night my wife, who does the bids, has turned into a super salesperson. It is very rare that she misses a sale. I had worked in sales for 11 years before we started the business and was a very good salesperson myself. I had seen and been around great salespeople, but since listening to your programs every night, all the other salespersons pale in comparison to her. Our income has gone up over 30% in one year! I keep setting goals for our company and we keep going beyond them.

Robert J Grzywa

Mike!

Hi, I am so excited!! I am a self-employed sales person in the direct selling industry. Just a few short months ago, my life was very different. In October I was sending out resumes to go work for someone else. The past year was terrible. Low sales, low recruiting, and I was making a car payment on a car that was supposed to be free (I was not making quotas, so had to pay!). My husband, understandably so, was sick of me and my business. My self esteem and value was at an all time low. The last few days of October I was going through some emails and ran across your information in one of Maria Garcia's Get Organized Now Newsletters. I clicked on it, listened to some of the "You're Telling Me" and decided to order. What did I have to lose at this point? If I didn't like what I heard, I could send it back and get a refund. I ordered Accelerated Sales Success and Supreme Confidence As soon as they came I listened to them all night with a pillow speaker. The first couple of nights I didn't fall asleep right away, but after that I would fall right to sleep and so they just played all night while my head was on the pillow. I was amazed at what happened to me. In November, I sold over \$2,000 in one week and also made my quota for my company car (yeah, no car payment!). In December I only had 2 weeks to work since I was going out of town - in those 2 weeks I sold over \$3100. The great part is

that I make 1/2 of what I sell!!!

When I came home from my vacation I could not believe all of the wonderful things that were happening to me. It was one miracle after another! My commission check in January (for building a team) was over \$1,800, it had been running around \$300-\$500. I am thinking differently - I expect success & great things to happen to me every day of my life!!! Thank you for all of the time and effort you put into researching for all of your Think Right programs. I'm grateful & I'm building my library of CDs!!! This stuff is invaluable!

Janet Stevens, Mo

Hi Mike,

I have been using Accelerated Sales Success Now for the last 60 days and the results have been nothing short of phenomenal!!!! All I did was push play every night before I went to sleep. The changes came gradually, and I must admit I was not sure anything was really happening and then, Bang!!! It happened was like I had a fire deep down in side of me. A burning desire to succeed that I never had before. Nothing could stop me. I introduced three new people into my organization (I am in network marketing company) in one week. And these three people were heavy hitters, people that normally would have intimidated me.

I have another person coming aboard Friday and two more next week. And prospecting? I now have people calling me. By the way, another thing that happened was I suddenly took on a leadership role in my organization. Instead of pushing, I am now leading. All I can say is, get out of my way, we are going straight to the Top. Hang on; this is going to be one fun and crazy Month!!

Mike, I'm a fairly emotional kind of person (or have I got something caught in my eye?) So, at this point the only thing left to say is Thank You, Thank You, Thank You.

Successfully Yours, John Moore, Ga

[Order Accelerated Sales Success Now!](#)

Dear Mr. Brescia,

Just a very quick note to thank you soooo very much for your programs!!! I have been looking for these half my life!!! They are awesome. I have to tell you since using "Setting

& Achieving Goals Now!", "Accelerated Sales Success Now!", "Freedom From Depression Now!" & the Think Right Now! for Windows, something has definitely kicked in and I'm zooming! My energy level is back, my business has picked up to the point my computer has to be replaced; it can't keep up! I've paid off large debt, my house is straighter than it's been in years and I'm well on my way to getting my life back in order! I can't thank you enough!!

Another fabulous point I'd like to make is my normal schedule of 14-17 hour days will soon be history as the "Setting & Achieving Goals Now!" program is pulling all my thoughts together so well it seems I'm instinctively becoming far more proficient in every area of my life! Thank you!!!

I wish you Godspeed and blessings over your entire life!

Sincerely,
Cecilia "Ciel" Barbee-Poole

Hi,

I have a few of your programs (Setting and Achieving Goals Now, Accelerated Sales Success Now) that have helped me tremendously. I have been talking negatively about myself most of my life and I have been working really hard to change my stinking thinking! Your programs have helped me do that. Even on the first night of listening to your program, the next day I felt like I could take on the world. I thought wow, this is weird! Thanks Soooo Much! I love your products so much that I wanted to pass on the information to other people. I'm building a web site for spiritual and personal growth and I would just love to include your products on my web site and share them with the people I know who may benefit from your program. Thanks again and I look forward to seeing you in email!

A Whole New Me!
Heidi Richardson

[Order Accelerated Sales Success Now!](#)

Dissolving Panic & Anxiety Now!
Success Stories

Dear Mike,

In February of this year, I came upon Think Right Now while searching for positive audio retrainers. I was a bit skeptical when I decided to purchase the "Dissolving Panic & Anxiety" audio tape.

As soon as the program came in the mail I started listening to it when I was alone. After hearing it a few times, I began to listen to it every night before I fell asleep. I would actually play the tape, turn the lights off, and then jump into bed. (I would usually fall asleep before the tape ended.)

After a few weeks of doing this, I started to see changes in my thought patterns. What was strange to me, was the fact that I was hoping to rid my life of anxiety, but in turn began to feel more confident within myself. I began to have a more positive attitude about life in general. I feel more confident in myself and with each choice I make.

Before listening to the program, I was never really sure about anything I did. I was always second guessing my decisions. I had never seen success manifest through me.

Several weeks after listening to the program I decided that I needed to go back to school. I began to examine what my interest were, and what career path I should take. I enrolled myself into college, to study accounting. To this date I have no regrets, in my mind, I made a solid good choice. I enjoy learning accounting, and at this time I hold a 4.0 grade average. I am eager to learn as much as I can about my chosen field. When I am done with school I plan to have my own bookkeeping and accounting service.

I have never been a 4.0 student. I have never loved school. Although I have always wanted to work for myself, I never knew what field I should pursue. I now have passion for my selected goals. Call it a coincidence or call it descrambling of the subconscious patterns that held me back.

I am thankful to have come across a tape that gives such positive results. I don't have the anxiety like I did before. I would be more than willing to accept another thinkright tape for personal enrichment.

Sincerely,
Celina Weeks, CA

Dear Mike,

I think it is time for me to thank you for making these wonderful programs.

I ordered Dissolving Panic and Anxiety now program. I have suffered from anxiety attacks on and off since 1999. I am a worrier; I worry a lot about my and my family members' health, my thinking brings on severe physical symptoms.

I tried lots of things, relaxing, yoga, strict diet, natural remedies, but still something was missing from feeling well again.

Your program arrived in March of this year (2005). The same day I started listening to it, when I went to bed, and was ready to sleep. Amazingly, I could sleep all night without waking up, which I have not done in the last three years.

I am still listening to it every evening. I try to relax, and think through all the statements, as I hear them. Usually I fall asleep, but I can still feel my body relaxing. What a great feeling! Very rarely, when I wake up during the night, after a busy day, I can go back to sleep easily, and do not feel anxiety or panic anymore.

My thoughts have changed from illness and death to happy memories and productive work. I have not felt this great for ever.

I cannot thank you enough.

Yours truly,
Eva Bene, Canada

Hello Mike,

I found your website out of sheer desperation. I had been having severe anxiety attacks and not knowing what they were. I had all sorts of tests done on my heart, and there was nothing wrong, despite having a heart rate that raced to 230 beats a minute in the middle of the night while sleeping! Finally my doctor told me, I was stressed and needed to relax. My doctor did not give me any idea what to do to relax, but warned me that if I didn't, I would become seriously ill. Well, THAT didn't help my stress level!

I was searching the internet for stress relief and found your website. I ordered the "Dissolving Panic & Anxiety" program right away. After the first week I started feeling slightly better. A few setbacks occurred, but mostly, I began feeling better. I ordered the program in the spring. Sometimes after a bad few days where my heart races, I feel agitated for no reason and shaky and foggy, I play the program while I sleep and things are much better--I regain control and know that the physical symptoms I have are created by my thoughts and I can control that.

It has been approximately six months and I cannot believe that my life is back in my control again, without the fear that my physical symptoms are beyond my control. I had no idea how much negative self-talk I was creating.

I feel so much better now that I am interested in ordering your "Accelerated Sales" program because suddenly, the world is full of potential and I am embarking on a sales career!! I believe this program will be very powerful because the first one worked so well!

I have ordered your music CD's and love to listen to them while reading. I am a big fan of yours and grateful that you were there when I was alone and lost and you helped me find myself again. God Bless You.

Thank you,
Verona Jungling, British Columbia

[Order Dissolving Panic & Anxiety Now!](#)

Hi Mike,

I wanted to share my success story with you. I am a 28 year old female who has suffered from anxiety attacks since I was 11. They were so severe that I could not travel outside of my "comfort zone" which was rather small (three towns away - about 30 miles) and even that was difficult at times. Even the thought of traveling would bring an attack on.

I would also get them at night sometimes and if there was ever a change in my schedule during the day like going to the dentist or doctor. I knew I would have to travel to my brother's home this summer for my nephew's christening (he lives about 3 hours away). The date had been changed several times and I was so anxious to just get it over with.

Then I found out we were spending the night and that threw me into total panic. I have tried many different kinds of medications and programs and none of them have ever worked (except for Zanax, but with Zanax being so addictive, I don't like to take it often). I stumbled across your site on a whim when searching for new alternatives. I purchased the Dissolving Panic and Anxiety program about a month prior to this trip in July. I started listening to it right away while I fell asleep. By the time the trip came in August, I was so relaxed I couldn't believe it myself! I still had to take some Zanax once or twice, but that is nothing compared to how often I normally took it on trips like this! I even suggested we go shopping when we got there, even though crowded malls and stores would set me off! My partner came to pick me up from my brother's house the next day, and that was a huge step too because I have never traveled with anyone except my parents. We made it home safe and sound, and even stopped to visit her parents along the way. My whole family was amazed with my results, as am I. I know that I will only

continue to get better. I can't believe the results, I am amazed. I always thought I was that small percentage of people that nothing worked for.

Thank you so much for your program!

Sincerely,

Meredith Fletcher

Hello Mike,

My name is Heather and I just started using the Dissolving Panic and Anxiety program about a month ago. Let me back up and explain why I felt like this was my last hope before resorting to antidepressants. I started having panic attacks about 2 years ago due to external stress and it finally reared its ugly head causing me to pretty much feel like having a panic attack anywhere and everywhere I went, thought about, etc... Let's just say that the only place I felt semi-OK was at my home (and I still felt anxious everyday there too).

I have two daughters and I never felt ok enough to drive them by myself or go anywhere for that matter. I have talked to at least two doctors and they both wanted to simply give me an antidepressant and send me on my way. I was left feeling worthless, alone, and pretty much feeling like that was my only answer...but I didn't want to take the antidepressant and feel numb (or all of the other side effects they have to offer).

One day I prayed to GOD to send me a personal coach (even though I didn't know where I would find the money to pay for it) and I happened to find your website by chance. I read the page and it all sounded way too good to be true BUT something told me to buy the program. I figured I would give it a try because I knew that I could always take the antidepressants if it didn't work and I really didn't think it would.

Fast forward to one month later. I have listened to the program everyday since I received it a month ago and I do feel better. It has not been an overnight change but I know that all permanent change doesn't happen overnight. I do leave the house now without having a panic attack every minute. I have not taken the antidepressants and I have a feeling that I will not need to.

My outlook on life is changing too. I used to allow others to treat me less than well and now I am forming healthy boundaries and telling people when my feelings get hurt. I must say that the CD has helped me and I plan to update you throughout my "recovery" because I know that great things are coming my way.

I look forward to your emails everyday and I do feel like you are my personal life coach...and I can afford it!! God brought me to you and I am happy to call you my friend!

Thanks for being there and actually helping people!

Your friend, Heather

Dear Mike,

I work in an aviation safety related field, the words "depression", "anxiety", or any other mental or emotional disorder cannot cross my lips without fear of losing my job.

A medical diagnosis of such would be the end of my career, and medication would mean an almost automatic medical retirement, a substantially reduced pension than what I have earned and will be eligible for in thirteen months. The stress of the job is legendary, and, though we typically downplay that stress, most of us are nonetheless overwhelmed by it at times. Not only is one's job at stake for claiming problems related to stress, but the stigma attached to the weakness by one's peers and superiors is at least as bad if not worse. Every person I know of who has had to go on short-term medication for stress-related anxiety, depression or other difficulties has been ostracized and made fun of. It is a cruel and tough crowd in which perfection and hard-as-nails-spirit is the standard.

I found myself feeling no identity, no confidence, no respect, no purpose, and no esteem in the job that had been so important to me for 23 years. I looked around and realized that all of the people in positions of authority, who knew who I am and what I am capable of, had retired, and I was left without any support. For years, my identity and my esteem came from being the expert in the area in which I worked, because I had been there longer than any other supervisor, knew everyone, knew the history, and was considered the general expert. The thought of moving to a totally strange area wiped out my memory. I gained weight, I cried incessantly, I couldn't sleep, I was lethargic, and I gave up caring whether I accomplished anything or not.

Since college, I have dreamed of being a fiction writer. I hadn't picked up a pen or written anything on the computer in weeks. I was having daily headaches, muscle pain, TMJ, general malaise. Then, I saw your site advertised on my "Daily Dictionary" website. I was skeptical of the rave reviews, but I thought, "What have I to lose?" I read more. Then, I sat up during more and more sleepless nights. I feared the idea of moving to an unfamiliar area at work, where I would no longer know what I was doing but would be the "rookie". I dreaded training again. I ordered "Dissolve Panic and Anxiety".

I listened to the program every night on a portable CD player. After five nights, I woke one morning feeling rested, positive, and optimistic. I thought that maybe it was a hormone swing, so I stayed calm. That was three weeks ago. I still wake every morning feeling happy, rested, positive, and ready for the day. I ordered the software program for my laptop, and I have been writing. I have also begun practicing yoga every day. My husband is out of town, and I have been eating healthily, roasted chicken, fresh vegetables, organic yogurt, and fresh fruit. I am listening to the program about setting goals in my car.

There can't be a drug on the market that could make me feel as good as this!

I prayed that God would show me a way to feel better without drugs.

Thank you!! Diane Cunningham, TN

[Order Dissolving Panic & Anxiety Now!](#)

Dear Mike,

I ordered the Think Right Now "Freedom From Depression Now" and "Dissolving Panic and Anxiety Now" Before I bought the these programs I was having what I thought to be really bad panic attacks, to where I could not get in my car and drive by myself. My doctor told me that this could be the start of menopause, and some anxiety, but I just felt horrible all the time. My doctor wanted to give me pills to take, but I didn't want them. I was having a lot of stress in my life at that time. My husband's health is deteriorating from diabetes and osteoporosis, I had my two daughters getting married within 7 weeks of each other, and I work full time.

When I decided to order your programs I was at my wits end. As soon as they hit my mailbox I opened them and listened to them, followed the relaxation techniques, and immediately started to feel something different about myself. I listened to the Anxiety program at night while I slept for the first month. I started to exercise again, and from then on I have been listening to it every morning when I get up to start my day. After the first month, I was able to drive by myself, go shopping by myself, it was amazing. This program has been a godsend for me.

I now take it on all my trips away from home. I am never without it. As a matter of fact my counselor I have been seeing for several months asked me to borrow it, and she has ordered several from you to use for her other clients.

Thank you so much for the caring and support.

Jayne Fenstermaker

Dear Mike,

I am a college student. You may think I am too young for this type of program, but I am

not. I was diagnosed with depression and social anxiety 2 years ago, but have had the symptoms much longer. After trying the self-help books and website suggestions, and seeing no results, I knew I had to try something different. Luckily, I came across your website.

I have been listening to Freedom from Depression Now and Dissolving Panic and Anxiety Now for over a year now. I listen to the programs at night on a portable CD player. The results are remarkable! I am excited about facing a new day, living life fully, and closing each day with the satisfaction that I lived at my highest ability. Oh yeah, my newfound confidence has led me to pursue a new career. I am going to give back and help others with the diseases that plagued me so horribly, depression and social anxiety.

The benefits of the program are clear. All I can say is thank you Mr. Brescia!

Kenton Hargis, IN
Thank you so much!

Dear Mr. Brescia,

I felt compelled to write you a thank you note to tell you how much your Think Right Now products have helped me in such a short amount of time.

I will never forget the first day I used the program for Panic Attacks - June 9th! During the height of a really horrible panic attack, I truly felt like I was going to die and that people couldn't even begin to comprehend the amount of intense fear and panic a person with this disorder feels. No matter what anyone said or did to try to comfort it was of little consolation. It sometimes made it worse to explain to someone how to help me since I could barely speak. All I knew was that my heart felt like it was going to jump out from inside me, I couldn't catch my breath, I was nauseous, dizzy and my chest felt like a 300 pound person was sitting on top of it!

I told my therapist about your program and she felt that it can only help me - so I used the programs. I am now able to get through a day without feeling any sort of symptoms of panic or anxiety. I feel a difference in how I feel and in how I THINK! I used to have a very difficult time "talking" myself out of a bad attack. Sometimes it would get really bad and I would need to take my medication.

Thank you so much for your products. Having tried everything under the sun to alleviate my symptoms without having to take any sort of "DRUGS" - your programs are turning into the only "medication" I need. I hope to be panic attack free someday and as a result, my new found confidence and fearless way of living will allow me to make all my

dreams come true - without fear or hesitation of succeeding.

I'm sure I speak for many, many countless individuals that you have helped...THANK YOU FROM THE BOTTOM OF MY HEART!

Carrie Carr

Dear Mike,

I've suffered with anxiety disorder for five years and after I got rid of it the memories still plagued me. Getting into social situations reminded of what used to happen then I'd have the same reactions all over again. Fall 05 I had to do class presentations for several classes and since I couldn't pass the class without doing them I decided it was time to get Dissolving Panic & Anxiety Now!

As soon as I received the program I listened to it for three hours straight then all night that night and every chance I had for about three days straight, I was desperate! After those three days I felt definite results. My confidence level had risen significantly. I listened to the program every single night without fail and a few times in the day.

I did my first presentation after only listening two times to the program and I did great! NO trembling, NO anxiety, NO panic! It was one the best days of my life. My only fear during my presentation was my anxiety reaction and there was absolutely none!

Thank God!
Maren Cruickshank

[Order Dissolving Panic & Anxiety Now!](#)

Dear Think Right Now!

I am writing you to tell you thank very much for your product. I have been using your "Dissolving Panic and Anxiety Now" program for a year now. I listen to it over night in my sleep and sometimes during the day while I study.

I noticed a change in my severe panic disorder with in the first two weeks. I had less panic attacks and when I did have them they were no were near as severe and after about a month of continued use of your program.

I am now able to leave my house again without having a panic attack and I even began to

drive again, I can drive out of town by myself.

I still have panic attacks but I continue to use your program and I still continue to make progress. So thank again for giving me back my life and for giving me hope that I can again soon have a normal life.

Cassandra, Canada

Hi Mike,

For the first time in 18 months I feel like I've just crawled out from under my rock!! I was in a very negative relationship for six years, following a very destructive divorce; I was left with low self esteem, low self confidence, anxiety, and depression!

I had been seeing a counselor for 3 months, when I happened across your website and I purchased your "Dissolving Panic and Anxiety Now" and "Real Self Esteem Now". While waiting for the programs to arrive, I read the written scripts for eight days (Morning, noon and night).

I cannot believe the difference in my thoughts, already I feel more capable of managing my thoughts and feelings and my mood and energy seem to have rocketed beyond belief! Imagine how I'm going to feel after using the programs!!

I went to a festival at the weekend, met lots of new people, I felt totally at ease speaking to them. I recommended your programs to two complete strangers who wanted to know why I seemed so happy and self confident!!!.....
I have cancelled my counselor!

Tamara LeSavage (United Kingdom)

I originally purchased your "Freedom from Depression Now" and "Dissolving Panic and Anxiety Now" about two years ago. A few months later; I purchased "I am healed now."

I have had chronic pain issues for many years, limiting my interactions with every aspect of my life. As a result this brought on panic, anxiety, and depression. Two winters ago, I saw my life as more bleak than I had ever known it to be. The infamous black hole of depression absolutely engulfed me.

As the process continued; the panic and anxiety attacks and constant pain became my spiral of living. I searched the internet daily for people like me so I wouldn't feel alone. I

researched every conceivable program, supplement, and "cure". Some I tried, some I disregarded, nothing I tried worked. I survived a dark winter on herbal anti-anxiety remedies, determined never to be at the mercy of prescription meds again.

One day I came upon Mike Brescia's website and read and re-read it. It was too good to be true. All of these sites were just well written sales pitches - this I "knew".

I took the leap of faith and ordered "Dissolving Panic and Anxiety Now". My spirits rose, knowing that I had made a decision that I hoped might work to bring my mind, and in turn, my life back into balance.

I received the program and listened to it faithfully for a month. I didn't think anything was happening, then I realized something: I found myself talking to people and the words coming from me were not the me I, and others, had known. I spoke more positively, I found myself showing and feeling more optimism. I began to see the negativity that people think and speak on a daily basis, and it reinforced what the program was "telling" me every night as I slept.

I next incorporated the "Freedom from Depression Now" program; and within a few more months, I found myself no longer experiencing panic attacks at work- in fact, I started looking FORWARD to going there and working with my clients.

I used these two programs interchangeably for approximately nine months; and then started the "I Am healed Now" program. This is the core program for me, I believe. I needed the "Freedom From Depression Now" and "Dissolving Panic & Anxiety Now" program to bring me from the deepest part of my despair. The "I Am Healed Now" program is a foundation for my higher level of total wellness. I have listened to this program nearly every night for about a year now. In this time frame, I have become more aware of better eating and sleeping patterns. The myriad symptoms (fatigue, sleeplessness, pain, anxiety, and irritability, to name a few) that usually accompany chronic pain syndromes seemed to gently fall away.

It took me many, many years to be where I was those two winters ago- miserable and in pain, physically and emotionally. Two years later, I am in a place I never thought I'd be. I have strong goals and a growing business. I feel better now than I did ten years ago and I'm working on improving that! I never find myself researching the woes of chronic pain, anxiety and depression on the internet any more. Instead I'm all about motivation, success, and bringing joy to my life!

Shirley Philbrick, ME

Dear Mike,

I would be remiss in not telling you how much a part of my life you have been.

I started with your "Dissolving Panic and Anxiety Now" program, (after a vertigo attack that landed me in the emergency room at our local hospital), and continuing on with your fantastic book " Today is Your Day to Win ", and Setting and Achieving Goals Now! Think Right Now has been a daily companion for several years.

I breakfast with the wit and wisdom of Mr. Brescia, and the sound of " Breathe deeply, etc. etc. is what lulls me to sleep at night.

It's your personal courage in the face of adversity that has been my greatest inspiration. Becoming aware that one doesn't have to be in top physical condition to make a difference. I began to spread your message (The affirmations), in poetry form and then developed the courage to submit them to a local Florida newspaper, that does publish them monthly. (In fact one appeared on the front page, not very long ago!)

I am including an example of how I have benefited from your program --in the hopes that others will derive equal encouragement.

Mary Mona Dorman , NJ

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Dear Mike,

I ordered your "Dissolving Panic and Anxiety Now" program after I was diagnosed with an anxiety disorder. I listened to the program in my car, and at night. I was very surprised at how quickly the program made me feel like I could handle anything. I found myself remembering phrases from the program when I encountered stressful situations, and I still do that today!

I feel more confident than ever before. I was skeptical at first that listening to tapes could help anxiety! I feel it's been part of my recovery to overcome my anxiety and helped me in business as well. I no longer let doubts stop me, and I don't worry nearly as much as I once did. I sleep a whole lot better too!

Kathy Wilson, WA

Dear Mike,

Your The Think Right Now Audios & Paperback book have helped me immensely at work. I've made some of my best presentations at work since absorbing the information from Think Right Now. I've tried many other things to help me like Toastmasters & other reading & audio series on public speaking but none have made me excel to the level of the Think Right Now programs.

My boss has stated twice now in the last two weeks in front of my peers at meetings how impressed she has been of me over the last two weeks. What a confidence booster! Self esteem is soaring upward now! I have work associates asking me to speak at their meetings on different work related topics. I feel more important & special inside. Talking in front of groups has never been one of my great assets or talents. I fear it at times. Nervous inside which hurts my performance.

The only way you can get better at things you fear is to just do it more often. I'm finally increasing my confidence level in front of my peers & just relaxing & being myself. Thank You Think Right Now!

James Turski, Ohio

Dear Mike,

I use the "Dissolving Stress and Anxiety Now" program every night as I'm falling asleep. I've used the program now for about a month and a half. The first and most recognizable change I noticed after listening to the program's at night was the fact that I can fall asleep quickly. I used to have insomnia to the point that I'd stay up for hours thinking about things I needed to do and worrying about deadlines. Using the programs, I am able to go into a deep state of meditation as the woman on the tape guides me through relaxing every single part of my body. However, I didn't buy the program's to put me to sleep. If I wanted that I could have bought sleeping pills. I bought the tapes to relieve anxiety.

My boyfriend made fun of me for thinking that a program that I listened to while I slept would help me do this, but now he is biting his tongue. Both of us have noticed that I worry a whole lot less than I used to. I'm a busy girl, I'm a full-time student (12 hours), part-time waitress (20 hours), and I have a 16 hour internship every week, in addition to tons of homework. This schedule was SERIOUSLY stressing me out. I would freak out about projects, have little panic attacks where my heart got all flustered and beat really fast, and I would just get very bent out of shape over things I worried about. Now I find myself hardly worrying at all.

I feel more confident about myself. I now tell myself that I can get things done and that I

will, rather than worrying that I will fail or not get something done in time. I take things into consideration calmly rather than jumping to negative conclusions. My whole demeanor has changed. I also used to worry about money and bills for no reason. Even when my boyfriend and I had plenty of money, I would get really anxious and nervous about spending money. Now I'm reacting sensibly to the money we spend and seeing things in a realistic light. I'm not quite sure how the tapes work but I really have noticed significant, mind-boggling changes in regards to my daily stress and anxiety.

I feel like I can do anything, and I do! I've been getting straight A-s still, even though I don't worry anywhere near as much as I used to. In fact, if I do start to worry for even a second, I find myself talking my way out of it and rationalizing the situation, which I never used to do. The Think Right Now programs have definitely changed my life for the better.

Lindsey Haun, TX

Dear Mike,

I have to admit, I was quite skeptical when I saw the ads for these programs, but I decided it was worth taking the chance, so I ordered the "Dissolving Panic and Anxiety Now" program.

The first time I listened to it, I wondered how such simple statements could make such a profound change, and laughed a little at the different inflections. Today I'm admitting that I was wrong; I haven't had a panic attack in nearly three weeks, my IBS is much more under control, I spend less time with 'if only' or 'what if' scenarios rolling around my mind, my attitude is better, and I've started doing little things I've been 'meaning to do' for a long time, accomplishing at least two or three of those 'little things' every day.

I recently became unemployed and lost my health insurance, so I have reason to be concerned; but your program is helping me focus on doing something positive about that and not on wailing about what has gone wrong or what could still go wrong.

I have recommended your Dissolving Panic and Anxiety Now! to a friend who needs it even more than I; I hope she will believe me and order her own copy. (I'm not giving up mine!)

Elaine Batterby, NY

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Dear Mike,

I'm a 22 year old college senior. All my life I've been able to do things, pretty great things and perform well academically. However, as time went on, I realized I've been motivated by fear all my life. In short, my anxiety got the best of me and I backed down from any challenge that presented itself.

I've had depression and anxiety issues since I was a child, this worsened when I got to college. I avoided things that might challenge me for fear of failure and socially did not connect. I've been using your "Dissolving Panic and Anxiety Now" for about a month, (listening to it in the car, before I go to bed, while I study etc) and have noticed a great change. I've started to take action on many things and am taking actions towards law school. In reading cognitive psychology books, I've seen just how destructive negative patterns of thought can be; just look what they did to my life.

Your program has been a long awaited answer to prayer. God has used it to help me see the truth about who he made me to be!

All the best!
Josh Roos, NE

Dear Mike,

I have taken off and kept off 72 lbs and now working on my next 28 pounds!!

My blood pressure has gone from 148/98 to 116-120/78-80. My cholesterol is down from 225 to 165. I don't have to take any medications!! (I'm 54 years old.)

I teach fulltime and am a Spanish translator for my school. I've marketed my husband's work nationally www.hankgoodman.com and have begun to slowly build our net worth again. (All this after losing our life savings of \$780,000 in the .com crash of 2000!!) I've become a state trainer for ESL. (No more anxiety in front of crowds!!) I've convinced older daughter to go back to college to finish degree and go on to grad school while we help care for 4 yr old granddaughter. (Her husband works fulltime and takes 2 classes a semester now, too!!) The list goes on and on and on.

When people ask me how I can get up at 5:00 a.m. to work out from 5:30-6 every day, translate on my computer for an hour, get to school and work with 57 kids in kinder-2nd grade all day, lift weights after school 2 days/week, come home to do QuickBooks for my husband's business, work in our vegetable gardens and 2 acre yard--I send them all to Mike's website!!! :>)

Thanks for all that you do!

I can't wait to see what I'll do next!! :>)
Vicki Goodman

Dear Michael,

It's been seven months now since I purchased your program "Dissolving Panic and Anxiety Now"! My business is booming, my attitude has changed, and all the fear of success is now gone.

May God bless you richly and abundantly!
Michael Riberal

Hi Mike,

I've been using your program "Dissolving Panic and Anxiety Now" for a few months. I was desperate for help with my anxiety and panic attacks. I listen to it every day, sometimes two and three times a day.

After a week I started feeling wow this is so relaxing and I can say in all honesty it has helped me relax and feel so much better. I thought I would never feel able to do things I wanted to do, but with the help of the program.

I feel there is another life out there and not just me with the worry of what if or what will happen to me if I do this or that. I just came back from a trip, I was away for three days, I took a flight to see a friend and I never thought in a million years I would ever do that.

I am proud of myself and thankful for mike's help as I firmly believe that's why I managed to do that .I thank you mike from the bottom of my heart for sending me the program.

Thank you again for your help,
Best Wishes, Freda

Just three weeks ago I received the Think Right Now program "Dissolving Panic and Anxiety Now". I asked you to send me this product because for nearly four years now I have been suffering from an anxiety disorder including crippling panic attacks.

Over the years I have tried many approaches to relieving my anxiety, including medication, cognitive therapy, a diet and exercise program, job changes (to try and reduce stress), meditation and breath work. All of this helped to some extent - I was managing my anxiety but it was still always lurking under the surface.

I know it sounds defeatist, but I really had reached the point where I felt "managing" was as good as it would get. However, after listening to your program "Dissolving Panic and Anxiety Now" program twice a day for the last three weeks I FEEL HAPPIER AND MORE RELAXED than I ever believed I would feel again.

In particular, I have really benefited from falling asleep with the program. Bedtime has been when I have tended to be the most vulnerable to an anxiety episode.

My beliefs are changing way down deep where it counts.

I am confident that any person suffering from anxiety and panic would find relief and progress with this wonderful product as the combination of deep relaxation and healthy self talk is so effective in attacking the roots of anxiety.

Sarah Moylan, Australia

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Dear Mike,

Last week I faced a serious deadline of taking and passing four difficult tests to retain my licenses. I was very uptight and full of anxiety, thus my study was not producing good results. I changed my expectations from getting by to getting over 90% in the tests.

I looked in a mirror into my eyes and repeated some of the affirmations I have listened to your CD'S and went into the last two tests with a changed attitude. When the Test Monitor pulled up my test results, my marks were both 92's. What a happy ending to a stress filled few days.

The results make me believe that I can and will apply the same strategy to my sales career with equally good results.

Sincerely, Your Friend
Jim Howarth

Hi Mike,

I just wanted to thank you for all the great messages that you send my way. They are all so inspiring and motivating. I use them everyday to help me become a better person. I also know that it not only helps me, but it also affects the people that I come into contact with everyday.

When I start trying to live a better life, the people around me will take notice and hopefully it will influence them to do better as well.

I also love the Think Right Now audio on Dissolving Panic and Anxiety. I listen to it every night and I know that it is helping me to change from my old worry habits into a more positive person.

Thanks again so much, and God bless you all.

Wesley Hooper

Dear Mike,

Thank you for your wonderful programs. I have a panic disorder and agoraphobia and have had great improvements with your program "Dissolving Panic and Anxiety Now" in only a few short weeks.

My anxiety level has considerably reduced and I am starting to get my life back again.

Many thanks and I look forward to hearing from you.

Yours sincerely,
Irene mc Connell

Hi Mike,

I just wanted to let you know that your "Dissolving Panic and Anxiety Now" program that I received a little over a week ago is really helping. I have had long term anxiety that started in an abusive relationship that I ended twelve years ago. I did not ever think that I

would get over this overnight. Most of the time I could cope with the anxiety (tried Prozac for awhile, but didn't like the side effects, also tried counseling - but very expensive - couldn't keep going on regular basis) but if extra activity would start in my life my anxiety level would be unbearable.

After listening for about a week and a half now, I'm sold. I still have small attacks (we just lost our home in August and had to move in the Texas heat and we changed everything at the same time so I had lots of stress). I have energy and an optimistic outlook that I haven't had in so long - really can't remember when.

Thank you so much for being there for me when I was at the end of my rope and checking the Internet for help one midnight a couple of weeks ago - just the hope helped - there might be something out there could help. I don't know what made me check the Internet - it is not my normal resource for something like this. I'm a different person now and continuing to listen!!

Thank you,
Kim

Dear Mike,

It has only been one week since I started listening to your "Dissolving Panic and Anxiety Now" program and I already see results. I feel so much better; no more pounding heart or cold chills. I can't believe it was so easy, just listening to your program helped this much? I am amazed. Thank you so much!

Stephanie

Hi Mike,

I purchased two of your programs, "Accelerate Sales Success Now" and "Dissolving Panic and Anxiety Now".

Music is my hobby; I play keyboards and organ in my church's band. The problem "was" that I had a real bad case of stage fright. I had tried everything to get rid of it. I tried books, drugs (legal, over counter, I'm not a drug addict musician. Other programs, but nothing really worked until I started listening to your cd. It didn't happen over night, and I would say I am only 90% cured, but the difference is unbelievable. I just listen to it very low with headphones when I am working on my computer.

I have been reading your email ezine and pasting the messages at the bottom into your computer program, which I have running, flashing up the messages as I work on my computer.

I believe God is working miracles through you.

You have made a believer out of me. I am going to keep using your program until I am cured 100%!

Thanks,
Don

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Dear Mike,

I just wanted to say thank you for your "Dissolving Panic and Anxiety Now" program. Your program helped me through the deaths of my parents (they passed away one month and one day apart from each other) and they were the world to me.

I was a single mother due to the loss of my one month old child's father, and other painful things going on in my life. I was lost and saw myself falling fast, until I ordered your program.

I use it faithfully and I swear, you have lifted me up and I feel alive again. I will never forget how you have pulled me up from such a dark and lonely place.

Thank you from my full heart everyone I know will know of you.

Lisa Marie

Mike,

I've been using your programs "Dissolving Panic and Anxiety Now" I have been using it for two and half months. It has been a very pleasant experience. My social anxiety has been completely reduced, my mind is calmer. It's a great cure for people with panic-attacks who suffer a lot. I'm more confident while driving unnecessary thoughts are erased from the mind.

My kind of usage: identify those patterns that you need more and add them again to the audio, that's more effective. Sharath

Dear Mike,

I'm a psychologist in private practice for more than twenty years. Since early this year, I have been looking for a small house to move my office to, so that I can grow my practice and offer more services to my community, as well as be buying a place instead of paying rent. Finally about two months ago I found a suitable house and began the process of buying it.

Almost immediately, I was gripped with anxiety and fear about making this change. All kinds of doubts plagued me, almost every minute of each day. What would my current clients think? Would I lose business moving to a new location? Would I be able to increase my income to pay for the increased expenses I would be incurring? And on and on. Every morning I awoke with a knot in the pit of my stomach. I was distracted during therapy sessions by my anxious feelings and my worrying thoughts.

I was also shocked by my reaction to finding a place! I did struggle with anxiety and lack of confidence thirty years ago, but thought I had successfully overcome it with my own psychotherapy.

After about a week or so of this, I clicked on your link in one of my newsletters, some of your programs. I began with you "Dissolving Panic and Anxiety Now" program. I printed out the script and read each sentence three times, every morning. After only one week, my anxiety and worry and that AWFUL knot in my stomach dissolved and faded away.

I'm due to close on my new office "home" next week and I am so excited about the possibilities! I continue to read your script early every morning, as soon as I get up.

THANK YOU SO MUCH FOR THESE EMPOWERING PROGRAMS!

Sincerely,
Paulette Blais, PA

Hi Mike,

I am writing to you to tell you what self belief has done for me. I was probably depressed and angry for so many years I didn't even realize it, until it got so bad that it affected me so deeply physically, mentally and emotionally.

It wasn't until it got to the point where I had severe panic attacks that I decided I couldn't live like this anymore and decided to do something about it. After going to countless

doctors who did either nothing for me or offered me some pill which only made me worse I decided to look on the internet for an answer.

At the time of finding your site I was crippled with fear, shaking, panicky and severely depressed. It was a struggle for me to even breathe, let alone concentrate on anything at all. I was in my last year of studies at University (college). I couldn't even go to classes for a while I'd just lie on my bed all day. I couldn't eat or do anything for a while. I didn't matter because my whole body had completely shut down; I wasn't even getting any hunger pains from not eating anything. My head was going a million miles an hour and I wasn't even moving. At its worse I'd just lay on my bed I'd lost 5kgs in 9 days just laying there.

As I became more depressed I got sicker and sicker and got every bug that was going around, I had the worst flu of my life, this lead on to ear infection, eye infection etc...It was just one thing after another. I listened to your program every night for two months and I pleased to say I haven't had another panic attack.

I wrote affirmations out and read them morning noon and night. I think I spent half my time actually trying to convince myself I could do it and the other half actually studying for my exams.

Anyway, long story short I passed all my exams I didn't achieve 100%, but I did well scoring 79%, 85% and 90% in my final year exams.

Thank you, Katie M

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Dear Mike,

I just wanted to thank you from the bottom of my heart for helping me through a stressful time with your program, "Dissolving Panic and Anxiety Now." I recently had to complete and defend my PHD dissertation, and the dissertation defense meeting, which was in front of 15 professors and graduate students. This was causing me much stress and sleeplessness.

After listening to your program for about a week while sleeping, I was able to clearly see what I needed to do and--instead of stressing out about it--get it done. I went into my defense meeting with complete confidence and answered all of the committee's questions easily during a 3-hr grilling session. After the defense, my main advisor told me, "That wasn't good, that was spectacular!" and I received my PHD! My new nickname is "Dr. Spectacular" and I'm still listening to your program and "Setting and Achieving Goals Now", which seems to be helping me in my new job, too.

I find that I no longer get stressed out, specifically while speaking in front of groups or at night while sleeping. Plus, I am able to plow through lists of goals with little problem now, thanks to the "Setting and Achieving Goals" program.

Thank you again!!!!
Sincerely,
Matt Schrager, PhD, Maryland

Hi Mike,

I just thought you might like to know of an interesting little "side-effect" I have experienced from using your Think Right Now program "Dissolving Panic and Anxiety Now" Program since September of 2005 (3 months).

I now weigh 5kg (that's a bit over 10 pounds I think) LESS than I did when I started using this program. Can you believe that? Bear in mind that I have made NO CONSCIOUS EFFORT WHATSOEVER in the areas of either diet or exercise. They were simply not high enough on my list of priorities, so I hadn't got that far yet.

It wasn't as if I suffered from anything as severe as panic attacks. Just that I felt stuck in a rut that I couldn't seem to find my way out of, and I felt as if I was holding too much tension. After listening to your "Dissolving Panic and Anxiety Now" program for only about a week, things started to become easier. Life (and I along with it) started to flow more smoothly. After three weeks the changes were becoming truly evident. I was (and still am) reasonably organized and on top of the things which I had previously been drowning in. No more piles of dishes on the kitchen sink!

I had a particularly stressful and emotionally unbalancing Christmas this year, and just couldn't seem to recover my "normal self" afterwards. So, you guessed it, I listened to my "Dissolving Panic and Anxiety Now" program again, and here I am, back to a good place, where I see clearly, and can distance myself from unnecessary stress and upset. I don't know how long it would have taken me to regain my emotional balance without the program, but thank goodness I didn't have to find out!

The thing is Mike, nothing external to me has changed, just my attitude to it. Most things are no longer "big" or "overwhelming" and I feel equal to whatever may come my way. That's a huge degree of confidence that I just don't know if I could have found anywhere else.

And the weight loss thing happening all by itself? Now that's what I call an unadvertised bonus!

Thanks Mike.
Linda Timney, NEW ZEALAND

Hi Mike,

I was diagnosed with breast cancer on 12th Dec 2005. I am very focused on making a full recovery. I have used your programs in the past to overcome depression, panic and anxiety. I have found them to be really good in helping me to change my thinking. I listened to them every night, morning and in my car while driving on my way to work. I have been using your programs for about two years now.

I have suffered a lot of trauma in my life and have always found that by dealing with it on an internal level; changing my thinking and become refocused on the positive I can achieve my goals.

I completed my training and qualified as an NLP practitioner in 2005 and have been in the process of setting up my own business. I am now my own best client and am using your Think Right Now programs to change my thinking and help me on my spiritual healing journey to full recovery.

I intend being a better human being and a better coach to my clients at the end of this journey! Many thanks for the great work which has been of huge benefit to me.

God Bless You
Bernie Coffey, Ireland

Hello Mike and friends,

When I first started using "Dissolving Panic and Anxiety Now" program I played it only one time a day. I was in a very desperate place, I was unable to drive alone, watch my kids alone or go anywhere without having a panic attack. I could not sleep and I certainly was very unhappy with life and depressed.

It has now been three months. I listen to the program every single night on repeat. I am now able to drive alone and do what I want to do in my life without having non-stop panic attacks. I feel much more confident now than I ever have in my entire life. I am still reading the book everyday as well. I also have decided to live out my dream and start my own business. I don't feel overwhelmed anymore and I feel like I can handle anything thrown my way. There are very few days of anxiety and now I recognize when I am doing too much. I used to let everything build up inside and then get depressed that my life was not turning out the way I wanted it to.

I will use your programs for the rest of my life. You have given me a wonderful gift and you will always be my friend in success! Even though I do not know you personally, I feel like you are really doing what you were put on this earth to do. God Bless You!

Thank you for being there always :)
Heather Varner, IN

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Hi Mike,

I just wanted to let you know that your book is a great daily motivator for me. I suffer from panic disorder and am now a 3rd time subscriber to your book and it really gives me the positive energy I need. I also have been listening to your Dissolving Panic & Anxiety Now program for about 6 months or so and it helps as well. I listen to it every night; I swear I couldn't sleep without it. I have really noticed a change in my ways of thinking. I don't automatically assume the worst anymore which I used to do so often. I have been able to wean off my medication and now only take it on an 'as needed' basis. I have started taking vitamin supplements and still see my therapist weekly. She also thinks I have improved a lot since I started seeing her last summer.

I just wanted to tell you Thank You for all you do to promote positive changes in others. You are truly a blessing to many people I am sure.

May God continue to lead, guide and direct you in all you do to help others.
Sarah

Dear Mike,

I just want to say that your program "Dissolving Panic and Anxiety Now". It did me a tremendous amount of good. Your program served as more of reinforcement to what I learned at an earlier age but had forgotten a lot of positive thinking techniques.

Dan
Ohio

Dear Mike,

I have suffered from Panic, Anxiety and Depression for many years. I had read a lot of self help books and bought a lot of programs, I was my own personal doctor. I went to a psychiatrist which was absolutely no good.

I ordered a Panic and Anxiety program from another company which cost me \$500.00. I thought that this would be the thing that would give me all the answers and finally make everything all better. When I got this program and went through it I found that it was a bunch of tapes and videos about "don't worry, be happy" "don't be depressed" "Be happy"! The program provided me with a lot of information that I already knew from years of investigating and trying to figure out what it was. It was pretty much a waste of time.

One day I was thinking to myself, what I really need is to have something that is repetitive (over and over and over again) that might change my mind. I searched the internet and found your website "Think Right Now"! It was exactly what I was thinking of, it was exactly what I felt I needed.

Your programs are so far the best value and the best response that I have had so far. I feel a lot better, a lot more confident, and a lot stronger. This is truly no lie. I've learned a lot of things from the other places, but this program has done something to me. It has definitely helped me a lot.

Thank you!
Steve- Milwaukee, WI

Dear Mike,

I had a conversation with a friend of mine, he was sharing that he was going through some anxiety issues. I told him that your program "Dissolving Panic and Anxiety Now" really works. I tend to over react to things, my friends call me a "drama queen" I had so many issues at work and at home that I really could not think straight. One day I saw an ad for Think Right Now on the web and decided to give it a try because I was at my wit's end and I knew that I was over reacting and being irrational, and I just couldn't help myself.

I was just thinking the worse all the time and freaking out over all the issues that had come to me. I ordered your "Dissolving Panic and Anxiety Now" program and used it for a few weeks. I played it every night before I went to bed, it was a positive message, and so I listened. Things had come to a head, I had several deadlines, that was when I realized that I was not freaking out and was accepting things as they are and it was OK.

I was really grateful when I made the connection that it had to be due to your program. I knew that I would not be acting this calmly, because this is not the way that I am wired. Since I realized this, I have purchased more of your programs to help me think more positively. I am no longer melodramatic and can react more positively.

Thank you Think Right Now!
Martha, Boston

Dear Mike,

Prior to receiving your program "Dissolving Panic and Anxiety Now" program I suffered from depression and anxiety for at least 8-10 years. It seemed every day was a struggle to get out of bed and just do the simplest of tasks. Before receiving my program a year ago, "Dissolving Anxiety and Depression Now," as well as you Software Window program, my belief was that I just needed to accept the fact I was always going to be depressed and stressed out in all areas of my life.

I listened to your program constantly, every night. Within the first month I noticed a pretty big difference, I was feeling like a totally different person. I no longer felt stuck being depressed, I was feeling more confident and my energy level started to go up.

I was a totally different person and new outlook on life. I own my own business and achieving my personal and business goals I am a much happier person. My happiness is much more consistent since using your Think Right Now programs. Thank you so much for this great work that totally transforms my life and I am very grateful. Joe -Denver
May 25th, 2003 - 77777 Dear Mike,

I've always been an anxious and high strung person. I've had ulcers several times during my life. Recently work has been extremely stressful and I found myself becoming more and more anxious at work and less and less eager to go to work. In fact, the last few weeks I've been nearly throwing up on the way to work, feeling more and more anxious about work.

I saw your Think Right Now website and decided to order "Dissolving Panic and Anxiety Now" program. I've only been using it for the last two weeks and I can't believe the change in me. I'm actually sailing to work with a smile on my face. I arrive at work and I'm happy, I get through my job easily with no anxiety, no more tears.

Everybody is wondering what has happened because I'm so changed. All the anxiety and stress that I have been experiencing at work is so easy to deal with now. Every night I listen and fall asleep to your "Dissolving Panic and Anxiety Now" program. It's so easy, I

can't believe it works but it does!

Nancy Toronto, Canada

[Order Dissolving Panic & Anxiety Now!](#)

Dear Mike,

My favorite program that you developed is: "Dissolving Panic and Anxiety Now". Prior to buying your program, I could feel that even after reading all the self-help books and doing therapy, and doing all different types of live classes, I still felt anxious and I worried all the time.

When I saw your program, even though I thought there were other ones that were maybe more appropriate, this is the one that called to me and thank God because I feel a difference after listening to it for only two weeks.

I had decided to quit my job, I had to give a two-week notice and I was very worried during that time. I would listen to your program every morning while commuting to work and every night on my way home.

Not only did everything turn out exactly like I hoped for, but every day I feel a lot more calm and worry free. I think feel like the woman's voice makes a difference and those statements get in my head and replaces the thoughts that I used to have that caused me to worry.

Tara, IL

Dear Mike,

The program I purchased from Think Right Now that has helped me the most has to be "Dissolving Panic and Anxiety Now." Prior to getting this program, I'd tried just about anything. I had been reading anything I could get my hands on to try and help; I had been housebound for about two to two and half years.

I just basically had panic attacks every time that I tried to leave the house, and it was impossible for me to get out the door. Sometimes, I didn't even go out to my mailbox at the end of my driveway for two weeks or a month at a time--it was that bad.

These days I am getting out a LOT more. Three to five times a week I am able to take my baby girls out shopping and to the park. I'm even talking to people, which I couldn't do before. I've even started my own home business, and that was something I had been trying to do, but because of my panic attacks, I was never able to get anywhere with it. I'm actually making money from home, which is just shocking!

I listen to your program every night when I sleep. I just leave it on repeat and I go to sleep like I normally do. It took a little while for the program to kick in (a couple of months) but I've got a lot of issues, so that's to be expected. I am feeling so much better; I haven't had a panic attack in months. It feels so good to be back in control of my emotions. It's really just amazing and I appreciate more than anything what this program has done for me. I give it two thumbs up!! Thanks!

Linda Pruetting- Sidney, IL

Dear Mr. Brescia,

It was the summer of 2005, during a severe panic and anxiety attack I happened upon you on the internet while cruising the internet late at night because I couldn't sleep.

I ordered your program "Dissolving Panic and Anxiety Now". The lack of sleep was not helping my problem. I was having marital difficulties and major stress at my place of work. I was getting very depressed and would flinch in my sleep. No one knows what the feelings of panic are until they have gone through these episodes. It was Hell on wheels for me.

When I got your program I immediately took it out of the case and played it in my CD player. I instantly felt a calming affect. The woman's voice on the tape was really calming. I would listen to the tape over and over again, especially at night. (I still do.) I thought it strange at first that she would say "Imagine you are now in your favorite place to relax". I didn't have one!!! It was hard at first but I began to find a place in my mind that I would like to go where I could relax and enjoy the program, this really cool imagined place that has become more and more enjoyable to me. I have learned how to relax starting from my head to my toes and feel the pressure and anxiety that caused my panic to leave my body. I am taking control of myself again.

I appreciate hearing the positive affirmations over and over again. They give me strength and power. I use this program whenever I feel that life has become too much to handle. It brings back perspective and calmness. I feel very empowered the next day after listening.

Ruth Ann Munns, Utah

Hi Mike,

I'm so excited to finally write to you. Oh gosh, I don't even know where to start. Please read my entire letter. I don't know if anyone has had as quick and as weird of a success experience as I have, but hopefully you can share my story to inspire others.

I've been using two of your programs - Freedom from Depression Now & Dissolving Panic & Anxiety Now for about seven weeks now 24/7, (its true).

But let me go back way before that. I have been battling with depression and anxiety/panic attacks since I was a child. The anxiety/panic attacks I attributed to my mom's genetic gift to me. It runs in the family. The depression was an unwanted side effect of all the abuse - physical, mental, emotional, and spiritual - which my father had inflicted on me and my sister.

So, as you know, my adult life reflected all that negativity. I have attracted situations and people in my life that allowed me to relive all the negative "stuff" I didn't want to relive. All the emotions I relived and felt over and over again. But, each time, it was worse and deeper than before. Depression and Anxiety were just two of the culprits. They were really bad. Every night before I went to sleep, I prayed that I wouldn't wake up the next morning. Then I would get mad at God because he woke me up and gave me another day to live. It was that bad! And, of course, it affected everything else in my life - job, relationships, friends, you name it. 2005 was the year that broke it and I really did hit rock bottom. I lost my job.

My volatile and co-dependent relationship ended with the jerk blaming me for everything. We were engaged but, in reality, he never intended to marry me. Just wanted to shut me up and still keep me around. I lost my apartment. I had to live in my car for about 2 weeks. A 1993 Honda Civic! This car was so old that the suspension didn't work anymore. Every time I drove, it felt like the bottom of the car was scraping the ground. Then my car broke down and was beyond repair. So I had to sell it to a junkyard just to get a little money. I had to stay at my parents until I "got back on my feet". All this happened just in the first 10 months of 2005! I locked myself in the bedroom and wouldn't go out. I didn't want to talk to anyone. I spent a lot of time online looking for jobs and at the same time feeling unmotivated, worthless and empty.

I don't even remember exactly how I ended up at your website. I know there were days when I would be crying while searching for jobs online. I think on one day I was so desperate that I searched for something and, somehow, I got to your website. I scraped up whatever money I could and ordered 3 programs - Depression Now, Dissolving Panic & Anxiety Now, and Financial Abundance. This was back in late December.

On January 3, 2006 I passed out and banged the back of my head on the tile floor. I suffered a contusion (bleeding in the brain). I also had extremely low blood pressure. The

paramedics took me to the nearest hospital, and then transferred me to another hospital which specializes in Neurological cases. I was considered in critical condition. At this point, I literally wanted to die. I closed my eyes and just prayed over and over to let me go. So, it wasn't a happy new year for me. I thought I would start the New Year fresh by listening to your programs. But, now that this happened, I thought it was a sign of what to expect in the year ahead. What a way to start a new year!

The doctor had released me to go home after less than a week at the hospital. My case wasn't surgical but it was still very serious. The programs already arrived by the time I got home. I didn't listen to them right away, because I was still in shock from everything. Depression, Anxiety, every possible negative emotion was running in the red zone. Physically, I was already in bad shape. But mental, emotional and spiritual pain made it worse. I felt so lost.

At home, I was bed-ridden. The pain was excruciating. I would get dizzy with the slightest movement. I couldn't even talk much because it hurt so much. It seemed like everything I did was connected to the pain in my brain. Let me describe how painful it was... Open your hand. Then place it on the back of your head, like you would hold a basketball. Press your palm hard into your head. Then close your hand and grab as much hair as you possibly can. Then pull back as hard as you can, as if you are literally pulling all that hair off your head. That's what I felt 24 hours a day!! The only way I could stop feeling the pain was to take painkillers and sleep. So I slept a lot.

One day I thought. If I'm going to "lie in bed all day", I might as well just listen to them (the cds). While I slept, my cd player was constantly playing. The only time it would stop was when I would stop it because I had to go to the bathroom. And, every time I wake up, I would switch back and forth between cds...then back to sleep again. So, I guess you could say that my bed-ridden condition was a blessing in disguise. I really did listen almost 24/7!

Both Freedom from Depression and Dissolving Panic & Anxiety were extremely powerful. Even from the first time I listened, I already sensed something shifting inside me. not just in my head, but also in my heart. Now at about 7 weeks, the internal shift has been significant - Mentally, Emotionally and Spiritually. I am hopeful, calm, and grateful. I laugh more, even though it hurts my head to laugh. I stopped crying after the first week of listening to the cds. I feel more at peace now, like "everything is going to be ok".

I bought a blank journal book and I dated it "January 2006 to?" This is my "Goals Book". I wrote a list of goals. The things I want and the things I wanted to do before I die. I even smile big as I write them. Some are silly (like eating ice cream flavors I've never tasted). But I was ok with them. I just kept writing. and I was smiling and laughing the whole time!

I still have the swelling in my head and there is still bruising in my brain. My head still hurts and I still get dizzy. But these are all "Physical" stuff. I've conquered the mental,

emotional, and spiritual in one big blast. Now, I am ready to conquer the physical stuff. That's why I just ordered I AM HEALED NOW!

Whew! Honestly, I never pictured myself writing any testimonial before I listened to the cds. Now, I feel lighter. Hopefully you would be able to share some of what I wrote with others. You really are a "Chosen One". What you do is your calling and mission. I know that you have helped others to "BE" the Chosen Ones of their own. But it's up to us to find that path or purpose of what we are chosen for.

Thank you again for doing what you do and for healing so many people world wide.

Sincerely,

T.B.R. California, USA

[Order Dissolving Panic & Anxiety Now!](#)

Hi Mike,

I was living in the UK (I am an Aussie) and whilst over there developed big problems with anxiety and depression. I had problems before with anxiety; mostly in enclosed places like planes and lifts etc but these got much worse while living overseas, mostly due to stress and working lifestyle.

I went through a particularly bad patch when I was under a severe amount of work stress and could not sleep. I went and saw a doctor who put me on anti-depressant meds that made me much worse, I had horrible side effects, so bad my wife had to take me to an emergency center. They gave me some anti-anxiety meds to help me sleep but I felt like a zombie. This went on for over a month; I could not work or function really. This continued with several doctors and different meds, one of which worked a bit but once I got stressed again the same problems occurred. This is where the real bad problems started. The doc at the time put me on Xanax which works great but is one the most highly addictive drugs known to man.

I took this stuff every night for sleep and at this stage we were traveling back to Oz so I was stressed about long haul flights so I took more to help me through that. I eventually got home OK but a mess really. The big thing with these drugs is the longer you take them the more you need and you start having 'breakthrough withdrawal' which is you having symptoms like you had in the first place even though you are still taking it.

I tried to get off it but could not; it was horrible, the worse I had ever felt. I use the internet a bit so one day I came across your programs and thought I would try them. I ordered 'Dissolving anxiety and Panic, and 'Freedom from Depression Now' back in

October 2005. Whilst I waited I read the scripts you emailed me and started to feel better within a day or two. I decided once they arrived I would try to get off the bad stuff once and for all. I also decided to focus on the anxiety program for starters. Well I did it! It was very hard and took two months but your program helped considerably. The music is very calming and the statements have given me great confidence. I was able to start functioning normally again and sleep without those drugs which after taking them for over 6 months is incredible. I was also able to go out and get a job! I have started now listening to the depression program as I still take medication for this and would like to be drug free. I use the programs as part of my daily routine which I think is the key. I use it both morning and night.

Anyway I wish I had found out about these earlier, maybe I would not have had to go through hell!

Thanks, Tony, Australia

Dear Michael,

It's been seven months now since I purchased your program "Dissolving Panic and Anxiety Now" and "Accelerated Sales and Success Now" program. Everything is going excellently - My business is BOOMING! My attitude has changed, and all the fear of success is now gone! May God bless you richly and abundantly!

Mike Riberal

Dear Mike,

My name is Sarah Moylan and I live in Canberra - Australia's national capital.

Just three weeks ago I received your Think Right Now program "Dissolving Panic and Anxiety NOW". I asked you to send me this product because for nearly four years now I have been suffering from an anxiety disorder including crippling panic attacks.

Over the years I have tried many approaches to relieving my anxiety, including medication, cognitive therapy, a diet and exercise program, job changes (to try and reduce stress), meditation and breathing work. All of this helped to some extent - I was managing my anxiety but it was still always lurking under the surface.

I know it sounds defeatist, but I really had reached the point where I felt "managing" was as good as it would get. However, after listening to your Think Right Now "Dissolving

Panic and Anxiety program twice a day for the last three weeks I FEEL HAPPIER AND MORE RELAXED than I ever believed I would feel again.

In particular, I have really benefited from falling asleep with the Think Right Now program as bedtime has been when I have tended to be the most vulnerable to an anxiety episode.

My beliefs are changing way down deep where it counts and I now know this is a transient condition that one CAN recover from with the right input and support.

I am confident that any person suffering from anxiety and panic would find relief and progress with this wonderful product as the combination of deep relaxation and healthy self- talk is so effective in attacking the roots of anxiety.

Dear Mike,

Hello from Australia,

I purchased your program "Dissolving Panic and Anxiety Now" back in November last year. The program has been a god-send. It took a very short time for me to notice that I was able to take on new issues at work which had previously sent me in a tail spin. It has given me the mental framework to take the figurative "count to ten" and put it into practice. Work can still be tough and challenging but I feel now that I can handle whatever is thrown at me.

Thanks, Craig

Dear Mike,

Thank you for your wonderful programs. I have panic disorder and agoraphobia and have had great improvements with your program in only a few short weeks. My anxiety level has considerably reduced and I am starting to get my life back again.

Many thanks,
Irene Mc Connell

[Order Dissolving Panic & Anxiety Now!](#)

Mike,

It has only been one week since I started listening to your "Dissolving Panic and Anxiety Now" program and I already see results. I feel so much better; no more pounding heart or cold chills. I can't believe it was so easy. Just listening to this helps this much? I am amazed.

Thank you so much! Stephanie

Dear Mike,

Five months ago, I bought your Think Right Now "Dissolving Panic and Anxiety Now" program. As you suggested, I listened to it every single night. Most of the time I fall into a sleep while listening. The sayings are wonderful and make so much sense. I have narrow angle glaucoma, so it is hard for me to read.

Thank you for making your program available.

Sincerely Yours,
Guler

Hi Mike,

I bought your "Dissolving Panic and Anxiety Now" program. Your program has helped me a lot in the last six months. I was on three kinds of depression/anxiety medications. After listening to your program, I began writing down my own "affirmation", which is similar to what I heard on your program in style, but more specific to my personal situation.

Every time, when I fall into blue again, I will read/write my own affirmation; when I can't sleep at night, I get up and use earphone to listen to your program, it helps me to go back to sleep again. I have basically quit all medications. I do feel much better now, although I have to admit sometime, I fall into blue again. I view this as a chance to develop my own antibody to against depression/anxiety.

You are right, right thinking is better than medications, because it will change the foundation of our disease.

Thanks a lot.

Jianling Cong, CA

Mike,

Your book and audio program have most certainly had a huge impact on my life and for that I am grateful. I was once a shy, self-conscious and angry person. I used to blame my problems on the world, God, everyone else but myself. In fact, I used to believe that I was "cursed." Not to say that I am 100% cured, but I definitely have a whole new perspective on life.

I no longer stay down when I fall. I get up and attempt again. I am no longer angry, I accept the things I cannot change and take the necessary steps to change what I can. My patience for other people has grown which has allowed me to strengthen and renew my relationships with my family and my fiancé. I have even restarted a company that I formed in 2004 which failed. Not that it's out of the woods yet but it is performing much better than it did the first time around and the outlook is positive. I'm not sure if I would have had the courage, the grit, the audacity to attempt self-employment again after being unsuccessful the first time. Even if I did, I'm not so sure I would handle the problems and failures as well as I have.

You've taught me to handle the problems as challenges. You've taught me to handle failures as stepping stones and not as rationale for giving up. The other day I was thinking about the major turning points in my life and I have to say that I ranked October 21, 2005, the day I received chapters of your e-book, as the greatest turning point in my life. Mike, you have helped me improve every single area of my life. You have given me so much hope for the future. You have helped me define my purpose in life which is huge because I thought I had no purpose before. I have found my purpose in life and I love living it each and every day.

Thank you a million times for what you do and please continue with your great work. Thanks again for all you do.

I love you too,
Joe Harker

Since I was very much worried about my health I used the I am Healed program first and then I started using Dissolving Panic and Anxiety. I saw both related to each other so I actually started using them alternately. One day I would listen to I am Healed Now and the next day I would listen to the Dissolving Panic and Anxiety Now CD. Usually I

would listen the programs while going to sleep in the evening or during my afternoon siesta. Some times I fall into sleep while listening to them and it happens more often than not. But I always wake up refreshed thinking that the statements have been installed deep into my subconscious.

I have been using the products for the last two months and continue to use them.

Earlier I was always tense but after listening to the CDs I am able to sleep better and relax easier. Now a full day passes without my being any more tense or anxious. I have become a lot more calm and composed and face the trials and tribulations of everyday life more confidently.

I used to think and worry a lot about my health to the point of being a hypochondriac but I now worry less and my physical symptoms have also gone away. I had hypertension earlier that was not being controlled by taking medication.

Now it is life as usual. I am able to do all my personal as well as official work promptly without any tension or hesitation and without procrastination. This is a wonderful programme. I am going to use all of your programmes in the future.

Saying only thank you is not enough Mike. Sir you are changing lives, hats off to you..

P K Mohanty, India

[Order Dissolving Panic & Anxiety Now!](#)

Hi Mike,

One of the programs I would like to talk about is Dissolving Panic and Anxiety Now. When I first ordered it I was so overwhelmed with fear that as soon as I received the script via email on I read each statement to myself three times before going to bed and noticed I felt a little calmer! I still remember I was astounded that the reactions and thoughts I had as I was reading it were in the exact sequence of the next statement I would read off the page! I knew then that you really do your research on thought patterns and was totally impressed. Once the program arrived, I mostly listened to it at night, first just when I fell asleep and then all through the night. Eventually I set my stereo to play for about three hours and then turn off by itself. Sometimes I listened to it and other Think Right Now programs in the daytime in the background.

Here are a few wonderful changes I've had from the Dissolving Panic and Anxiety program:

- a drastic decrease in obsessive and addictive thoughts

- an ability to focus at work and be unfazed by things that I would have been upset by before and that continued to bother my coworkers (this was unexpected :))
- able to fall asleep right away (!) -yahoo! (ever since I was a child I struggled with this one)
- A sense of calm
- Less worry and overwhelming irrational fear!
- A desire to exercise and eat well (this was also unexpected!!)

All of these items are really huge to me. What a difference it makes when my mind isn't clutter with ridiculous repetitive thoughts! I think I wasted a lot of time on worry.

Thanks again,
Mary S, Canada

I listen to the programs either in the morning or afternoon and again when I go to bed. I listen to both programs everyday, two hours a day. Before I got your programs I would spend most of my day in bed too overwhelmed with everything to move. I had blocks to doing just about everything, including brushing my teeth. I'm happy to say that I start my day now being grateful for a few minutes. It wasn't till a few days after I was doing this that I realized that it was on the program to start your day being grateful for what you have.

I also have gotten up out of bed in the morning for about ten days now and exercised for half hour to an hour, and I'm actually enjoying it! My thinking is a lot clearer, and I'm now looking around for things to do. My responsibilities are a lot less overwhelming and I feel like I don't have as many problems. I also been ringing friends and family up for a chat and have visited a couple of them. I have a new found energy and enthusiasm.

Thank you. I'm only 27 years old and this has been a great burden on my life for a long time. It feels like a miracle. It's only been sixteen days. I can't wait to see how I feel, and how much my life has changed after ninety days.

Kind Regards, Australia
Anne Clarke

Dear Mike,

Hello and God bless you!!! I was diagnosed with anxiety disorder and panic attacks about ten years ago due to trauma that occurred twice in my life. Once I was almost hit by lightning and the other time, robbed at knifepoint. I've been on and off medication, and every New Year's Eve, my resolution was to stop the medication, but I just couldn't do it. To top it off, my husband left me for another woman, and my teenage daughter started doing all the things teenagers do, such as staying out all night. I'd be up all night, with my heart pounding inside of me - waiting for her. Sleep for me was extremely difficult.

About two months ago, I decided to try your "Dissolving Panic and Anxiety Now" program and I can honestly say that it truly works!!!! I started listening to it at night before bed, and within days, I was actually falling asleep! Within a week or two, I found that I did not need the medication to get me through the day or through the night. I haven't had a panic attack since I started this program and I just thank you so much for it. I was also on medication for depression due to life's circumstances and I have not taken one pill since I started. I'm going to order your "Freedom from Depression Now" program because your Dissolving Anxiety program is FABULOUS!!!!

Life deals us so many issues that doctors often try to help us with by masking them with meds, but we're not really dealing with the problem at hand, just numbing the pain. Your program helps us to realize that the problem is there, yes, but it can be dealt with by simply changing our way of thinking. I LOVE it!!!

Thank you with all of my heart!
Gladys, WA

Before using your "Dissolving Panic and Anxiety Now" I was in a terrible state not wanting to leave the house. Not even going into the local supermarket was an ordeal. Having religiously used this program for four month, I find my fears have greatly lessened. I was having sleepless nights worrying about trifles. I find life far less daunting and my courage is opening doors for me.

Thanks Mike,
Sarah Michelle McComb, Ireland

[Order Dissolving Panic & Anxiety Now!](#)

Dear Mike,

I have had several setbacks in the last few years. I lost my husband to stroke, then in November of 2005 my mother past away. I was left pretty devastated by these deaths and due to a back injury and subsequent pain I had to retire from my profession.

At this point I went into a deep depression. Although I am a person of faith and prayer I could not seem to shake the depression and get my life back in order. I let things go that should have been taken care of and became more apathetic and uncaring.

I was searching for some reason to keep going. I started to subscribe to the Think Right Now Newsletter in December 2005. After a short Time, I ordered the freedom from Depression Now and Dissolving Panic and Anxiety programs. I began listening to these tapes at least once a day. Soon I was back making a to-do list and actually setting my alarm to get up and get some tasks done that should have been done months before. During this time of depression and worry I have put on a lot of weight thru inactivity and indifference. The next month I ordered I Love to Exercise Right Now and Eating For Health Right Now. I have begun to listen to these programs in my car and when I go to bed.

I have a long way to go, but since listening to the programs I am rapidly improving and moving in the right direction. I have started losing weight, attending Church regularly again, and taking an interest in hobbies that I had lost interest in. I am finding it easier to make important decisions and anxiety and worry are not my constant companions since listening to the programs. Thanks for letting me know that no situation is hopeless and that anyone, any age can have a better tomorrow if they can "Think Right."

Thanks Again, Mary

This guy's stuff is awesome. I have "Setting & Achieving Goals Now!"; "Accelerated Sales Success Now!" and "Dissolving Panic & Anxiety Now!" I am rotating around the programs and listen to them as I am going to sleep (very powerful to do that); in my car; when I am working out/walking the dog. For example: the "Accelerated Sales Success Now!" program says, "I am committed to learning all I can from the masters of the selling profession" and other supportive affirmations that help to open up the attitude for learning. God knows I wish I could literally plug everyone I have EVER signed up into being an 'open learner/student'!!!!

I am feeling TONS better because my THOUGHTS are improving and my improved action is building in the wake of the shift. I have nine new customers and one new distributor -this month - I feel bullet proof, strong and confident - I AM BACK!!!! :)

Laura

Hello Think Right Now,

I just wanted to say that I am very impressed with your Think Right Now for Windows; "Dissolving Panic & Anxiety Now"; "I Love Exercising Now!" and "Setting & Achieving Goals Now!" programs. When I first bought your product I had had decades (20+ years) of pain and ill-health due to anxiety. Your programs cured me (along with a very peculiar diet I am doing-the Primal Diet). I had tried subliminal self-hypnosis tapes before and they were useless. Once I realized your tapes were inspired by Lozanov I was a lot more convinced of the science behind it, especially when I read that they were not subliminal.

Anyway I have always been a skeptic for most of my life regarding non-mainstream stuff and I only turned to you out of desperation, really. I was VERY surprised indeed to find that they actually worked. One thing though, you did not specify clearly how long one should use the tapes. I realize that each person has different needs etc., but still. Anyway, I used your tapes for 11 months every single day before going to sleep and felt a lot better but still seemed to be not quite "on the ball". Once I started using the programs only a few times a week, my concentration levels soared and I am now cured. I guess I just needed to give my brain a bit of a rest. I realize you are not exactly a charity, but you certainly seem to be doing a lot of good for us fellow humans.

Geoff Purcell

I own "I Love Exercising Now!"; "Eating for Excellent Health Now!"; "Real Self-Esteem Now!"; "Supreme Confidence Now!"; "Dissolving Panic & Anxiety Now!"; "Setting & Achieving Goals Now!"; "Unstoppable Motivation Now!"; "Instant Diet Power"; "Instant Workout Power"; "Win Friends & Influence People Now!" and Think Right Now! for Windows. I listen to one of the programs every night. I have "Supreme Confidence Now!" and "Unstoppable Motivation Now!" in my car and Think Right Now! for Windows at work on the computer with the info from all of the above on it.

Where do I begin??? Looking at the list above you'd think I was a mess to start with, but I think it was curiosity that sold me on the first program. I knew from education and my own studies the power of affirmations and repetition. I would wake up in the morning feeling different. My life got better and better. I kept buying more programs. But how was it better? Well, I found myself answering people with lines from different programs or, more importantly, talking to myself with lines I had heard.

I can do anything I put my mind to.

I'm worthy of praise and rewards.
If I can dream it, I can do it.

And I started to believe it. So I tried new things and little by little I found myself getting excited about getting up the next day. I was happy all the time. People would comment about how "together" I was. When my son's girlfriend was having some problems she said she wanted to be more like me so I had you send her "Real Self Esteem Now!" and "Dissolving Panic & Anxiety Now!" Anyways it is hard to be specific because it seems to come so easy. I smile more. I look at situations and know I can make a positive impact. I've lost weight. I joined a gym and a wonderful yoga class.

I am happy with my life and I don't know what more any program could do. When I tell people how I listen every night, they seem skeptical. But people were skeptical of the telephone and television too at one time!

Sincerely,

Linda Czerkies, NY

[Order Dissolving Panic & Anxiety Now!](#)

This product was the paradigm of change that kick started my life when the beat was gone.

Gerard Philpott,Ireland

Hello Mike and Others,

I wanted to provide you with an "unusual" and wonderful experience I have had as a result of using your programs.

As a result of experiencing a severe mental/emotional disturbance about 10 years ago I have been seriously undertaking self help processes in an attempt to bring myself back to "life." Help for mental illness is virtually non existent in Australia unless you are filthy rich and can afford the \$100 to \$200 per hour charged by psychologists and higher for psychiatrists. My experience is that mental illness usually coincides with a bout of financial drought at the same time. Funny about that! I had been very successful in business until this episode occurred. The money disappeared very quickly after that.

I eventually came to understand that my thoughts were creating my life and therefore were creating my problem. Unfortunately, mental illness creates (or is caused by) a constant barrage of very negative, self critical, non conscious thoughts 24/7. No matter what I tried to do - meditation, chanting, visualizing, writing goals, subliminal training, hypnosis, etc, etc, etc - nothing could stop these thoughts constantly pounding my brain with their negative message.

Happily, I recently found your web site and everything has now changed for the better. I started with "Setting & Achieving Goals Now." Then I went to "Supreme Confidence" & "Dissolving Panic & Anxiety, Now." I used these programs for 1 or 2 months each and now I use them all together in "mix and match" mode throughout the day (I have a lot of free time) and cycle them one at a time each night. I am definitely feeling much better and I have been able to get myself back into "active" mode by teaching computer skills courses for seniors as a volunteer. I have also successfully commenced an investment program that I can run over the internet. The "Inner Critic" has been reduced to a dull roar and I can now consciously intervene when it gets too tough or won't shut up. I have found that in stressful situations, which I had to walk away from before, I now have a calmer voice to call on and I feel a lot more balanced and less inclined to have a brain storm of going over and over the conversations and all the possible variants in my head. In the past, these episodes could last for 3 days without a letup. This is good, but read on for the big leap forward!

About 4 week's ago I ordered and received "Win Friends & Influence People, Now." Within 2 weeks, my "old" girlfriend (in both senses of the word "old" as I am 65 and she is 55.) has come rocking back into my life. This happened after a break of more than 12 months and I thought our relationship was well and truly over for good. We are now deep in the process of enjoying the most loving and perfect relationship you could ever imagine. It is pure bliss.

The point I would want to make: Major changes can occur in unexpected ways and sometimes in an area of life that we may not immediately be looking at improving. I started my journey to improve the quality of my life in material as well as emotional terms. Although the material side is improving more slowly - a work in progress - the emotional side of my life has taken this great and wonderful leap forward. I accept this aspect as an indication of major success as a result of using your material. There is not a doubt in mind (and there was until this wonderful outcome) that the other things that I am working on to further improve my life are definitely "happening" albeit more slowly than my "critic" would want.

To those who are also dealing with the demons of an incessant Inner Critic I would say, "Keep pushing the 'play' button just like Mike says. It may take time, sometimes years, but it really works."

I have a carousal cd player and I play all my cds mentioned above for all of the day that I am home as well as playing one only during the night.

Thank you Mike and best wishes.
Stuart, Australia

[Order Dissolving Panic & Anxiety Now!](#)

Eating For Excellent Health Now!
Success Stories

Dear Mike,

Your book and programs have made a remarkable difference in my life. You entered into my life two days after I was turned down by my insurance company for bariatric surgery. I had undergone all the testing and was denied the day before surgery was scheduled. All I could do was pray for God's answer to my weight dilemma. Two days later I received a newsletter from a website I subscribe to and you were the sponsor for that week.

I went to your website and read all the information on the Eating for Excellent Health Now program. I ordered that and your book and within one week of receiving the program and book, faithfully playing it every night and reading the book the way you prescribed a wonderful thing happened. I can no longer eat Hershey Bars. Now, that in itself may not seem like much, but I would eat a giant size bar each and every day and sometimes two of them. I am 5 feet 3 inches and weighed over 250 pounds. I was gaining weight by the minute. I also lost my appetite for chips and pretzels after that first week. I now weigh under 220 and am slowly losing my weight. I eat grapes, bananas, apples and healthy salads. My salt intake has been reduced.

I am in no hurry now for the weight to come off because I am doing it the healthy way and I know it will continue.

Sincerely,
Kathleen L. Hamilton

Dear Mike,

I used your Weight Loss program for about a month, and then I had to move out of my house and go help my mother, who was having health problems. I spent eight months in my mother's home, in a stressful situation, and despite that, during those eight months I lost about forty pounds, and have kept it off for the six months I have been back home.

ALL THIS AFTER ONLY A MONTH OF USING YOUR PROGRAM!

Thank you so much! I have tried a million diets all my life, and though I have lost about four tons in my 58 years, this is the first time I have ever kept it off.

Finally, something that works! Thanks to you I looked great at my son's wedding in June!

Thank you,
Elana Schachter, Israel

Dear "Think Right Now:"

I would like to share my experience using your 'Eating for Excellent Health Now' program.

I purchased the program out of desperation and fear that my life was spiraling out of control. I was stuffing myself and binging on junk food around the clock. For some reason I binged to make myself feel loved and happy. When I ate cookies, chips and cake, it was like having a party in my mouth, I loved that feeling. It was an adrenalin rush that sky-rocketed my mood. A few hours later, however, I felt nauseous and disgusted with myself. The heartburn was awful, and I hated that bloated feeling.

I slowly realized that my overeating was an addiction. It was almost a form of self-hatred and sabotage, but I just couldn't stop. One night, I consumed a dozen donuts, a pack of ice cream, a liter of 7-up, and half a pizza. I passed out and woke up laying in my own vomit. It was gross, and I knew that something had to be done. I didn't want to live like this anymore.

I prayed for the willpower to stop binging. I started reading weight loss books form the library, but felt like they did not address the emotional issues that I was dealing with. I kept yo-yo dieting... starting, stopping and then giving up. It was just too hard to stick with a diet plan. One night, while surfing the net, I came across your "Eating for Excellent Health Now" program.

I have been listening for three months now and have experienced dramatic changes in my eating habits. I no longer binge on food, nor have the desire to do so. I threw away all my junk food and replaced them with fresh fruits and veggies. I bought a new juice machine, now I drink fresh carrot juice and other whole foods. I've lost 25 pounds. I went from a size 14 to a size 8. I used to weigh 170 pounds, and now I'm 145. I started exercising too, and have a whole new lease on life. What I noticed most of all is that unpleasant events, circumstances and people no longer trigger the urge to eat.

Thank you for this wonderful program; it was just what I needed to make a change in my life.

Sincerely,
Zoey Anne Vanvalkenburg, SC

Dear Mike,

On my birthday this year I unknowingly bought myself the best birthday present ever. I ordered the "Eating for Excellent Health" program. All I did was press play before I went to sleep and something amazing has happened in the last five months.

I have lost 13 kilos with what I can only describe as no effort. I have struggled with my weight since I was a child and it feels like I have tried every diet and program ever suggested and even invented some myself.

It is not until now through this program that I have really seen a difference. It is more than the physical difference though. Before this program if I lost weight, somehow I still felt overweight. Now I think like a slim person, even though I still have some weight to lose. I now act like a slim woman. I eat like a slim person. I am a slim person. I have not only dropped 4 sizes but I have also dropped a whole lot of baggage related to my appearance that weighed on me for years.

My self-confidence and self-esteem have soared, I love going to the gym, wearing sexy clothes and walking with my head held up high. I love the compliments - oh let them never dry up and I know that this time it's going to last forever because I haven't only changed on the outside, but more importantly, I have changed on the inside too.

I thank you from the bottom of my heart.
Tania,UK

[Order Eating For Excellent Health Now!](#)

Dear Mike,

I love Eating For Excellent Health Now! I have taken off and kept off 72 lbs and now working on my next 28 pounds!!

My blood pressure has gone from 148/98 to 116-120/78-80. My cholesterol is down from 225 to 165. I don't have to take any medications!! (I'm 54 years old.)

I teach fulltime and am a Spanish translator for my school. I've marketed my husband's work nationally and have begun to slowly build our net worth again. (All this after losing our life savings of \$780,000 in the .com crash of 2000!!) I've become a state trainer for ESL. (No more anxiety in front of crowds!!) I've convinced my older daughter to go back to college to finish her degree and go on to grad school while we help care for our 4 yr old granddaughter. (Her husband works fulltime and takes 2 classes a semester now, too!!) The list goes on and on and on.

When people ask me how I can get up at 5:00 a.m. to work out from 5:30-6 every day, translate on my computer for an hour, get to school and work with 57 kids in kinder-2nd grade all day, lift weights after school 2 days/week, come home to do QuickBooks for my husband's business, work in our vegetable gardens and 2 acre yard--I send them all to Mike's website!!!

Thanks for all that you do!

I can't wait to see what I'll do next!!

Vicki Goodman

Good afternoon Mike,

I had my annual physical this morning, and it was the best I've had in years! My weight is down; my LDL cholesterol is down; my HDL cholesterol is up; my blood pressure is a lot better; my blood chemistry was awesome; and my pulse is down around the boredom level. Pretty good, eh?

Think Right Now rules all!

Warm regards,
Peggy Durbin

Dear Mike,

I've used Eating for Excellent Health Now program for three months. I listen to it in the car and while on walks.

I knew the mechanics of losing weight. I knew the steps of action I needed to take. I wrote down my reasons why I was embarking on a lengthy weight loss journey. I joined a health club, made a schedule to workout and threw out all the unhealthful food and filled my pantry with healthful choices. I couldn't get myself past my defeated attitude. I'd done this before and failed, how was this time any different? How was I going to pick myself off the floor after a binge and get started again? How would I get myself to stick with this long enough to make a difference?

Enter into my life the "Think Right Now" audio program for eating right. This program has had a life changing effect. It helped me forgive myself of past destructive behaviors, move beyond my failures, and built a hope for a future where I am confident that living this way is easy and natural. Who would have thought that I would be eating vegetables because I liked them instead of just because they were on the daily meal plan? This program has helped me to enjoy a healthful lifestyle.

I am not on a diet, but I am losing weight and have a satisfying life. I can forgive myself for slips and move right back to eating healthfully. I can enjoy the process and feel positive about the commitment to living well. I am so excited about these changes!

Thank you for the Think Right Now audio program!

Thank you,
Sandra Marquardt,MN

Dear Mike,

I have been listening to your "Eating for Excellent Health Now" program each night as I go to sleep for over three months.

I have lost 8 lbs., more importantly; I have been able to pass by holiday goodies for the first time in my life! At thanksgiving, I had only one helping of each dish - instead of lingering at the table and filling up plate after plate.

This program is slowly changing many areas of my life. I used to "need" a sugary snack before bed. At some point in the last few months...I discovered that I was no longer having that snack.

I have recently picked up my yarn and crochet hook again and have been making wearable gifts for friends and family instead of my usual holiday baked gifts.

I find that I have more energy now to play with my kids. I enjoy being with them more now.

It's been a slow gentle change, but I have faith that this time it will be a LASTING change.

Thank you so much for your programs!

Sincerely,
Kristy Young, MN

[Order Eating For Excellent Health Now!](#)

A little over a month and a half ago, I bought "Eating for Excellent Health Now!" and "I Love Exercising Now!" and I began playing them daily, alternating the two programs, and after about two weeks of listening I started eating better and going for walks pretty much every other day. Since that time, about 3 weeks, I have lost 9 pounds, and I continue to eat healthier and find ways to add exercise to my day. Thank you!

Paul
Boston, MA

I use the "I Love Exercising Now!" program. It took a couple of weeks to get going, but once it did it was pretty much unstoppable. It's an amazing product. Once that started to take hold and had results for me I ordered "Eating for Excellent Health Now!" and "I Am Healed Now!" and both of those have had a very good impact in my life. I'm very, very happy to have found this line of products. Mike, thank you for making such a great difference in my life and I look forward to any new products that you might be turning out there.

Monte
Northridge, CA

Since I can remember, food has served as my security blanket. Whenever I felt hurt, or lonely, or stressed-out about some deadline that I didn't think I could meet, I used food to temporarily block out the negative emotion and anxiety. But over the years, the pounds kept piling on which made me feel worse about myself. I wanted to take control of my life, and I knew it was going to take much more than a quick-fix diet to solve the problem permanently. Surfing the web, I came upon Mike's homepage one day and decided to

give "Eating For Excellent Health Now!" a shot.

Two weeks later I actually began noticing some significant changes. I was laughing at myself one night when I caught myself thinking 'when I'm comfortably full I stop eating,' which is one of the messages on the tape, and I had actually put my fork down and stopped. I noticed that I began leaving food on my plate on a regular basis and I was eating much smaller portions. I was very happy and encouraged so I decided to order several other TRN programs.

Of those "Dissolving Panic & Anxiety Now!" is probably the most useful one for me. I only listened to it as I slept and got ready in the morning, and when I was winding down at night and it was so easy. It didn't involve any effort at all on my part and I found myself with lots of new energy, bouncing off the walls and for the first time in a long time. I felt in complete control of my life. I started projects early and finished them on time. I learned to prioritize; I felt confident in my ability to succeed. I started to make a lot more friends, too. I was really happy--deep down happy-- and I no longer had to turn to food for comfort. At last, after so many years I felt like I finally controlled the food that I ate, my food no longer controlled me.

Rita
Austin, TX

I want to talk about the TRN program that helped me the most, and that's "Eating For Excellent Health Now!" I'm writing about that one because I'm a diabetic and eating right is more of a life and death issue for me than it is for most people. Because of the diabetes, I started using the programs some time ago, and was wondering if I was getting the results. As I go through life now, I realize how simple it was. The change was so subtle that I really didn't attribute it to the TRN CD's until I began to think about HOW the changes took place.

The changes have taken place over a period of time, and right now I'm thinking about the things that I'm eating and things that I'm NOT eating and it really has made a difference in my life. I really would like to let people know that TRN does work!!

Gary
Baltimore, MD

I ordered a couple of TRN products, the "Eating for Excellent Health Now!" the "I Love Exercising Now!" the "Setting & Achieving Goals Now!" and received the bonus, TRN

for Windows software. I've been happy with the products. I've listened to the Goals one once so far. I haven't really listened to the exercise one yet, because I'm trying to focus. I've been listening more to the "Eating For Excellent Health Now!" one. I've been playing it at night as I'm going to sleep and I've enjoyed it.

It's both relaxing, and where I've noticed the results (although I haven't listened to it as much as I would like to) is when I reach for a cookie or something else as a sweet, I'm more aware of it now and aware that I have the choice to reach for an alternative of something healthier to eat. I'm impressed with the products and pleased with the quality and very pleased with the service. Everything came quickly and as ordered. No problems with the transaction. I did a DL for the software, and that was easy to install and have not had any problems with that, that has worked fine. I've really enjoyed the products. Thanks so much!

David
Cincinnati, OH

Hi,

I ordered the "Eating For Excellent Health Now!" program, and I was wanting to order the smoking and exercise ones also. I really love your product; I lost 28 pounds when I was using it last year. Thank you.

Denise Chapel

Dear Sir,

I purchased several of your products a few months ago. I already practiced relaxation with audio tapes, and I thought yours would make a good addition. I began with the "Eating For Excellent Health Now!" because I was a serious sugar junkie and it was literally killing me. Diabetes runs deep in my family and I was gaining weight, had no energy, was hungry all the time etc. I knew why but I simply could not stop eating sugar.

For the first few weeks I noticed no changes. But then I started listening before I went to bed at night and let the tapes run while I was sleeping. All of a sudden, I just stopped eating sugar. Period. I have been sugar free for three weeks now, have lost 10 pounds (20 to go), I'm eating more vegetables and I feel better in every way. I didn't think your product was going to work at first but I stuck with it and I was totally surprised. Now I look at candy or cookies and I just look the other way. I see them as what they are -

something that could kill me. Thank you very much; your programs really do work.

Beth Hodge

[Order Eating For Excellent Health Now!](#)

Mike,

An update: I have now lost 65 pounds! I have another 10 - 15 lbs to go and will then be at my ideal weight! One year ago I was wearing a size 20 and I am now a size 8 to 10. That's incredible! If that wasn't enough, I have had more success than I ever dreamed of at my job and was offered a promotion that they begged me to take. I have never had that happen before. I have received over a \$5,000 increase in my salary as well as a substantial bonus for accepting the promotion. I would have never believed that a change in my thinking patterns would cause me to be an entirely different person!

Thanks, Mike - love to you and yours,
Candice Kirts

I have been listening to the "Eating For Excellent Health Now!" program for a couple of months now. I am so happy with the results! I find that I am not snacking anymore. I no longer order unhealthy meals when I am eating out. My cravings for sweet and salty foods have disappeared! When I shop I only choose healthy foods, and I read the labels to see if there are any additives. I feel so powerful and in control now.

I am looking forward to starting the next programs in my collection.

Thank you so much for helping me to be free.

Regards,
Nicole, Australia

My name is Nicole Carvajal and I live in Europe!

In 2002 I went to Chile to visit family. While I was there, I had 5 sessions of NLP to help learn how to change my eating habits, and to get to know myself better. When I returned home I felt insecure and tried to find some support through the internet. I found THINK RIGHT NOW and soon I purchased the program "Eating for Excellent Health Now!"

Since then, I am more aware of what, when and how much I eat.

I am now 5 kilograms lighter, and am on the way to achieving the ideal weight.

I wish you all the best.

Thank you!
Nicole Leiden, Holland

Hi Mike,

My name is Betty Norman. Last Dec. I purchased "Eating For Excellent Health Now!" and left it going all the time. I have had a weight problem all my life. I have always had a difficult time staying on any weight loss program. This March I decided without thinking about it to start a weight loss program and I have been at it ever since. I have lost 25 lbs. The only difference was the messages on the computer and I thank you .

Sincerely,
Betty Norman [grateful in Canada]

A Big "HELLO" from South-Africa!!!
I am a student and I am so glad to hear about your book!!

Fighting a battle with bulimia for over 6 years, I started to page over the web to find something, anything that could give me some guidance, some help, some inspiration.

And then I found your address!!!! I e-mailed you and wasn't very hopeful because I thought that your advice and stuff would really be boring. But as it turned out I enjoy it very much and your advice works!!! I learned that YOU ARE WHAT YOU THINK and that EVERYTHING YOU DO, IS YOUR CHOICE... YOUR DECISION. That has helped a lot.

I'm very proud to say that I can't be labeled as a bulimic anymore because I don't "qualify". I realize that I still have to battle with food and maybe will for life, but you give me insight and help me to think right.... and with that I can fight any war!!!

Thank you very much!!!!

Greetings
Riana Klein

Thank you so much. I have lost 12 lbs in 3 weeks and have been exercising 6 days a week. Thank you! Thank you!

Dan Landis

I ordered four of your programs about a month ago. I have been listening to "Freedom From Depression Now!" and "Eating For Excellent Health Now!" I had to write and let you know that I have made a HUGE turn around. I had gotten to the point where I wasn't excited about anything. Everything just seemed to be such a problem and not worth the effort. Getting out of bed was about all I could handle. I was starting to get scared of how I was going to do my job and handle my responsibilities.

Well, I am now excited about my life again. I have goals, things I really want to do. I am enjoying going out and meeting people again. I feel like I can do anything that is required of me. I can handle whatever pops up. It's so strange - my mind is filled with possibilities. It used to be filled with how difficult everything was. I can't thank you enough. I feel positive and happy now. I am going after life with a gusto I haven't felt in years.

Kim

P.S. I am also eating A LOT less than I used to. Food really isn't even an issue anymore. I just don't think about it that much. I don't know how much weight I've lost, I don't weigh myself everyday. But I do know that food is not an issue anymore. WOW! What a relief!

[Order Eating For Excellent Health Now!](#)

Mike,

Thanks very much. I really appreciated this last newsletter. You are really motivating and inspiring. I just wanted to drop a short note.

For several years I had Chronic Fatigue and related health ailments, such as food allergies (Could not breathe through nose until I stopped eating dairy). While on vacation in August I listened to your "Eating For Excellent Health Now!" program and for the

following weeks I was able to cook for myself with ease and stick to the diet for an extended period of time. I worked on letting go of that which does not serve me or where I see myself going.

Now, I am completely well. I had severe memory loss in addition to the fatigue and that is nearly all recovered. Thanks so very much for your contribution in my steps back to health! Next I will use your sales tapes for my business!

Warm regards,
Jennifer Funkenberg

Hi Guys,

I bought two products from you recently, "Think Right Now! for Windows" and "Eating For Excellent Health Now!" It's been about 2 weeks for the Windows program and 1 week for the CD. I am surprised and delighted to say they are working. I just wanted to say a preliminary thank you. I am certainly not haunted by cravings to eat all night and I am satisfied after supper which is also unusual.

I don't know how you do it - I've read your website so I 'know' how it's done - but it still seems too simple. I will certainly purchase more programs when I am further along the road to health. I listen to the CD at bedtime and generally on the train in the morning when I have a 45 minute ride, also on the way home at night. So I usually listen 2-3 times a day. I fall asleep sometimes but I hope that it is still going into the old grey matter.

Thanks again and I shall update you as I progress if that would be okay.

Isabel Coles

PS: I am also drinking about 2 litres a day most days - from 0 litres. Wow!

I purchased Eating for Excellent Health, Setting and Achieving Goals and Real Self-Esteem about three months ago. I have battled depression and eating issues for 10 years or so and was, and have been, at the end of my tether for so long. I have been to everyone, read all the books, tried-all the diets, been to 'Louise Hay' weekends etc. Really, I had tried everything , not just for my benefit but for my 4 children and 3 step-children's' benefit, for my ex-husband and my husband now. It all becomes so difficult to know when you are doing the right thing and if you have tried hard enough. A complex mix of too much information and anxiety over whether you have the right information. Guilt, anxiety and depression all roll into one and you have no idea what to attempt next.

Fortunately while trolling the Internet looking at 'self help' sites, I stumbled over your site. And, I must admit, read it with trepidation and that feeling of exhilaration that 'This might be the one!' and also the other feeling of 'Here I go again!' But I persevered and made the judgment as to what to tackle first. I went with the eating as that always seems to drag me down the worst. If I could get a handle on that and feel better with my health maybe then I can work on other areas. So the Eating for Excellent Health CD has been a part of my life for three months now. In the car, in bed, on walks and at the computer, just quietly burbling away into my ears. And, yes, it does make a difference. Not earth shattering, no dramatic weight loss in just a week, but a quiet change as to how I view food and my relationship with it. I now choose more healthy options, I can now do without, I have better dinners, even when in a rush, I am drinking more water. My health is definitely improved, quietly with no fuss.

Jo Brosnahan ,
Balaclava, New Zealand

I really appreciate the Think Right Now programs. I have been using them for several months. First, I purchased the program for window since I do a lot of computer work. Within a week, I noticed my thoughts changing. I was so excited I ordered again--this time "Eating for Excellent Health"--I started sleeping with a tape player next to me---on the outside of the bed so it wouldn't disturb my husband.

Again, it was amazing. One of the phrases says: "When I am full, I stop eating." or "When I am satisfied, I stop eating." I'm not an easy to convince person---but within the first week, I noticed the phrases coming into my mind at the appropriate time--I also was astonished to notice that when I would usually continue eating without thinking---I would stop and lay down my fork when I was satisfied.

These programs really work. Thanks for the programs!! I tell all my friends about them--they work.

Thank you so much,
D. Gonzales
Yuma, AZ

Live each day as an inspiration to yourself.

[Order Eating For Excellent Health Now!](#)

I am a hypnotherapist and NLP practitioner, so I understand how reprogramming works. I started with the "Eating for Excellent Health" program, which I would let play all night at low volume while I slept. After about a week, I noticed that my behavior was changing.

Without even trying, I had started buying different foods, and was passing up on my former bad choices.

Then, maybe a month later, I was scheduled for extensive surgery, so I switched to the "I Am Healed Now" program. I had been told that the recovery period would be 6 weeks. I was ready to get back to work in 4 weeks.

I also lent the "I Am Smoke Free Now" CD to a heavy smoker friend of mine. He has just started using it, so it's too soon to see results. But he has told me that he liked it a lot, and wants to let his sister use it when he's done with it.

I will be recommending these programs to my clients to help them accelerate the changes they are aiming for.

Thank you for this marvelous tool...

Rachel
Montreal

I have been listening to the Eating for Excellent Health Now! program for a couple of months now. I am so happy with the results!

I find that I am not snacking anymore. I no longer order unhealthy meals when I am eating out. My cravings for sweet and salty foods have disappeared! When I shop I only choose healthy foods, and I read the labels to see if there are any additives. I feel so powerful and in control of my eating habits now.

I am looking forward to starting the next program in my collection.

Thank you so much for helping me to be free.

Regards,

Nicole, Australia

Dear Mike,

I've been listening to your "Eating For Excellent Now" program for five nights and I am already seeing myself make some different food choices and am much more able to resist temptation for eating late at night.

The program is so relaxing that I am usually asleep before the relaxation part at the beginning is over, so all of this is going into my head while sleeping.

Thank you so much for this product. I will soon be ordering the one related to exercise (I need to release about 90 pounds). But I want to really get the full effect of this one for a while.

Thanks again!

Cindy W. Fagan

Hello Mike,

I have been listening to your "Eating For Excellent Health Now" program. I play the program each night, at first I thought well this isn't working, until I noticed a glass of water in my hand. hmmm I said. How did that get there? I NEVER DRINK WATER..NEVER. To my surprise it was very refreshing, and fulfilling, I am still drinking it.

I have noticed a difference in my attitude towards myself and I don't have depressed thoughts at all so far. I dress now instead of staying in pajamas all day, it is really a miracle.

My grandsons come and stay with me some, and at first I did not play them while they were here. I have sense changed that policy. An amazing thing happened. Going thru the drive thru at Wendy's, I get the fruit and diet, or bottle water, and give them there choice of what they want. All three of my grandsons have changed from French fries and soda to fruit and milk or water. It is amazing.

I have purchased a Gazelle machine. Now I just need to get on the machine to do the exercise.

Just in the few weeks that I have been listening to your programs I have lost 15 pounds. I was 265, 3 weeks ago and today at a Dr.'s appointment I weighed in at 250.

Well, just a quick note to let you know how I'm doing.

With much respect,
Sharon

Hello,

I would like to thank you for the success I am currently enjoying using your "Eating for Excellent Health" audio program. To give you some background, approximately a month and a half ago I went to a hypnotist to quit smoking. The hypnosis worked fine and I had no problems staying away from cigarettes but I was thinking about (and patronizing!) Dairy Queen and every other fast food retailer incessantly.

I could feel the fat piling on and I was desperate to find a hypnotist that could help me with my weight problem. During an internet search for local hypnotists I encountered the "Think Right Now" website. The idea of a subliminal program I could use while using the computer appealed to me greatly so I ordered "Think Right Now" for Windows as well as the "Eating for Excellent Health" program.

I have used both these programs for approximately three weeks - I listened to the program just before going to sleep - and my attitude towards food has definitely changed. I have not been back to Dairy Queen or any other fast food restaurant since then - instead I look forward to having my daily salad bar lunch.

Not only am I able to stay cigarette-free, I am also losing weight in a healthy, gradual fashion without feeling deprived.

Rebecca Simonzi
Bellevue, WA

[Order Eating For Excellent Health Now!](#)

Dear Mike,

For several years now, I have been very interested in developing into a better person. I have gone to seminars, read tons of books and tried to follow what seemed so clear to me. However clear the idea, though, I never was able to follow thru.

After lots of hard work, and excruciating effort, I had accomplished a few very minor positive changes. It was great, but still I had the feeling that if it took that much to accomplish these small things, I'd be dead before I made any real ground with my biggest challenges.

For a while now, I have been battling with weight. I've had about 50 pounds to lose for the past 5 years, and no matter what diet book I read and tried, or what extreme exercise I forced myself to do, I never was able to keep the weight off. The strangest thing was that

I would get to a point where I was really starting to look good, and feel great, and all of the sudden, I would lose all drive and end right back where I started.

Three weeks ago, my Mom and I ordered your "Eating For Excellent Health Now!" program. The first three days of listening to it I actually craved more junk food than I would normally. I thought, well, this doesn't seem to be working quite the way that it's supposed to...but then I woke up on the 4th day. WHAT A CHANGE! I actually jumped out of bed to go work out, when previously I wouldn't have been able to move at that time in the morning. I planned my meal for that day, it included only nutritional foods like fruits, vegetables and a protein shake.

After a long day at work, I still had the energy and motivation to go to the grocery store, pick out only healthy food to fix at home and actually fixed it...happily! I have never experienced dieting where I didn't feel like it was dreaded or forced. I actually look forward to eating only things that benefit my body!

THANK YOU from the bottom of my heart! You're a life saver!

Angela Taylor

I'm currently listening to "Eating Healthy" and that has also been pretty amazing. The things that have bound me in the past, it's like a bail coming up and I'm able to detach myself from food and be able to just make conscience decisions, but not have it become the focus of my entire life.

This is an AWESOME way to cure problems without beating yourself up entirely as you go through it. I have recommended it to my daughters, to my mother, to anybody that I can possibly talk to. I think it's the most awesome thing in the world because our brains are constantly recording things. I would consider any other type of information that came through Think Right Now and would also consider using them at a later date.

Shay Freeman- Kansas City, MO

A couple of years ago we purchased a few of your programs and didn't really make use of them and they ended up in a drawer. Three months ago we decided to begin using them. Knowing that we had several "issues" we wanted to work on in our lives, we also decided to purchase all your programs. We wanted the whole library to choose from as each of us has various "issues" we wanted to work on which I will not go into at this time.

Our 11 year old son chose to listen to Eating For Excellent Health Now! Our son used to eat anything - when he was a preschooler people would ask how we got him to eat so healthy-- as in fresh broccoli, etc. My response was just that he liked it and chose to eat these healthy items. We even sent his lunch to school with him so he would get healthy, nutritious foods. He would take things like sliced turkey & snow peas in his lunch. However, around the age of six he began to get picky - saying things like "I'm not into broccoli anymore" and he would never eat that item ever again. He also began to complain about certain textures or flavors - there were even certain foods he would only eat fixed a certain way (he has sensory integration issues).

Things progressed until he was down to eating very few items. We went through the whole range of responses as parents from "if you do not eat what is on the table then you do not eat" - he went over three days once without eating. He was throwing up sick by then.

Then we decided to just let him be and not give him any attention for his eating habits - hoping he would get sick of the few items he chose to eat - didn't happen. We never cooked special for him - he cooked/fixed his own few items. This was all a huge problem for the family as other people just didn't understand (well mom and dad didn't either!)

Right before he began listening to Eating for Excellent Health Now! he had gotten to where at times he would literally cry because there was nothing to eat and he was sick of the same old thing but he did not like anything else. We took him to the grocery store and told him to find something new and he wandered the isles and did not come up with one single new item. Hence he was willing to give your program a try.

He has been listening for two months now - he plays it on loop all night and listens most days one time through with headphones on. We suggested the headphones as we felt that would be a way for him to be more focused on it.

Here are the results so far -

- He is beginning to just automatically ask for a taste of this or that.
- The other day he went to the refrigerator got an apple, sliced it and ate it! He didn't even act like it was anything different. He has not eaten a piece of fruit in several years and yet he just casually got it and ate it.
- Another time we were sitting on the couch together. I was munching on raw, whole almonds and he began to eat them too.
- He is drinking more water.
- He is asking to eat with the family (mom & dad) even though he will still eat his own meal he has fixed; he will ask if we can all eat together.
- When we eat out he is more amenable to various choices than before - before it had to be one of 4 restaurants. He will even say "It's your turn to choose. I'll see if I can find something on the menu I am willing to try."
- Other responses to new foods are "well it's not great, but I can eat it."

There are numerous other instances of his eating better and I wanted to share this with others as I know that if this program works so well with a super picky 11 yr old with sensory integration issues it can help others.

He is continuing to listen to the program. I also purchased the Self-Esteem for his age level and that is what I'm going to encourage him to listen to next.

Lisa Wendell, Mo

[Order Eating For Excellent Health Now!](#)

Dear Mike,

I have ordered five of your programs "Freedom From Depression Now", "Setting and Achieving Goals", "I love Exercising Now", "Eating For Excellent Health Now" and "Real Self Esteem Now" and I am thrilled to tell you how amazed I am at what a difference they have made. I noticed a change in the first few days. Over the years I felt that if only my thinking would change I would be able to accomplish some of the things I have always wanted to. I was always labeled as LAZY and I bought into that and believed it for many years. I am just now realizing that I'm not really lazy but was just living out of a mind set which I couldn't seem to change. Thank you, Thank you! I am now setting goals and I'm on the road to achieving them.

This e-mail is proof of the change because before I would have procrastinated and never got around to writing it. I actually cleaned my closet out yesterday and have signed up at a gym to start an exercise program. As I close I must tell you no one has ever in my lifetime told me not to overdo anything... in fact it's kind of a joke around my house that Mom will never overdo anything... but yesterday my husband actually said and he was dead serious, "Honey, don't try and do too much". When it dawned on us what he had just said we both had a good laugh.

Thanks again! I now understand the scripture in the Bible that says, "As a Man Thinks, So Is He".

Thanks again,
Chloe

I own "I Love Exercising Now!"; "Eating for Excellent Health Now!"; "Real Self-Esteem Now!"; "Supreme Confidence Now!"; "Dissolving Panic & Anxiety Now!"; "Setting & Achieving Goals Now!"; "Unstoppable Motivation Now!"; "Instant Diet Power"; "Instant

Workout Power"; "Win Friends & Influence People Now!" and Think Right Now! for Windows. I listen to one of the programs every night. I have "Supreme Confidence Now!" and "Unstoppable Motivation Now!" in my car and Think Right Now! for Windows at work on the computer with the info from all of the above on it.

Where do I begin??? Looking at the list above you'd think I was a mess to start with, but I think it was curiosity that sold me on the first program. I knew from education and my own studies the power of affirmations and repetition. I would wake up in the morning feeling different. My life got better and better. I kept buying more programs. But how was it better? Well, I found myself answering people with lines from different programs or, more importantly, talking to myself with lines I had heard.

I can do anything I put my mind to.
I'm worthy of praise and rewards.
If I can dream it, I can do it.

And I started to believe it. So I tried new things and little by little I found myself getting excited about getting up the next day. I was happy all the time. People would comment about how "together" I was. When my son's girlfriend was having some problems she said she wanted to be more like me so I had you send her "Real Self Esteem Now!" and "Dissolving Panic & Anxiety Now!" Anyways it is hard to be specific because it seems to come so easy. I smile more. I look at situations and know I can make a positive impact. I've lost weight. I joined a gym and a wonderful yoga class.

I am happy with my life and I don't know what more any program could do. When I tell people how I listen every night, they seem skeptical. But people were skeptical of the telephone and television too at one time!
Sincerely,

Linda Czerkies, NY

Hi Mike,

I love your newsletter. You always seem to hit the nail on the head as far as my own life issues have gone, it was actually uncanny. I have bought several of your Think Right Now programs ("I Love Exercising Now"; "Eating for Excellent Health Now"; "Setting and Achieving Goals Now" and "Real Self Esteem Now") and the new 60 beat music CD's which I listen to while I am studying. I admire your life principles, and I try to incorporate the idea of asking myself ..."what can I do for this person?" into every day.

Love your newsletter and your other products! Keep doing it!!
Thank you with much love and light,
Claire Tait

[Order Eating For Excellent Health Now!](#)

Financial Abundance Now!
Success Stories

15 years ago, following some naive decisions, I was living under a bridge at the age of 19. Then there came a disastrous job after a disastrous relationship. Money (or rather, the lack of) issues really made almost my whole experience of life a bitter one. It was a cycle of abject misery for the most part, and I don't mind telling you I made virtually everyone I knew miserable too.

I have tried so many different self help programs and have seen the quality of my life slowly improve over the last 10 years. I now live in a flat in the most expensive borough in London, England, with my beautiful wife, doing work I enjoy for my own business. I'm not going to pretend it's been easy. I now regularly win awards for excellence in my field. I am generally happier, barely worry and feel very confident most of the time. I am also set to embark on an adventure working in an entirely different field!

So what? You may well ask. Well, I have tried an awful lot of financial improvement programs, and I reckon that the "Financial Abundance Now!" program is up there with the best. It's packed with common sense thinking patterns. I started using it maybe a year ago. The changes have been subtle, but add them up over a year and now I am making a darn sight more than I was a year ago, and I feel this is just the beginning. Now, the thoughts occur naturally, like they are common to me... which they are now, of course! This month alone, I have made over £6,000, compared to living on benefits just a few months ago. It's been a struggle, but it seems to be getting simpler and easier now. I am able to support my wife, go on holidays, and plan for the things I really want to experience in life.

If you are serious about improving your financial situation, this cannot hurt you.

Joe Sowrey

Hi Mike,

My name is Stanley Ferguson. I own "Setting and Achieving Goals Now!" and "Financial Abundance Now!" "Setting and Achieving Goals Now!" was my first experience with your programs. Since then I've made some serious changes. See, I'm a business man by

nature, but I've always been too nervous to really follow through with any of my plans. Since I've found your program, I took that huge step - with confidence- and bought into a franchise. I'm so excited because I have not experienced the "type" of nervousness that I've experienced in the past.

Let me expand. In the past I would start out with a great idea, but shortly afterwards I would get overwhelmed with negative thoughts about the worst things. Soon after that I would forget my ideas and lose all motivation. But with your program I am shocked at my thought process. I've been into my new franchise for about six months and I have not quit. I'm still moving forward with a full head of steam and I am so happy and surprised. Thank you greatly. I feel good and as situations arise I handle them with the most upbeat attitude. Before I would've given up and talked myself down, but never again. I describe myself as the "Former Lion in the Cage." I'm free to conquer. The only thing on this earth that I really want to master and dominate is the world of business. I will succeed. Thank you and God Bless...

Warmly,
Stanley Ferguson, Alaska

Selling is a part of my job and I hate selling. Achieving my target was a big task for me. I started listening to the "Accelerated Sales Success Now!" program and the last eight months have brought a big change in my attitude towards selling and fantastic improvement in exceeding my targets. Now I never think about my targets and I am confident that I surely surpass them - month after month. I stopped selling - I offer my products to my customers by simply establishing an emotional connection with my customers. No more pressure - what a big relief. Thanks to the Think Right Now! program.

I migrated from India with my wife and two daughters to New Zealand almost seven years ago. It was hard for me to adjust to the new environment. The first four years were very difficult. I had no stable job and a meager income; I never had more than couple of hundred dollars in my bank account. My desire was to have my own place to live, a reliable car, and the ability to send kids to coaching to pursue their hobbies. Then I started listening to the "Financial Abundance Now!" program almost eight months ago. We play this CD before we hit the bed - don't know what happens; after playing both discs my CD player automatically stops. We set a target amount and started saving the money for buying a home. Even before achieving the target, a great offer came our way and we grabbed it. It's amazing how the whole situation has changed and we are getting the good things that we were only dreaming of.

I play the "Setting & Achieving Goals Now!" program while driving back home from work. I believe the affirmations in this program help me stay focused on my goals and achieving my goals. I have been listening to this program for almost nine months. Without my knowledge, I started focusing on what I wanted to achieve in my life. Earlier

it used to be a rudderless journey. I developed the habit of establishing friendships with enterprising and successful people. I have improved confidence in myself and in the future. I am spending less time watching television and I have joined swimming and badminton classes - giving more importance to health. Now I am more energetic, I can go an extra mile. Now I have a willingness to try rather than simply giving up or procrastinate and am receiving recognition from the top management. While listening to the affirmations on the program, each sentence brings a smile to my face. It makes me feel that yes I can do this, that's a good idea, how about implementing that?

We were very skeptical initially, but now we consider that subscribing to the programs was a wonderful decision made by us. We feel that it's an investment for our prosperity and future.

Sudesh, New Zealand

[Order Financial Abundance Now!](#)

Hello Mike,

I'd like to tell you about my money concerns and how Think Right Now has helped. I was raised by parents who constantly struggled with money issues and consequently, I developed some very negative thought patterns about money. I started to do some study on money mental conditioning and did learn a lot about it. But, boy those mental patterns are insidious! Then recently I found myself a single parent, which really put me in a tight spot financially. I got busy using a lot of the techniques I'd learned, but with limited success.

When I added "Financial Abundance Now!" to my routine by listening to it in the car and/or at night, I found it helped me get to the point where I am making real progress in building my business. My motivation is up, and I am seeing many more opportunities and following through on them successfully. I have used it for about three months now, sometimes regularly and sometimes not. It's funny how we humans are about things like that, but I just keep going back and it does work. I know as I improve my habit of using the tape, I will also see more progress.

I see the light at the end of this tunnel and I'm happy to be able to recommend the tapes to others. Excuse me while I go exercise while listening!

Gerri Ratigan

I use both "Financial Abundance Now!" and "Setting & Achieving Goals Now!" daily. I also purchased "Dissolving Panic & Anxiety Now!" for a friend who absolutely loves it.

At night I go to sleep with one of my "Financial Abundance Now!" programs playing on the stereo. I use the "Setting & Achieving Goals Now!" program daily as an affirmations tool while driving in my car. I also use them for background affirmations while working on the computer or running.

I have used these programs for almost 60 days. I have to admit; I bought them over a year ago, listened once and continued with my same frustrating patterns. The benefits only came after I listened consistently for about 20 days or so. I have always believed I have been operating below my potential and had a hard time feeling prosperous and confident. Now, I am setting and achieving goals on a DAILY basis. I literally found myself thinking what was on the programs and my actions have started changing as if on auto-pilot. It's quite exhilarating.

In the last month alone I started my own fitness consulting company and am already starting to reap the financial benefits. I feel more focused and confident than ever. I am looking forward to adding the "Unstoppable Motivation Now!" program to my collection soon!

Philip Bruley, BILTA Fitness Consulting

I use your programs in a variety of ways - I use them at night when I go to bed, sometimes allowing the program to quietly repeat throughout the night. I also enjoy using the Think Right Now Programs when I am washing dishes or doing other general housework while playing the programs on a standard CD player and alternately sometimes using a Walkman CD player and headphones as I move throughout my home. I carry my pack of CD's when I leave the house and play them in my car as I drive or on my laptop computer when I'm at Starbucks or Borders. I have even used the headphone/Walkman options while taking long walks or shopping.

Initially I started with your "Freedom From Depression Now" program, the changes were subtle but undeniable. Just being able to awaken early in the morning with a desire to greet the day was a stunning change, as I related in a previous e-mail..

But by the time I ordered the Unstoppable Motivation Now! , Financial Abundance Now! , and Supreme Confidence Now! programs, I was in need of much more.

Early last summer, I had over \$2,000, credit cards, and car keys stolen from me. Checks bounced, creditors called, and I was struggling to keep an older vehicle running while looking for a way to miraculously produce \$1,300 to replace the keys and security system to my newer vehicle. Boy was I overwhelmed. It was hard to think straight and figure out what to do. Who to pay first? So much to take care of, so little to go around. I began to stick my head in the ground so to speak and do nothing. Day after day past, as I accomplished little to nothing, and the money problems mounted.

I am happy to report, that I am well on my way to digging out of my deep, dark pit. By listening to your programs, I have actually been able to grasp that I CAN accomplish great things, one step at a time. I DO have the time and energy to keep putting one step in front of the other and to keep making progress. I am no longer a victim of my circumstances, but am in control of my own destiny. It's a great feeling to think that when I look back at all that I've been through, I'll be able to recognize that I'm the one who used my own God-given talents and abilities to make good decisions and turn my circumstances around. Everything I've needed has been at my disposal all along.

I am still digging out of the financial pit, but the worst is behind me. I was able to save my home from foreclosure and am moving forward to pay down the other bills, create new sources of income, and judiciously spend the money I already have.

I sometimes am able to listen to 2-3 different programs per day. Sometimes I pick one program and listen to it twice a day every other day. I don't have a set program, other than that I'm certain to continue my exposure to this positive and motivating material on a regular basis. I find that the programs overlap tremendously - each program is effective in lifting the fog of depression. Making strides financially provides tremendous levels of motivation and confidence.

I was particularly concerned at one point, because I some my daughters begin to mimic my behaviors - sleep patterns, lack of focus and motivation in caring for self or surroundings, disregard for deadlines and requests. I wanted to make changes in me so that I could be a better example and an encouragement to them. Thanks for making this possible.

Regards,
Annette Yunker, Virginia

[Order Financial Abundance Now!](#)

These programs truly do, "reshape" one's perspective to a more positive outlook. The Financial Abundance Now! Program has brought a great deal of positive change for me. Most of the changes have been very gradual, but is has been a profound degree of change, the most important kind of changes that are required in order to support a permanent change. I have come a very long way from where I used to be, I make more money now than I ever have, and that is the truth.

I now live in a place and location that I absolutely love that I never before thought that I would actually be able to afford. I now own a vehicle, so I have my own transportation, and I make more money than I ever have before in my life. I have been able to pay for doctor visits that I was desperately in need of. I know that I still have so very far to go in my journey, and toward reaching my goals. But I am confident that the, "Financial

Abundance Now!" program is what has enabled me to get out of the rut I was once in (and had been in my entire life, until I discovered the program) and move forward to a brighter future.

I'm not sure of any other way to fully describe the changes that have been created within me and my life by this program other than to say that I feel like a totally different person. I've opened up so much more to life, and my relationship with money has began a wonderful and amazing healing journey that my heart has longed for, for such a very long time. So, I'm not sure how else to explain it other than I, "just changed". I didn't do much else differently. I just took Mike's advice and kept pressing the play button. I listened to the program faithfully almost every night for several months. I continue to listen to the program on repeat every night while I'm sleeping, even while working and doing other daily activities on my computer.

Growing up in such crushing poverty and lack created many negative beliefs and voids in my life and my way of thinking. When I look back on the condition of my life and mindset, my entire way of thinking, how it used to be, the imagery shows a bewildered, troubled, exhausted, and downright blackened way of looking at money, and the world in general. But these programs..... it's like they are shining a positive, brilliant light into even the darkest, most broken down corners of your mind and way of thinking. My experience with these programs have caused me to feel a greater sense of personal freedom than I ever have before. I feel more whole and complete than I ever have before. It's as if the light of these positive statements literally illuminate every dark spot and every void within your way of thinking. These programs, they bring healing to a wounded way of thinking and restore your mind to the positive place that it would be naturally had the negative ideas never been etched into your mind.

The changes it has created for me are on a massive scale and it has helped me so very much that I have recommended Think Right Now to many friends, relatives, and even people I've just met. You'd think I was a personal spokesperson for Think Right Now I've recommended these programs to so many people :)

I choose the wordage, "changes on a massive scale" because not only do I have evidence of these changes in my experience of life on the outside, but the changes within have been so profound that I truly feel like a whole new person. I feel that the positive statements on these programs have helped to restore me closer to being who I am meant to be, without the negative mindsets holding me back from my full potential. The programs have helped me to become more of who I really am. I am completely convinced that these programs are responsible for the profound degree of positive change in my life.

If it weren't for this program, I might still be just as stuck as I used to be. I am confident that the massive changes in my way of thinking are a result of this program. It's well worth every dime, several times over.

Thank you for creating these programs because they truly are life-changing and they have changed my life in more positive ways than I could ever express.

Christa Willard, OH

About four weeks ago I started using your product "Financial Abundance Now" program. I have been playing it on continuous play most nights and two to four times during the day.

One morning after hearing it through the night in my sleep I woke up with the idea of how I could save about £100.00 a month (approx: \$200.00) and with the deep feeling and motivation to open a savings account to do this.

This may not sound very spectacular but I have saved almost nothing in my life. My attitude has always been what's the point of saving on a low income? I have tended to (unsuccessfully I might add) go for get rich quick schemes.

Therefore this is nothing but a minor miracle for me - especially the fact that this transformation occurred in my sleep. It's as if the belief systems of a lifetime have been altered overnight. (I'd like to add that this happened in my first week of listening). I am now firmly committed to saving and building my financial base patiently and not hoping for the 'big break'. I've also found that I'm not spending money on unnecessary things which is also covered on the program.

Many thanks and blessings to you Mike!

Sarju, London

Hi there,

My name is Lindy the first Think Right Now program I used was "Financial Abundance Now". I ordered your programs about five months ago feeling optimistic that this could improve a new business I had started seven months prior to ordering. I listened to the program in my car (four mornings a week on the way to work) and I put it on my ipod and listened many nights (about four to six nights per week) as I was going to sleep.

After two months I noticed a significant increase in my finances and for the first time all year I paid my self for the first time. This was Jan 06, I slowed down on my listening for a whole month and the next month was a bit slow financially. Determined to make this March month a success I turned the programs on the first week and after three nights (about 1-2hrs usually asleep) unexpected income started to pour in and by the end of the first week I had met my overhead for the next month. Wow that was a first. Then I didn't

listen for about a week and I decided I wanted to create an extra \$3,000 before the month was over, so I listened again for only three days again and had the next two weeks explode and I created over my goal, \$7500. This was above and beyond what I set out to create. Wow if I would listen to these things everyday I just know I'd be a millionaire in a short amount of time!

Lindy Johnson, TX

Dear Mike Brescia:

Let me thank you for your programs!!! They are a godsend!!! I have ordered "Freedom from Depression Now!", "Real Self Esteem Now!" and "Financial Abundance Now!" and have been using them religiously. Wow... they are dynamite for the mind. I am a board certified hypnotherapist from New York and moved to Colorado to take my profession (game) to the next level..

I have seen major improvements in myself since utilizing your technology such as:

- a) I've eliminated blaming self and others for the lack of success and progress in my life
- b) Said good bye to the shame others game
- c) See the source of my compulsive addictive behavior and corrected it.
- d) I have increased awareness of mood swings, frustrations and fears and have made adjustments in my internal and external attitude.
- e) By increasing focus, visualization and the proper level of acceptance to financial abundance, I am able to recognize opportunities more readily and execute my plans.

Thanking you again for everything!

Sincerely yours,
Ronnie Dozier

[Order Financial Abundance Now!](#)

Freedom From Depression Now!
Success Stories

Dear Mike,

I purchased "Freedom From Depression Now" program. I experienced a difference my very first night. Since that first night, two months ago, I have become a true believer!

I had experienced a lot of loss in the past two years and have had serious health problems, also. Feeling powerless about my life, I fell into a deep depression. I have had horrible side effects from anti-depressants and realized I needed to go in search of an alternative to drugs for my depression. I found your site and your programs. Although my intuition said to buy the program, I didn't put all my hopes into it being the solution to my depression, but I was open to it.

I can say, without a shadow of a doubt, that I have been incredibly altered from listening to the "Freedom From Depression Now" audio program!!

I am like a person coming out of a dark closet and who can now feel the warmth of the sun and see the blue sky overhead; it is a new world for me since using this program!!

I wouldn't even consider going to bed and not listening to my program. I wait for the part that says "I'm feeling good!" and I say it with the program. Now I wake up in the morning and the first thought I have is "I'm feeling good!" I think that's totally awesome!! Ha ha ha ha ha!!

I'm having great dreams...dreams of harmony and happiness and connection with others...great dreams, the like I've never had before.

I tell everyone I know who is having a struggle in their lives about your site and your great audio programs. My dearest friend has breast cancer and, after hearing my testimony about my success with your audios, she bought your "I Am Healed Now" program. I'm so thankful that she will be able to reap the benefits of your audio program!

I went from a person who felt hopeless and powerless and completely isolated, to a person who offers hope and light to others! I find that many people - family and friends - are calling me when they are in crisis and seek my calm, comforting perspective on their struggles!! I could never imagine this would be possible 3 months ago! It is truly a 180 turn-around in my life and, "Look Ma - no drugs!!"....ha ha ha ha!!

Oh, and did I mention my sense of humour has come back, also?!!

Thank you for saving my life (I mean that from the bottom of my heart!).

Gratefully yours,
Peter S.

Dear Mike,

I am a college student. You may think I am too young for this type of program, but I am not. I was diagnosed with depression and social anxiety 2 years ago, but have had the symptoms much longer. After trying the self-help books and website suggestions, and seeing no results, I knew I had to try something different. Luckily, I came across your website.

I have been listening to Freedom From Depression Now! and Dissolving Panic and Anxiety Now! for over a year now. I just listen to the CD's at night on a portable CD player. The results are remarkable! I am excited about facing a new day, living life fully, and closing each day with the satisfaction that I lived at my highest ability. Oh yeah, my newfound confidence has led me to pursue a new career. I am going to give back and help others with the diseases that plagued me so horribly, depression and social anxiety. The benefits of the CD's are clear. All I can say is, thank you Mr. Brescia!

Kenton Hargis, IN

Dear Mike,

I've listened to your program "Freedom From Depression Now" for the past six weeks nightly. I've had chronic sleep problems now for over five years and I'd never know whether I was going to have a good or bad night's sleep (mostly bad) and whether I'd have the energy to get through the next day. However, now I do - it's good, no not good, great!!!!

Twenty days ago I made the decision to come off my anti-depressants. I used to take 40mg per day; I'm now taking 25mg. I feel wonderful. I should be totally off them by the end of January 2006. I've been taking these for over three years now - but not for much longer.

I'm actually getting my life back!!!!!! And it feels like nothing on Earth!!!!!!

I want to thank you for all of your wonderful work. You must be touching so many peoples' hearts all over the World and helping them so much too.

With Love and Thanks to you Mike
Niti

Freedom from Depression works for me!

Hi Mike - Finally getting my act together to write you a big holiday THANK YOU.

I have been using your "Freedom from Depression Now" program at night and then again in the morning for several months now, and I just cannot get over the results.

I don't know if I was clinically depressed or not, but certainly was having issues that I was worried I might need medication for - weeping over nothing, not wanting to do much other than sleep, constant negative thoughts going on in my head... the list goes on.

I can say after just a week of the 'double-listening' (night and morning), I felt so much better, and STILL DO. I no longer weep for no reason - jump up out of bed after my morning listening session, which I gladly plan to begin early enough so my day will get going - no longer crave a nap in the middle of the day. I feel much less stressed out over work demands and actually just see them as challenges that I am lucky to have before me.

My marriage and relationships with my kids are both improved, and dealing with some folks that previously totally stressed me out is no longer an issue!

I see so much promise in what you are doing - please keep it up!

Jennie Oyola, MA

[Order Freedom From Depression Now!](#)

Mike and all the people who made it possible,

First of all Thank you, your program "Freedom from Depression Now" has contributed to the most profound transformation in my life.

In 2003 after immigrating to Canada my wife told me she did not need me anymore and our marriage was a big mistake. It was a devastating blow on top of difficulties in adjusting to new country with no job, not many family or friends and no sweet past. :-)

To make the long story short I was shattered to the very foundations of my psyche and was totally frustrated with no energy to enjoy life. I was not very productive at work, I dreaded going there every day, I was not pleasant to be around, I did not want to see people and be seen.

But I did not die and I knew there should be a way out. I read all the right books including Covey's Seven Habits, I read tons of on-line resources, I was seeing a practitioner and I was spending big money trying to put some energy and drive back into my life. Nothing worked.

This situation continued for about eight months. I finally stopped seeing a practitioner

because I felt it was waste of money and I was getting discouraged as nothing seemed to work for me.

I don't remember how I stumbled upon your website. I learned about your "Today is your day to win" book and your audio programs. I decided to give it a try. I started reading your on-line chapters and I started making the flip cards with the affirmations and read them everyday.

I ordered "Freedom from Depression now" program. By the time the program and the print copy of your book arrived in a week or so I was so empowered that I felt really great. This was exactly about a year ago at this time. I vividly remember how I made certain plans for this past year. I did not know if I would be able to fulfill those plans. I made plans to exercise regularly, I made plans to get more productive at work and I made plans to make sure that I am part of my daughter's life who is not with me anymore. Now when I look back and see all my plans fulfilled 100% or more I am giving a big credit to your book and your program.

Your program brought out the energy to achieve those plans. I've been going to the gym two/three times a week for a year now. I have been promoted at my job, and I have started the legal process to make sure I am part of my daughter's life. All of it with a smile :-)) and all of it with a lot of support I give to others. All with ease and vigor I could not imagine was harbored in me!

So thank you for all your great work you are doing! Thanks for creating programs on every imaginable behavioral problem and thank you for being there for people like me. Thank you for empowering me and making my life and the world better!

All the best for this year and years to come!

Alex Todorov, Canada

My name is Michael Murah and I wanted to tell you how much I appreciated your Audio Program 'Freedom from Depression Now'. I lost my job recently and I must say that it has been a traumatic experience. There was a period of shock followed by a lot of self doubt, anxiety and frustration over my predicament.

I received the program and listened to it every so often at first. I was admittedly skeptical but I did notice I felt better and more able to find something solid in my life. Over the past few weeks I have been listening to the Program several times daily.

Your program helped to get me out of the powerless state of mind which frankly had me in a choke hold. Gradually I have been able to channel those energies I wasted on depression and negativity towards the task of solving the problems that lay before me. I

have always thought of myself as a resourceful person but it seemed that in the period before I started using your program all my faculties had abandoned me.

Your audio program helped me to find that which I had lost. My wife has commented that she 'sees the light back in my eyes which she was beginning to think was lost forever'. I have finally begun to get perspective on the self-sabotaging behaviors I have had since early childhood. I look back into my past now and see where opportunity was screaming at me while I saw only hopelessness.

Coming to the realization that I have been my own worst enemy for a long time is both deeply disturbing and empowering.

I have come to see success in life as getting the tools we need to live healthy and productive lives. Thanks to your program I feel that I finally have something to place in my toolbox.

Mike Murah, Georgia

Hi Mike,

I ordered your "Freedom From Depression Now" program to combat my depressive thoughts. They were like a tape running on a loop inside my brain. I had read about your "Freedom from Depression Now" program in one of your emails and thought, "I'll fight fire with fire. I'll "tape over" those negative thoughts with positive ones."

I started using the program at night, listening to it as I fell asleep. The morning after my first listen I woke feeling light-hearted. This was a significant change after one listening as my depression often felt like a heavy weight on my shoulders. My day - for the first time in years - did not start with a weary sense of dread. I had just started a new job and along with the light-heartedness, I felt a sense of calm versus the anxiety I often feel when I start a new job. I felt a significant shift after one listen, and I couldn't believe it!

Because I liked what I was feeling, I continued to listen to your "Freedom from Depression Now" program - every night at bedtime for the next eight days. By day thirty one I was on the phone with my friends, telling them how differently I felt and raving about your program.

I told my therapist about it, and she was very impressed. For about a year now, she has been urging me to go on medication. I did not want to medicate myself and this became a rather sore subject between the two of us. My therapist listened to me extol the benefits of your "Freedom From Depression Now" program and at one point said, "I can hear the difference in your voice. You sound so much lighter."

Let me tell you about the benefits I've received from your "Freedom From Depression Now" program. First and foremost, the negative tapes in my head no longer play. That's huge, because they have been playing for most of my life. As a result of your program, I am up first thing in the morning with a smile on my face and spring in my step. I used to fret and fuss over every little concern in my life. I don't do that anymore. I face what comes my way, do the best I can, and am free from worrying. I sleep much better now; I fall asleep soon after the program starts and wake up refreshed in the morning.

I used to isolate myself, now I'm far more social and outgoing. I found myself introducing myself to people in the hallway at my new job - something I never did before. And this is huge too - the sadness that was part of my monthly PMS has disappeared. I used to cry at the drop of a pin for the entire week before my menstrual cycle began. Now, no more tears. I'm not kidding. I just don't "go there" anymore.

I continue to listen to the program about once or twice a week - as a tune up. I'm telling you, as soon as I put your program on and hit play, my entire body starts to relax and feel lighter. It's incredible.

Victoria Gallucci, NJ

[Order Freedom From Depression Now!](#)

I ordered four of your programs about a month ago. I have been listening to "Freedom From Depression Now!" and "Eating For Excellent Health Now!" I had to write and let you know that I have made a HUGE turn around. I had gotten to the point where I wasn't excited about anything. Everything just seemed to be such a problem and not worth the effort. Getting out of bed was about all I could handle. I was starting to get scared of how I was going to do my job and handle my responsibilities.

Well, I am now excited about my life again. I have goals, things I really want to do. I am enjoying going out and meeting people again. I feel like I can do anything that is required of me. I can handle whatever pops up. It's so strange - my mind is filled with possibilities. It used to be filled with how difficult everything was. I can't thank you enough. I feel positive and happy now. I am going after life with a gusto I haven't felt in years.

Kim

P.S. I am also eating A LOT less than I used to. Food really isn't even an issue anymore. I just don't think about it that much. I don't know how much weight I've lost, I don't weigh myself everyday. But I do know that food is not an issue anymore. WOW! What a relief!

I originally purchased your "Freedom From Depression Now" and "Dissolving Panic and Anxiety Now" programs almost two years ago. A few months later; I purchased "I am healed now."

I have had chronic pain issues for many years. This limited my interactions with every aspect of my life. It also introduced me to panic, anxiety, and depression. Two winters ago, I saw my life as more bleak than I had ever known it to be. The infamous black hole of depression absolutely engulfed me. As the process continued; the panic and anxiety attacks and constant pain became my spiral of living.

I searched the internet daily for people like me so I wouldn't feel alone. I researched every conceivable program, supplement, and "cure" some I tried, some I disregarded. Nothing I tried worked. I survived that dark winter on herbal anti-anxiety remedies, determined never to be at the mercy of prescription meds again.

I made a decision that my internet research might better help me if I looked for subjects that might motivate me, inspire me, and pick me UP instead of depressing me further. I came upon Mike Brescia's website and read and re-read it. It was too good to be true.

All of these sites were just well written sales pitches - this I "knew". But I took the leap of faith and ordered Dissolving panic and anxiety now. My spirits rose, knowing that I had made a decision that I hoped might work to bring my mind, and in turn, my life back into balance. I received the program and listened to it faithfully for a month. I didn't think anything was happening.

I then realized something: I found myself talking to people and the words coming from me were not the me I, and others, had known. I spoke more positively, I found myself showing and feeling more optimism. I began to see the negativity that people think and speak on a daily basis, and it reinforced what the CD was "telling" me every night as I slept. I then incorporated the "Freedom From Depression Now" program; and within a few more months, I found myself no longer experiencing panic attacks at work- in fact, I started looking FORWARD to going there and working with my clients.

I used these programs interchangeably for approximately nine months; and then started the "I Am Healed Now" program. This is the core CD for me, I believe. I needed the Depression and Panic & Anxiety CDs to bring me from the deepest part of my despair. But the I am healed CD is a foundation for my higher level of total wellness. I have listened to this CD nearly every night for about a year now.

In this time frame, I have become more aware of better eating and sleeping patterns. The myriad symptoms (fatigue, sleeplessness, pain, anxiety, irritability, to name a few) that usually accompany chronic pain syndromes seemed to gently fall away.

They are an amazing sleep aid! Beyond this, my thinking is truly different and this is how I know it doesn't even matter if I hear the entire program r sleep through it.

It took me many, many years to be where I was those two winters ago- miserable and in pain, physically and emotionally. Two years later, I am in a place I never thought I'd be. I have strong goals and a growing business. I feel better now than I did 10 years ago and I'm working on improving that! I never find myself researching the woes of chronic pain, anxiety and depression on the internet any more. Instead I'm all about motivation, success, and bringing joy to my life!

Shirley Philbrick, ME

Dear Mike,

Your program "Freedom from Depression Now" program helped me get off Prozac, eliminate suicidal thoughts, and cure my depression in 43 days!"

I had been suicidal at one point and my doctor put me on medication. I felt so much better on the medication that I couldn't get off it for three years.

Every time I tried the mental loop of "bad thoughts" came back and I went back on the meds. After trying several subliminal programs I discovered that without hearing any positive affirmations my mental loop was free to run its course.

I used the 'Freedom from Depression Now' program and straight away felt better because the affirmations are always audible. I used the program every day for 43 days and felt happier and lighter than I can remember.

The results were exhilarating and better than I imagined. In fact it completely changed my thought pattern. I am now depression free for nine months. I love life. And I strongly believe Mike Brescia is the genuine article. I am forever in his debt.

Craig Perry, Australia.

[Order Freedom From Depression Now!](#)

Dear Mike,

I had been having difficulties with meeting my boss' expectations last year. We had started on a bad foot in October 2003 -- my first day working for her was only two days after I was in a car accident and had a tough time figuring out a new job while recovering

from a back/neck injury that I tried to ignore.

When I listened to your "Freedom From Depression Now" program I was struck by how some of the affirmations really made sense in a way that I hadn't realized before. I didn't realize that depression could be related to feeling powerless to change circumstances that did not meet my needs.

I didn't notice anything particular -- not right away. What I did notice, however, was a hugely improved way of relating to my boss. I didn't worry about her so much... What she thought of me or whether she was happy about a particular thing. I just did my job. About two weeks later, my boss mentioned that I'd been "doing a great job lately."

Months later in my review she noted that she was not sure what I was doing differently, but that I should keep it up. That my performance was better, I was calmer, and actually working/struggling a little LESS about work and keeping up better with my family obligations.

I don't know what it could be, except for listening to the Think Right Now "Freedom From Depression Now" program. I highly recommend it.

Thanks, Shari Carle, TX

Hi Mike,

I have fought a life long battle with depression and liked to think that I 'managed' for the most part. I realize now that I have spent most of my life in a miserable struggle. Last year things took a nasty turn for the worse. I had a breakdown and thereafter suffered severe clinical depression for many months. I see my GP regularly, take medication and have regular appointments with a psychotherapist. I was off work sick for an eight month period.

I discovered your site while searching the web for useful information for depressions sufferers; it was one of the most important finds of my life.

I listen to your "Freedom From Depression Now" program three times a day; morning, early evening and before going to sleep at night. I found quite quickly that this worked well for me.

I was terrified and I mean literally terrified of starting work again. I still have days when I wake in the morning with that same dreadful fear; sometimes I don't sleep the night before because I am so afraid. Listening to your program really helps, it calms me down and I can deal with my life and put thoughts and fears into perspective. I have come to

think of your program "Freedom From Depression Now" as a good friend. The thoughts and messages go with me into my work and my home life.

When I stopped being so afraid of dealing with the issues in my life, stopped procrastinating, broke them down into doable chunks and got on with it my whole life became so much easier.

I have always wanted to do was write a mystery novel; I love reading this genre when it is well written and I've always liked to think I had a half decent book inside me. When the illness came along and chopped me off at the knees I felt I would never complete a day's work again let alone write a book. I was wrong, everyday I spend my lunch break working on my first novel. I am now into the fifteenth chapter. I have also written ideas for the next two novels.

These and so many other things make me realize that I have so much to be grateful for in my life. The words I listen to each day on the 'Freedom from Depression Now' program have helped me realize this. I now see myself as a person who achieves what I set out to do. There are no insurmountable problems, only areas I haven't finished dealing with yet.

I have wonderful people in my life and you are one of them, the fact that we have never met is irrelevant.

I said I would try not to go on too long and I'm afraid I did anyway; a few short words couldn't possibly have told you how much you have helped me.

With heartfelt love and best wishes to you and yours and for all you wish for in your life.

Chris Newsham, England

Dear Mike,

I am 66 years old and my husband has Parkinson's disease and I am his sole caretaker. You can imagine that I had a need for your "Real Self Esteem Now" and "Freedom From Depression Now" programs. I purchased both of the programs and started playing them every morning before I got out of bed and every night when I went to bed.

I inevitably went to sleep and never heard the last part of the programs. I believed that I was not benefiting at all because I was convinced that I HAD TO STAY AWAKE to soak in the affirmations. Weeks passed and suddenly, and I DO mean suddenly!!!! one morning while I was making breakfast I heard myself humming Dixie! I was shocked! Dixie? Of all the songs for a born and bred Yankee to be humming the last one would be Dixie.

From that day on I became aware that my "attitude" was changing a little more each day. I began playing your music CD's during the day and studying harder with a better level of energy. (I have been studying Currencies/Forex trading with a mentor for 3 years.)

I realized that everything about my every day was different... better, more up-beat, more hopeful. I felt better about ME, about life in general, less a victim.

Then I ordered more of your programs, Setting and Achieving Goals, Accelerated Sales Success and Financial Abundance. After all I was training myself to enter into one of the most stressful and difficult of positions, that of a "Forex Currency Trader"!

I started faithfully 'going to sleep' listening to these new programs.

Did they make a difference? You bet they did! The only example that I can give you is that within six months I "graduated" from being a "student" of trading to having people travel in from other states to spend a day with me to learn what I could show them about the studies on the trading charts!

These programs are the difference between, an old depressed, worn-out woman who didn't believe tomorrow even was worth waking up for, and someone who listens to music, is actively trading Forex markets (very successfully I might add), teaching other people and STILL doing all the work necessary to be a caretaker of an invalid!! I dance in my living room to music, I have lost about 32 pounds, (not because I had a program for the express purpose but because I just like myself better and want to look as good to other people as I look to myself.)

Nancy English Vinal, Nevada

[Order Freedom From Depression Now!](#)

Dear Mike,

I ordered the Think Right Now "Freedom From Depression Now" and "Dissolving Panic and Anxiety Now" Before I bought these programs I was having what I thought to be really bad panic attacks, to the point where I could not get in my car and drive by myself. My doctor told me that this could be the start of menopause, and some anxiety, but I just felt horrible all the time. My doctor wanted to give me pills to take, but I didn't want them. I was having a lot of stress in my life at that time. My husband's health has been deteriorating from diabetes and osteoporosis, I had my two daughters getting married within 7 weeks of each other, and I work full time.

When I decided to order your programs I was at my wits end. As soon as they hit my mailbox I opened them and listened to them, followed the relaxation techniques, and

immediately started to feel something different about myself. I listened to the Anxiety program at night while I slept for the first month. I started to exercise again, and from then on I have been listening to it every morning when I get up to start my day. After the first month, I was able to drive by myself and go shopping by myself; it was amazing. This program has been a godsend for me.

I now take it on all my trips away from home. I am never without it. As a matter of fact my counselor I have been seeing for several months asked me to borrow it, and she has ordered several from you to use for her other clients.

Thank you so much for the caring and support.

Jayne Fenstermaker

Dear Mike,

Your Think Right Now Audios & Paperback book have helped me immensely at work. I've made some of my best presentations at work since absorbing the information from Think Right Now. I've tried many other things to help me like Toastmasters & other reading & audio series on public speaking but none have made me excel to the level of the Think Right Now programs.

My boss has stated twice now in the last two weeks in front of my peers at meetings how impressed she has been of me over the last two weeks. What a confidence booster! Self esteem is soaring upward now! I have work associates asking me to speak at their meetings on different work related topics. I feel more important & special inside. Talking in front of groups has never been one of my great assets or talents. I fear it at times. I was nervous inside which hurt my performance.

The only way you can get better at things you fear is to just do it more often. I'm finally increasing my confidence level in front of my peers & just relaxing & being myself. Thank You Think Right Now!

James Turski, Ohio

Dear Mike,

I ordered your "Freedom from Depression Now" program and I was so surprised when I noticed a subtle shift the next day. When I woke I felt lighter, less anxious and I had slept better. After a day or so I also found that I had lost my sugar cravings and that is HUGE!

All this from a program for depression, go figure. For the first time in several years I am sleeping without the help of the sleep aids I had been using, herbal and/or prescription. It has made such a difference for me. It's been just a couple of weeks and my energy is back!

I look forward to working again, and I feel so much more positive. I am noticing the joyful things in my life again. Here is something I never expected and something I am so grateful for, I am making better choices about food because the cravings are gone.

I feel more refreshed when I wake up and if I wake up during the night I can fall back to sleep faster; felt less anxious right away and no longer experiencing anxiety and nervousness; have lost my sugar cravings; don't feel irritable; my self esteem has improved 100%; more energy; feel more positive about my life

Mike, thank you for this program, you are truly a gift from heaven. I am spreading your message to everyone; it doesn't have to be so tough, put Mike under your pillow and feel better!

Blessings,
Terry A, CA

Dear Mike,

I received your Freedom From Depression Now two weeks ago. I cannot tell you how much I enjoy listening to the CD. I have struggled for many, many years with long-term, low level depression, and more recently with acute clinical depression. My spouse left me, taking all of our cash (over \$150,00) and assets in his name. He then spent ALL the money on an attorney attempting to gain sole custody of our three lovely daughters with supervised visitation imposed on me. I was left drowning in debt trying to hire and attorney to defend myself. As you can imagine, I felt as though I had been run over with a hundred Mack trucks! In the end, I remained the primary caretaker for our daughters, and now I am trying to put back together the pieces of my life that remain. I attempted to enroll in a research study at the National Institutes for Health as a means of generating some income. I was informed that there were two groups in the study: (1) those with a genetic component for depression and (2) those without the genetic component for depression. I was also informed there was a good chance given my family history, that my depression was genetically influenced and that the group with a genetic component was full. They were not allowed to tell me what the test results were, but I would be called only if I were needed for the group without the genetic component for depression. I gave a blood sample for DNA testing, and was never called. I began to wonder if there were any hope for me as I had struggled for so many years and had so many odds against me.

I should mention that I am medically retired from the United States Marine Corps and

suffer medical conditions that cause tremendous pain and fatigue. Sometimes it's hard to know if I am depressed due to the illness or if the illness is worse due to depression! I tried taking anti-depressant medication. These medications caused me to be hurled into a major depression. They cause me to sleep nearly 24/7 - I could hardly stay awake. The more sleepy the drugs made me, the more drugs the doctors gave me. They assumed that I was becoming more depressed and that I needed more drugs. This went on for a year. I was finally able to stay awake during the day when I stopped taking the drugs, but I had a hard time convincing the doctors that the medication was causing the excess sleep.

After a few days listening to Freedom from Depression Now, I noticed that I was spontaneously awakening at 7 a.m. with a desire to get out of bed and get the day going. My main inner drive these past many years has been for sleep. Every morning I would say "If only I could sleep a few more hours." I am beginning to show a drive to accomplish some of the more mundane tasks that would previously overwhelm me - a load of laundry or cleaning out my car, for example. Even the fact that I am sitting here at the computer early in the morning before my children awaken is a testimony to my healing.

I particularly want to thank you for the BEAUTIFUL affirmations. I was surprised that there were so many varied affirmations, and I am touched by the loveliness of the wording. Sometimes when I'm with my children, I offer to listen to a CD of their choosing, thinking that they would prefer something else. But they interject quickly that they want to hear Freedom from Depression Now too - they love listening to it as much as I do.

I wasn't sure which CD to buy first - I have so many challenges right now. I settled on the Freedom from Depression Now CD because it was all that I could afford. As you can tell, it was money well spent!

I listen to the CD every night - I turn it on before I get into bed and let it play and repeat throughout the night. If I am getting ready for bed or taking a bath at night I will turn it on before I actually go to bed and get an extra 30-60 minutes of listening. I will also let the CD continue playing in the morning as I am getting ready for my day. About 2-3 times a week I will play the CD while I am working in the kitchen. I take the CD with me daily in the car and get additional listening time in when I am able.

I can't thank you enough for your part in my healing.

Regards,
Annette M. Yunker

[Order Freedom From Depression Now!](#)

Dear Mike,

About 3 weeks ago I received your "Freedom from Depression Now!" program. I have listened to it faithfully every night, in the middle of the night when I can't sleep and in the morning when I wake up. I have been fighting depression for ten years plus now, my mother is bipolar (takes multiple meds) and my father took his own life with a shot gun in February of 2003. Needless to say this "thing" was handed down to me. In the past I have had lots of up and down days. On days when I am up I pray that it will continue to the next day. On days when I am down I have a hard time facing my life and my loved ones.

Everyday I feel guilty about not being able to live my life to the fullest. I always wish and pray for something to just make me change... I don't keep in touch with my family, I waste day after day not accomplishing anything, I eat lots of fast food, I drink lots of rum, I lay on the couch, I don't exercise even though I know it makes me feel better, I don't like bright sunny days because I feel guilty that I am laying in the house. My house, my finances, and my life are a mess because I get overwhelmed by everything and never move forward! Until the past three weeks...

I started feeling better immediately after listening to this program. I am scared to stop listening to it because of how good I am feeling and I am scared to lose this feeling of well being. I have had the strength to resist drinking to forget, I have been walking for exercise and to clear my mind, I have been making good food choices, I am starting to reconnect with family members that I have avoided and I haven't wasted a day watching TV for three weeks. I am moving toward goals of change and growth. I feel great! I don't want to lose it!

Very Sincerely,
Candy Austin, CO

Dear Mike,

I've been listening to the "Freedom From Depression Now" program over the past few weeks. Here is an actual experience and when I tell people, I explain that it's not just that you don't think the same--but **PHYSICALLY AND EMOTIONALLY**, you don't react the same ---and that is what is so **FREEING---YES FREE-ING**.

I worked as an assistant to one of the top directors to our company. We worked on grants and big stuff, translate that as **STRESS!!!** When my boss would call me into her office to meet with her, I would physically feel my stomach pull in to a knot. This stopped after me starting listening to the "Freedom From Depression Now" program. I now feel comfortable with my superiors. Two weeks after listening to the program I noticed when I was called into my boss's office, my body stayed in an emotionally and physically neutral state. No clenching into a knot in my stomach.

I realized it later in the day. Your programs WORK!! Try them and you will notice a big difference in yourself---get freedom!

Sincerely, D. Gonzlaes

Dear Mike,

I have only had your "Freedom From Depression Now" program for a short while but immediately when it arrived it went straight into my walkman and I listened to it every night and am still continuing.

I found it easy to get on with FREEDOM FROM DEPRESSION and change has been coming, slowly at first because I had masses of 'excess baggage' that had to be cleared. The most radical change for me has been gradual acceptance of myself as a real loving caring person; things have become a lot easier without my actually noticing and a gradual daily but small improvement in self-esteem.

This may not sound a major life-changing event but believe me I was bullied, told that I was worthless etc. and so I will continue with FREEDOM FROM DEPRESSION until all the old 'worthless' beliefs are dead and buried and I can set off with a new and worthy set of principles and a rock-solid belief system.

Thank you THINK RIGHT NOW, it is a brilliant concept and it works.
Petrina, London UK

Dear Sirs,

I am currently using your "Freedom From Depression Now" program and am noticing some really good results. I have only listened to it a few times, but am seeing the difference in my behavior. I am on medication for depression, however this program really helps.

Here in New Jersey, we have not had sunshine for a week, and it has been rainy and downcast, but I feel so calm about it, as if whatever the day brings I can handle. I find myself laughing for no reason, and just feeling lighter in general, whereas I usually feel a heavy sadness, a heavy weight I can't describe because of my thoughts. This program is awesome, I can't thank you enough for the relief it gives me. I usually can't do much during rainy weather because it turns me off, my appetite and my motivation, but I am now able to do light tasks and make the most of my time regardless of the forecast. Feels

better!

Ever yours,
Ruchira Felton

Dear Mike,

I ordered your "Freedom From Depression Now" program last fall, at a time when I was suffering a particularly tenacious bout of depression. I listened to the program at least once a day, usually when going to sleep.

It only took a few weeks until I wasn't feeling depressed any longer. Instead of wasting energy in depression, I was able to focus on an important personal project which took off beyond my expectations and is now keeping me active and busy. At first I found the statements on your tape somewhat difficult to understand and accept.

The background soundtrack is deeply soothing and relaxing. Within a short time, I found myself consciously repeating some of the positive affirmations from the program. That's when I knew I'd overcome the "demons"!

Since using the program, I've had one brief period of the blues, but have not relapsed into a full-fledged depression. I feel good, and more than that, feel that I have reliable tools for maintaining a healthy mental state.

Best regards,
Susan, Paris, France

[Order Freedom From Depression Now!](#)

Dear Mike,

One and half years ago I purchased the "Freedom From Depression Now" program. I listened to it every night before bed for six months at first, then a couple of times per week since then, and I can truly say that I feel much better. I have been fighting depression for 20+ years, seen numerous counselors, been on several different drugs, but I feel your ideas have helped me a lot.

Thanks, Arlyn

Hi Mike,

A little over two weeks ago I ordered Freedom from Depression Now with the idea... what if it helps?! I'm not sure why I didn't acknowledge my depression sooner, probably because I grew up in the "just buck up" era and didn't think anything like that could apply to me.

I have been getting your ezine for quite some time and when I finally looked at the description of someone depressed, I saw myself. I also saw myself in many of the testimonials. Normally a positive, active, healthy, high achieving mom/grandma/entrepreneur, I simply was not myself. I couldn't sleep, was not motivated, always sluggish, irritable, and the worst thing was my self esteem had taken an incredible jolt. I simply did not recognize the person I had become.

I ordered Freedom from Depression Now and I was so surprised when I noticed a subtle shift the next day. When I woke I felt lighter, less anxious and I had slept better. After a day or so I also found that I had lost my sugar cravings and that is HUGE! From a CD on depression, go figure. For the first time in several years I am sleeping without the help of the sleep aids I had been using, herbal and/or prescription. It has made such a difference for me. It's been just a couple of weeks and my energy is back! I look forward to working again, and I feel so much more positive. I am noticing the joyful things in my life again. Here is something I never expected and something I am so grateful for, I am making better choices about food because the cravings are gone.

Mike, thank you for this CD, you are truly a gift from heaven. I am spreading your message to everyone; it doesn't have to be so tough, put Mike under your pillow and feel better!

Blessings,
Terry A, CA

Dear Mike,

What can I say except thank you for putting in so much research and time into developing your Freedom from Depression program. As the CEO of a not for profit health charity in Australia I deal with hundreds of health professionals every day. I have been working in the health industry for over 25 years. I run a mental health program providing psychological services to hundreds of patients in Eastern Sydney and I suffer from depression myself.

My marriage broke down recently and I was severely depressed. Not wanting to go public with my own mental health problems I set out to find something that was low cost and could help me get through the rough patch. I can't remember how I found your

program but I am very glad I did. I listened to your "Freedom From Depression Now" program as many times as I could in the first couple of weeks, especially when I went to bed. I first thought it was a bit weird having affirmations repeated in a slightly different tone with emphasis on different words, each one three times but when you are feeling depressed you are willing to try just about anything. The results were astonishing.

I was very surprised to feel significant changes after using the program for only four days. My thought patterns felt very different. Originally I was a bit skeptical. How my thinking has changed is very difficult to explain but what I can say is that it was worth giving it a go. What did I have to lose? A few dollars!

After listening for only one week I was able to confidently make some decisions about my future. My self esteem was no longer in pieces and I felt like a human being again. I know it sounds too good to be true and I have no reason to give you any unrealistic praise but the more people that know about your programs the better off the world will be.

I think the major benefit has been that I feel different. Not just a bit different but amazingly, substantially and considerably different. I understand that thinking and feeling are two totally different concepts but when you are thinking right you naturally feel better.

So in summary Mike, thank you, thank you, thank you. You have helped me more than you can imagine. I would have no hesitation in recommending your program to anyone who wants rapid, life changing results.

Kindest regards

Kevin M Reid, Australia

Dear Mike,

When using "Freedom From Depression Now throughout the evening when I start seeing signs of being bored or taking life for granted, I will put this program on and the next morning I notice an attitudinal shift of being grateful and seeing the magic of life once again. After playing this program very low during the evening on auto play I see the following results:

I am very optimistic, positive and grateful and whenever I see signs of depression I will stop and write in my blessing book all the wonderful things that have happened that day. It has become a habit now to write down all the miracles and blessings in my book which has made me more aware of the blessings surrounding us every moment when we just take a few moments to notice and to be aware.

I am very grateful to have this wonderful support. Thanks so very much,
Cheers,

Mia Margaret

[Order Freedom From Depression Now!](#)

I've been using Freedom from Depression now for about 3 weeks. I can already see changes in my life. Depressive thoughts occur to me, but tend to "slide off my shoulders" much more easily. I especially like the music component of the program. When I am tempted to get into "dark circles in my mind", I can start replaying the music, and this helps. I teach high school math in a very tough urban school. The program has really helped me to remain steady and focused on success, in spite of the difficult circumstances around me.

When depressive thoughts come, they tend to melt away, or at least melt away much more easily.

Linda Arnold, AZ

Hi Mike,

I have suffered a lot of trauma in my life and have always found that by dealing with it on an internal level, that is, changing my thinking and becoming refocused on the positive, I can achieve my goals. I have completed my training and assignments and qualified as a Life coach in 2004. In 2005 I completed my training and qualified as an NLP practitioner and have been in the process of setting up my own business. In December of 2005 I was diagnosed with breast cancer. With the help of your Freedom from Depression and Dissolving Panic and Anxiety programs, I am focusing on making a full recovery and not feeling like such a victim. I am now my own best client and am using the Think Right Now online programme and CD's to change my thinking and help me on my spiritual healing journey. I intend on being a better human being and a better coach to my clients at the end of this journey!

Many thanks for the great work which has been of huge benefit to me.

God Bless You,
Bernie Coffey

Mike,

I'm 32, grew up East Coast and moved out to L.A. to be an actor at 23 yrs old. I was doing fairly well, working hard booking stuff here and there, but I often felt afraid, lost, and ANGRY. At 27, I was doing yoga 5 days/wk, meditating, praying, eating healthy - just about all veggies - a super healthy guy. Out of the blue I was diagnosed with a very cancerous (adult medulloblastoma) brain tumor. The tumor was successfully removed and I got a boatload of radiation to my head and spine, not to mention a year and a half of chemo. The whole time I had a great attitude and "knew" that I was just passing through. I used to say, I don't have cancer, I've just got this thing in my head. The real problems started after my chemo was done. I was basically starting from ground zero in Hollywood. Having been around for years and not having done anything in awhile, my muscles had all atrophied so I felt weak and vulnerable, and I had little desire or qualifications for anything outside the entertainment industry.

I struggled for a few years, unhappy and making my wife miserable. I finally found your Freedom From Depression Now program. I have seen huge gains, and in many ways I am back to my old self: seeing the silver lining in every dark cloud, setting goals and achieving them, and enjoying my life. We now have a two year old son who is fantastic and I wrote, produced, and starred in my own super low-budget movie that is now getting distribution; we hope to have it in Blockbuster by this summer!

Thanks for your help, Mike!!
Sincerely, Jamie Gannon

Mike,

I was a health mess (won't list all the issues here), had spent many weeks in the hospital and many more weeks in rehab and went home a week ago yesterday. I was scared to death and scared about the quality of life I no longer felt I had.

In addition to some supplements, my daughter told me she sent a portable CD player and 2 of your programs: I am Healed Now and Freedom From Depression Now. I played I am Healed Now for hours upon hours, literally 24-hours per day from Thursday afternoon until 2 days ago when I had literally worn out the CD. It was skipping and getting stuck too badly to listen to anymore. On Monday morning I woke up feeling "good" for the first time in a long time and it had hit me that some of the affirmations were things I needed to focus on. I have always been a very negative person and because these programs are geared toward developing a positive attitude, I feel they are definitely helping me realize that I can heal myself and not give in to others telling me I will never be able to live alone or take care of myself. I've been very independent most of my life,

but unfortunately have made many wrong choices.

The program I am now listening to, Freedom from Depression, together with the other program has given me a more positive outlook on life. I'm very grateful to have these tapes in my life. They have given me a lot of encouragement. I know that I need the Self-Esteem program next, as that is and has been one of my big issues -- lack of self-esteem. I will listen to the Freedom From Depression until I burn that one out too. By the way, I have been walking around without my walker for the last 3 days. I'm now doing my own laundry, showering by myself and I know I will be fully healed...Thank you for making these wonderful CD's!

Sincerely,

Alicia Diamond, NJ

Hi Mike,

I'm so excited to finally write to you. Oh gosh, I don't even know where to start. Please read my entire letter. I don't know if anyone has had as quick and as weird of a success experience as I have, but hopefully you can share my story to inspire others.

I've been using two of your programs - Freedom from Depression Now & Dissolving Panic & Anxiety Now for about seven weeks now 24/7, (its true).

But let me go back way before that. I have been battling with depression and anxiety/panic attacks since I was a child. The anxiety/panic attacks I attributed to my mom's genetic gift to me. It runs in the family. The depression was an unwanted side effect of all the abuse - physical, mental, emotional, and spiritual - which my father had inflicted on me and my sister.

So, as you know, my adult life reflected all that negativity. I have attracted situations and people in my life that allowed me to relive all the negative "stuff" I didn't want to relive. All the emotions I relived and felt over and over again. But, each time, it was worse and deeper than before. Depression and Anxiety were just two of the culprits. They were really bad. Every night before I went to sleep, I prayed that I wouldn't wake up the next morning. Then I would get mad at God because he woke me up and gave me another day to live. It was that bad! And, of course, it affected everything else in my life - job, relationships, friends, you name it. 2005 was the year that broke it and I really did hit rock bottom. I lost my job.

My volatile and co-dependent relationship ended with the jerk blaming me for everything. We were engaged but, in reality, he never intended to marry me. Just wanted to shut me up and still keep me around. I lost my apartment. I had to live in my car for about 2 weeks. A 1993 Honda Civic! This car was so old that the suspension didn't work

anymore. Every time I drove, it felt like the bottom of the car was scraping the ground. Then my car broke down and was beyond repair. So I had to sell it to a junkyard just to get a little money. I had to stay at my parents until I "got back on my feet". All this happened just in the first 10 months of 2005! I locked myself in the bedroom and wouldn't go out. I didn't want to talk to anyone. I spent a lot of time online looking for jobs and at the same time feeling unmotivated, worthless and empty.

I don't even remember exactly how I ended up at your website. I know there were days when I would be crying while searching for jobs online. I think on one day I was so desperate that I searched for something and, somehow, I got to your website. I scraped up whatever money I could and ordered 3 programs - Depression Now, Dissolving Panic & Anxiety Now, and Financial Abundance. This was back in late December.

On January 3, 2006 I passed out and banged the back of my head on the tile floor. I suffered a contusion (bleeding in the brain). I also had extremely low blood pressure. The paramedics took me to the nearest hospital, and then transferred me to another hospital which specializes in Neurological cases. I was considered in critical condition. At this point, I literally wanted to die. I closed my eyes and just prayed over and over to let me go. So, it wasn't a happy new year for me. I thought I would start the New Year fresh by listening to your programs. But, now that this happened, I thought it was a sign of what to expect in the year ahead. What a way to start a new year!

The doctor had released me to go home after less than a week at the hospital. My case wasn't surgical but it was still very serious. The programs already arrived by the time I got home. I didn't listen to them right away, because I was still in shock from everything. Depression, Anxiety, every possible negative emotion was running in the red zone. Physically, I was already in bad shape. But mental, emotional and spiritual pain made it worse. I felt so lost.

At home, I was bed-ridden. The pain was excruciating. I would get dizzy with the slightest movement. I couldn't even talk much because it hurt so much. It seemed like everything I did was connected to the pain in my brain. Let me describe how painful it was... Open your hand. Then place it on the back of your head, like you would hold a basketball. Press your palm hard into your head. Then close your hand and grab as much hair as you possibly can. Then pull back as hard as you can, as if you are literally pulling all that hair off your head. That's what I felt 24 hours a day!! The only way I could stop feeling the pain was to take painkillers and sleep. So I slept a lot.

One day I thought. If I'm going to "lie in bed all day", I might as well just listen to them (the cds). While I slept, my cd player was constantly playing. The only time it would stop was when I would stop it because I had to go to the bathroom. And, every time I wake up, I would switch back and forth between cds...then back to sleep again. So, I guess you could say that my bed-ridden condition was a blessing in disguise. I really did listen almost 24/7!

Both Freedom from Depression and Dissolving Panic & Anxiety were extremely

powerful. Even from the first time I listened, I already sensed something shifting inside me. not just in my head, but also in my heart. Now at about 7 weeks, the internal shift has been significant - Mentally, Emotionally and Spiritually. I am hopeful, calm, and grateful. I laugh more, even though it hurts my head to laugh. I stopped crying after the first week of listening to the cds. I feel more at peace now, like "everything is going to be ok".

I bought a blank journal book and I dated it "January 2006 to?" This is my "Goals Book". I wrote a list of goals. The things I want and the things I wanted to do before I die. I even smile big as I write them. Some are silly (like eating ice cream flavors I've never tasted). But I was ok with them. I just kept writing. and I was smiling and laughing the whole time!

I still have the swelling in my head and there is still bruising in my brain. My head still hurts and I still get dizzy. But these are all "Physical" stuff. I've conquered the mental, emotional, and spiritual in one big blast. Now, I am ready to conquer the physical stuff. That's why I just ordered I AM HEALED NOW!

Whew! Honestly, I never pictured myself writing any testimonial before I listened to the cds. Now, I feel lighter. Hopefully you would be able to share some of what I wrote with others. You really are a "Chosen One". What you do is your calling and mission. I know that you have helped others to "BE" the Chosen Ones of their own. But it's up to us to find that path or purpose of what we are chosen for.

Thank you again for doing what you do and for healing so many people world wide.

Sincerely,

T.B.R. California,

[Order Freedom From Depression Now!](#)

Dear Mike,

I have been battling with depression since my teens. Finally, at age thirty three, I sought professional help. Therapy was a slow and painful process; however, it did help alleviate most of the symptoms. Unfortunately, even after three years, I was not completely free of the depression. I was just able to manage it better. After searching for another alternative, I found your website. Three months ago, in November of 2005, I ordered the "Freedom from Depression NOW" program, listened to it every night, and it truly changed my life. I cannot thank you enough.

After the very first night of listening to it, things started to change for me. Whenever a negative thought would come to mind, it was immediately replaced by a positive

affirmation from the program. It became difficult to hang on to any negativity. Soon, my whole outlook started to change. I felt more positive about myself and my ability to handle life's challenges. I had more energy, felt less overwhelmed, and began to truly see ways to make changes in my life that were right for me. The best part was that people around me started to notice the changes as well, especially my wife. Depression, by its nature, hurts more than just the sufferer. By freeing myself from the depression, I was lifting a tremendous burden from those who love me, too.

Let me say that it does take a certain amount of determination to beat depression. Luckily, your support team was excellent. After the first month, I had a hard time listening to the whole program. I was "rejecting." I emailed your support team and followed their advice. In a matter of a couple of weeks, I was back on track. Ultimately, I achieved in a few months what years of traditional therapy could not yield. My therapist agrees that now I am no longer depressed. I have you and your team to thank for that. I hope my story will inspire others to take the first step and finally rid themselves of this devastating condition.

Thanks to my new found freedom, I am addressing other areas of my life that I want to improve. I am considering several options for a career change, as I no longer feel that I am stuck with my lot in life. I am able to see opportunities to become more fulfilled. My life is brighter and lighter. For the first time, I am facing life without fear. I have begun exploring issues regarding my relationship with members of my family. I am learning to trust myself and not to seek their approval or the approval of others. I am also learning to deal with criticism, taking from it what I need to improve myself, but not letting it beat me down. Even though I have been successful, I continue to listen to your program regularly as it keeps me anchored in being positive and optimistic.

My therapist suggested that I also need to strengthen my self esteem to avoid regressing back into depression. That is why I would like to try your "Real Self Esteem Now" program. I believe that it will be integral to my long-term success. Thank you for all the good you and your staff do.

Sincerely, James, Ohio

Before I used the Freedom from Depression program, I often thought that I did not have the right to be happy when others around me were angry or upset or the world wasn't perfect for other people or there was war in the world. I decided that I can be happy when others are not, and I've just pursued my own interests and interests with my daughters and I'm just a much happier person than I used to be. I began to see results within a couple of weeks.

Lisa, ID

Think Right Now has become a family affair for us. My 15 year-old son is listening to "Setting and Achieving Goals Now" and it's been amazing. He's gone from an unmotivated youth in just 30 days to creating concrete goals that are realistic. Saving his money for a car, got the job and everything. It's amazing. Some things just turn my head back around.

My husband is listening to "Freedom from Depression" and in less than 30 days, he's no longer immobilized for the entire day. He's able to bounce back within hours. He doesn't beat himself up repeatedly over mistakes, and he's able to enjoy his life more and more as we go on.

I'm currently listening to "Eating For Excellent Health" and that has also been pretty amazing. The things that have bound me in the past, it's like a bail coming up and I'm able to detach myself from food and be able to just make conscience decisions, but not have it become the focus of my entire life.

This is an AWESOME way to cure problems without beating yourself up entirely as you go through it. I have recommended it to my daughters, to my mother, to anybody that I can possibly talk to. I think it's the most awesome thing in the world because our brains are constantly recording things. I would consider any other type of information that came through Think Right Now and would also consider using them at a later date.

Shay Freeman, MO

Dear Mike,

Henry Ford once said "If you think you can do a thing or think you can't do a thing, you're right." I agree with that statement so very much. I was struggling with depression for probably most of my life and started taking medicine for it five years ago. I was on the meds for four years. For the last year that I was on the meds, I listened to the "Freedom from Depression" program occasionally. At that point, I didn't need to hear it very often and so I would alternate with other programs. After going off the meds I occasionally dealt with slight down moods. Then I would listen to your "Freedom From Depression" program at night while sleeping. It WORKED!

Within a day or two, I no longer felt myself going down the negative thought producing world of "I don't deserve to have good things happen to me" and "I'm not good enough". I continued to listen to the program to prevent a relapse. I listened for a few weeks and then started listening exclusively to the other programs which are about eating right and finances so they were not at all related to the depression.

It's been many months and I haven't felt down at all. I felt so much better that a few

months ago a friend of mine was struggling with depression and was in the hospital for it and when she got home I gave her your "Freedom from Depression Now" program. I haven't missed the program at all. It's wonderful knowing that I've been cured and will never need to go on meds again.

Thank you very much for all that you do and keep up the great work.
Eternally grateful,
Ellen, IL

[Order Freedom From Depression Now!](#)

Hello Mike,

My name is Maddy and I am a HUGE fan of your Think Right Now audio programs!! My life has changed in so many ways from using your audio programs it's hard to be specific, as I have yielded the benefits of using three of the programs - Freedom from Depression, Setting and Achieving Goals and I am Smoke Free Now.

I swear by the Freedom from Depression program. It has totally turned my life around and I no longer have any depression...truly a miracle, and I send you blessings for this.

Setting and Achieving Goals has really given me a boost and I am slowly, but surely moving in the direction of my dreams, and have no doubt that I will accomplish that which is my heart's deepest desires.

Now, for the hardest thing I've ever wanted to accomplish in my life, and something I never thought I could overcome - smoking! Since listening constantly to 'I Am Smoke Free Now' I am happy to tell you that I have been nicotine free for 1 month and 2 days!!!! My addiction to nicotine has been my life's worst inadequacy, and I am over the moon about having quit and staying quit. Healing this addiction is doing so much for my life...so many changes...so many challenges...yet such an opening to healing my life in so many ways.

Mike, the work you are doing, and the miraculous effects it is having on peoples lives all over the world, well...God bless you, is all I can say...God bless you!!!!

Thank you for being so committed to your work and to your passion; I am so very grateful for all that you do!!!!

With great sincerity,
Thank you so much!!

Maddy Anderson, CANADA

Your Think Right Now Accelerated Success Conditioning Programs are rocking my world. I sent for your "Freedom From Depression Now" program, and it was no less than FANTASTIC.

Back in November 2005 I was at a very low point in my life. I was fighting a habit that was getting the best of me. I Prayed and Prayed for God's help. I saw your programs and asked God to help me with my problem by using your programs. I listened every night before going to bed. I even fall asleep listening. Within two weeks I felt victorious and that I had turned a corner. I didn't have the urge to continue the bad habit.

It has been four months now and I am totally free. I used to dream of inventions years ago, but being depressed I no longer dreamed of these things. I now dream again of new inventions, I am happier, and I feel that there is nothing that I can't do. The program has given me confidence beyond belief.

Thanks again, it feels really good knowing that I am FREE.
Thank You, Thank You, Thank You.
Forester

I've got almost all your programs. I've been listening: at night going to sleep; in the morning sometimes, upon waking; whenever I'm 'on a drive' in my car. I started out with "Freedom From Depression Now"; moved on to "Setting and Achieving Goals Now". I then ordered "Real Self Esteem Now" and loved it. I can't remember the one I'm listening to now, but it homed-into me even deeper than the others, more appropriate for me at this time. Like some deep, wonderful, nourishing food for my Mind and my Spirit, even for my Soul. Deeply, deeply nourishing.

I've felt more and more an ability to connect at will with my subconscious mind. I've been training myself (for a very long time now) to relax consciously during the day. I've felt a greater ability to 'slow down' inside, to look and listen, to hear the voice that's currently playing in my head, to decide whether I want to be on 'autopilot' or to step off that path and be more 'choosing in the moment'. That's working for me more and more. I'm into practicing and learning to teach others EFT, and that's a great toolset to use with your CD's and programs, I find. I have to tell you Mike that I am so grateful to you for how you shared yourself so openly with us in your book.

I love your newsletters. It is as if you are talking just to me. Your thoughts were like my own. That's the power of 'releasing' with EFT, too: getting to the thoughts, and tapping and releasing the tied-up energy with them, and by doing so I release myself to Action. I

don't think I'm out of the woods yet; but the dips down aren't so deep anymore, and I'm feeling truly supported by new thoughts that are seeping into and popping up into my thinking. When I don't know 'what else to do' at any moment in time, I just start listening to a TRN CD on my portable player, and I feel re-grooved and get back on track to being the person I truly want to become.

I wanted to send my heartfelt thanks and a big dose of gratitude your way for giving me access to messages that are truly powerful, empowering, and are helping me to change my life in the direction I've been wanting to for 37 years now. I've had big dreams all my life, and wondered how I was ever going to be able to realize any of them. Now I know how.

Thanks so much, Mike.
Jeff Merson

I listen to the programs either in the morning or afternoon and again when I go to bed. I listen to both programs everyday, two hours a day. Before I got your programs I would spend most of my day in bed too overwhelmed with everything to move. I had blocks to doing just about everything, including brushing my teeth. I'm happy to say that I start my day now being grateful for a few minutes. It wasn't till a few days after I was doing this that I realized that it was on the program to start your day being grateful for what you have.

I also have gotten up out of bed in the morning for about ten days now and exercised for half hour to an hour, and I'm actually enjoying it! My thinking is a lot clearer, and I'm now looking around for things to do. My responsibilities are a lot less overwhelming and I feel like I don't have as many problems. I also been ringing friends and family up for a chat and have visited a couple of them. I have a new found energy and enthusiasm.

Thank you. I'm only 27 years old and this has been I great burden on my life for a long time. It feels like a miracle. It's only been sixteen days. I can't wait to see how I feel, and how much my life has changed after ninety days.

Kind Regards
Anne Clarke, Australia

[Order Freedom From Depression Now!](#)

Dear Mike,

I have had several setbacks in the last few years. I lost my husband to stroke, then in November of 2005 my mother past away. I was left pretty devastated by these deaths and due to a back injury and subsequent pain I had to retire from my profession.

At this point I went into a deep depression. Although I am a person of faith and prayer I could not seem to shake the depression and get my life back in order. I let things go that should have been taken care of and became more apathetic and uncaring.

I was searching for some reason to keep going. I started to subscribe to the Think Right Now Newsletter in December 2005. After a short Time, I ordered the freedom from Depression Now and Dissolving Panic and Anxiety programs. I began listening to these tapes at least once a day. Soon I was back making a to-do list and actually setting my alarm to get up and get some tasks done that should have been done months before. During this time of depression and worry I have put on a lot of weight thru inactivity and indifference. The next month I ordered I Love to Exercise Right Now and Eating For Health Right Now. I have begun to listen to these programs in my car and when I go to bed.

I have a long way to go, but since listening to the programs I am rapidly improving and moving in the right direction. I have started losing weight, attending Church regularly again, and taking an interest in hobbies that I had lost interest in. I am finding it easier to make important decisions and anxiety and worry are not my constant companions since listening to the programs. Thanks for letting me know that no situation is hopeless and that anyone, any age can have a better tomorrow if they can "Think Right."

Thanks Again, Mary

Dear Mike Brescia:

Let me thank you for your programs!!! They are a godsend!!! I have ordered "Freedom from Depression Now!", "Real Self Esteem Now!" and "Financial Abundance Now!" and have been using them religiously. Wow... they are dynamite for the mind. I am a board certified hypnotherapist from New York and moved to Colorado to take my profession (game) to the next level..,

I have seen major improvements in myself since utilizing your technology such as:

- a) I've eliminated blaming self and others for the lack of success and progress in my life
- b) Said good bye to the shame others game
- c) See the source of my compulsive addictive behavior and corrected it.
- d) I have increased awareness of mood swings, frustrations and fears and have made adjustments in my internal and external attitude.
- e) By increasing focus, visualization and the proper level of acceptance to financial abundance, I am able to recognize opportunities more readily and execute my plans.

Thanking you again for everything!

Sincerely yours,
Ronnie Dozier

I listen each night when falling asleep. Since I've received "Supreme Confidence Now" I've set my timer to continuously loop the CD program for two hours each night. I listen to the affirmations while I get ready for work in the morning. I've been using these programs for several months. I've used "Eating For Excellent Health Now!" and "Freedom From Depression Now!" off and on and felt some improvement, but I had a hard time really committing to them. (Serious depression makes it hard to do what you need to do). I've been listening to "Supreme Confidence Now!" since it came in the past few weeks and the changes have been unbelievable!

The benefits are astounding. I've had more energy. I've had more motivation. I've been calmer. I've had very little trouble sticking to my healthy eating goals, and have seen my binge eating nearly disappear despite a stressful work project. My mood has improved so dramatically that I'm scheduling a doctor's appointment to go off of my anti-depressant. I've been sleeping less and still have oodles of energy. I've had a HUGE project at work to complete in too little time and I've taken it in stride. In fact, I am very proud of the results. I've exceeded my expectations and my boss's expectations of what we could accomplish. I've spent more time on my appearance. I've gotten some exercise every day (most days after a full work day). Then in the evenings I've been a whirlwind of activity at home. It is so amazing!!! At first I didn't attribute the changes to the program. I figured I was having a couple of good days. But now that it has been every day, I've realized it is the program. The changes are absolutely fantastic. I can't wait to see how much better and better my life becomes as I continue playing this program. Thank you for your hard work!!!

Thank you and many blessings to you!
Lori Manning, TX

Dear Mr. Brescia,

Just a very quick note to thank you soooo very much for your programs!!! I have been looking for these half my life!!! They are awesome. I have to tell you since using "Setting & Achieving Goals Now!", "Accelerated Sales Success Now!", "Freedom From Depression Now!" & the Think Right Now! for Windows, something has definitely kicked in and I'm zooming! My energy level is back, my business has picked up to the point my computer has to be replaced; it can't keep up! I've paid off large debt, my house

is straighter than it's been in years and I'm well on my way to getting my life back in order! I can't thank you enough!!

Another fabulous point I'd like to make is my normal schedule of 14-17 hour days will soon be history as the "Setting & Achieving Goals Now!" program is pulling all my thoughts together so well it seems I'm instinctively becoming far more proficient in every area of my life! Thank you!!!

I wish you Godspeed and blessings over your entire life!

Sincerely,

Cecilia "Ciel" Barbee-Poole

Dear Mike,

I have ordered five of your programs "Freedom From Depression Now", "Setting and Achieving Goals", "I love Exercising Now", "Eating For Excellent Health Now" and "Real Self Esteem Now" and I am thrilled to tell you how amazed I am at what a difference they have made. I noticed a change in the first few days. Over the years I felt that if only my thinking would change I would be able to accomplish some of the things I have always wanted to. I was always labeled as LAZY and I bought into that and believed it for many years. I am just now realizing that I'm not really lazy but was just living out of a mind set which I couldn't seem to change. Thank you, Thank you! I am now setting goals and I'm on the road to achieving them.

This e-mail is proof of the change because before I would have procrastinated and never got around to writing it. I actually cleaned my closet out yesterday and have signed up at a gym to start an exercise program. As I close I must tell you no one has ever in my lifetime told me not to overdo anything... in fact it's kind of a joke around my house that Mom will never overdo anything... but yesterday my husband actually said and he was dead serious, "Honey, don't try and do too much". When it dawned on us what he had just said we both had a good laugh.

Thanks again! I now understand the scripture in the Bible that says, "As a Man Thinks, So Is He".

Thanks again,

Chloe

[Order Freedom From Depression Now!](#)

I Am Healed Now! Success Stories

Dear Mike,

I want to express how helpful one of your programs was to me as well as a friend of mine in the throes of cancer. I have had some severe health problems for years and have used "I am healed Now" program to see me through some trying times. Thankfully I am much better and I can tell you the comforting inspiring words helped me have hope and affirm health.

I played the "I am healed Now" program for my friend during Chemo and radiation right after she was operated on for Breast Cancer. She has one of the most serious cancers. The good news is: with her doctors, health care, myself and two other women, many prayers, much faith along with the "I am Healed Now" program she is much better. She has been in remission until recently when a CAT scan showed only one small area in her body.

Today she said she must start back using the "I Am Healed Now" program. I asked her what she thought about the program, I told her I was writing to you. She said she loves the program and she will continue to hear the words that gave her hope and the ability to believe she will make it. I too am in the process of healing and use the "I Am Healed Now" program.

You are doing the right things! I am really happy I found your programs!

God is working through you. Thank you for being there.

Sincerely,
Betty J. Vickers, KY

When I ordered your program I was deeply depressed and stressed out because of our family's situation. Being immigrants from a war-stroked country we had to start everything over from zero. Our finances were troubling, however, the main reason of my worries were my son, who started having epileptic seizures 3 years before.

The fact that anything we tried from drugs, to different alternative and nutritional treatments didn't bring any results put me (and all of us in our family) in desperate situation. I was in FEAR every morning upon awakening, when will it happen? Will they call me from school again that he had a seizure and I should pick him up?

My son was totally healthy until he turned 8, so why was he having seizures and what

was going on? I couldn't accept that nobody knows and nobody can help. I was thinking a lot about death. I didn't go out to meet people...I was searching for answers and felt no hope.

When I started listening to your program, it was the first time I felt some relief, that not everything so dark and that life can be lived (and enjoyed) together with challenges. First I learned how to relax, let it go...Then I gained back my energy, my readiness to fight and finally my desire to live and find my purpose here on Earth.

I gave the tape to my son to listen as well. He started to cope better and even had less and milder seizures.

I am free of depression, ready to seek new avenues for his healing and support my family. Thank you Mike Brescia!

Love,
Lili Govednik
Thank you!

Dear Mike,

Fibromyalgia has been my constant companion since 1998. I am tired of being "sick". The pain has been unbelievable and the diagnosis even worse, no cure...but it won't kill you. What kind of life is that???

So I bought "I Am Healed Now!" a few weeks ago and have been listening to it during the day and in the evening when I get home. I truly want to be healed and feel "normal" again. No one should have to suffer with such pain.

Today I am feeling more energetic, the aches and pains are much less, not completely gone yet, but much better. My hands used to really hurt me in the mornings. I am now waking up feeling more rested and less pain throughout my day. I am going to continue listening to my CD and believe that my recovery is going to be complete.

I would recommend this program to anyone dealing with pain, especially Fibromyalgia.

All I can say is Thanks!!
Pat F. Jones, TN

Dear Think Right Now,

After some stressful times I had begun to take a well-known brand of medication daily to treat excess stomach acid. Even so, sometimes I had pain which was severe enough to keep me up at night. As a result of listening to your "I Am Healed Now" program and my own desire to be well, my stomach problems now range from much reduced to almost gone, and I no longer need any medication to keep my stomach acid levels under control. This result came already in the first few days of listening to the audio, and I have maintained this state of health for the last two months. I am very satisfied with the product. I believe that the affirmations helped me set a new direction for better health.

Thanks and best regards,
Vanessa Leung, Germany

[Order I Am Healed Now!](#)

Dear Mike,

I'm not going to go into details, but I've been diagnosed with two chronic "incurable" diseases. For years I listened to doctors who told me there was nothing I could do. Then, I started listening to you and others who showed me that I have way more power over my life than I ever thought possible.

Today I live a regular, normal, healthy life. I have to work within some parameters to keep myself healthy, but I was completely able to turn my "incurable" conditions around with a lot of research, hard work and changing my lifestyle. Your "I Am Healed Now" program was in my car CD player for a year. It got me through a lot of rough spots.

Thank You so very much. I love what you do and you've certainly made a huge difference in my life.

Thank you, Beth Hodge

Hi Mike!

I guess it was a couple of years ago when I came across you're' website, the products I have purchased since then, are: "I Am Smoke Free Now", "I am healed now", "Accelerated Sales Success Now", "Setting and Achieving Goals Now", and "Think Right Now! Accelerated Success Conditioning Software for windows".

About two years ago, I noticed some problems with my throat and went to an oncologist, he arranged for a biopsy to be done on my throat, while I was being prepped for the procedure one of the doctors peeked his head in and asked how I was doing, after I told

him "fine", he asked if I was still smoking, to which I answered yes. Then he said, with a very serious look on his face, "Philip, you need to put those damn things down!" his face went back to a smile and he wished me luck with the procedure.

The results came back positive for throat cancer, which I was told the two main contributors for was smoking and drinking alcohol. I drank occasionally, hardly ever in fact, but I smoked like a freight train! and had for 26 years! Well, this got me to thinking of course, and I knew I had to do something, I had tried to quit many times in the past but I had always failed, I just didn't seem to have the "umph!" to do it and stick with it. So I decided to try "I Am Smoke Free Now", I played it on the way to and from work (a 30 minute drive each way), I did this for about a month before I noticed anything major, then I decided that I wanted to also try some nicotine patches to help me quit. I wore the patches and continued to listen to the program, The patches came off in about 3 days and I got very frustrated, but what impressed me the most was that now, where I would have normally started smoking again, I was determined to stay quit, and stay quit I did, I've been smoke free for nearly 2 years now and I have no desire whatsoever for cigarettes at all, ever! I attribute my being able to quit to your' product and I thank God for you and all of your' staff Mike, for bringing this into being.

Now onto the second product that has helped me through a very tough time in my life. After being diagnosed with throat cancer, my doctors decided that they would first give me chemotherapy, and then radiation treatments. Well, I decided to get "I am healed now", and use it . So every time I went in for a chemotherapy treatment I would bring my CD player and listen to the program while I was being given the treatment. (Many times I got so relaxed that I would fall asleep during the treatment!). Well to make a long story short, when I finished the "chemo" my oncologist had a talk with me to assess my situation and he made the comment "I've never seen anyone do this well on chemotherapy before " and he was very pleased with my progress as was I. I also used the program while I was receiving radiation treatments (they were the hardest thing for me) and I believe that the combination of the programs, support and prayers from family and friends, and my faith, helped me to get through it all.

All in all, I believe that I used "I am healed now" for about 3 months while taking "chemo" and for 6 weeks during radiation and for about 4 months during my recovery period. It was basically part of my treatment plan to me.

By the way, at my most recent visit to my radiologist, he ran a scope down my throat and said that he saw absolutely no signs of cancer at all! And he also said that this was impressive because the cancer that had been in my throat was fairly large.

I don't want to give the impression that these products make life perfect or anything, but what they've done for me has been to help me to reach my optimum in very difficult situations and to overcome, and emerge not just a survivor, but feeling like a conqueror. I feel as though the products help me to bring out the best in myself.

For the 3rd product, "Setting and Achieving Goals", I've used it some, but not for a long

into balance. I received the program and listened to it faithfully for a month. I didn't think anything was happening.

I then realized something: I found myself talking to people and the words coming from me were not the me I, and others, had known. I spoke more positively. I found myself showing and feeling more optimism. I began to see the negativity that people think and speak of on a daily basis, and it reinforced what the CD was "telling" me every night as I slept. I then incorporated the "Freedom From Depression Now" program; and within a few more months, I found myself no longer experiencing panic attacks at work- in fact, I started looking FORWARD to going there and working with my clients.

I used these programs interchangeably for approximately nine months; and then started the "I Am Healed Now" program. This is the core CD for me, I believe. I needed the Depression and Panic & Anxiety CDs to bring me from the deepest part of my despair. But I Am Healed is a foundation for my higher level of total wellness. I have listened to this CD nearly every night for about a year now.

In this time frame, I have become more aware of better eating and sleeping patterns. The myriad of symptoms (fatigue, sleeplessness, pain, anxiety, irritability, to name a few) that usually accompany chronic pain syndromes seemed to gently fall away. They are an amazing sleep aid ! Beyond this, my thinking is truly different and this is how I know it doesn't even matter if I hear the entire program or sleep through it.

It took me many, many years to be where I was those two winters ago- miserable and in pain, physically and emotionally. Two years later, I am in a place I never thought I'd be. I have strong goals and a growing business. I feel better now than I did 10 years ago and I'm working on improving that! I never find myself researching the woes of chronic pain, anxiety and depression on the internet any more. Instead I'm all about motivation, success, and bringing joy to my life !

Shirley Philbrick, ME

[Order I Am Healed Now!](#)

I bought your I Am Healed program with the hopes of reducing allergy symptoms which I've had since I was a kid. I had really bad allergies when I was a kid, but over the years they have improved to the point where I could live with them. I used to be on allergy medications and get allergy shots every week etc. I've always known the mind is powerful, and over the years gone through all the subliminal tapes, hypnosis etc, and have received many benefits from them. However, i've always known it could be taken to the next level and continued my search. I came accross your website and what I read, really seemed to be too simple to work, but after reading your website, I decided to try. Although my symptoms had improved over the years to where I could live with them, they still where I pain. After listening for 2 days, I couldn't believe it. I don't wake up in

the morning all congested and sneezing as I did. I'd experience this every morning, then as the day got going I'd be fine, most of the time, not always though. Plus, I feel really good in general. This Cd definately works!

Thank you,
Chris, MA

First off, I'm sorry if I commit any grammatical mistakes. I'm not a native English speaker. I hope you will be able to understand what I'm about to write. I promise to do my best. :-)

I purchased I'm healed now like 7 months ago. Before I got it I was kind of desperate because I couldn't heal of all the injuries that were blocking my way to the pursuit of my dreams. I always wanted to become a professional at the sport I practice and it was very frustrating not having the chance to get ready... because of injuries. Deep inside, I knew I had the talent. I was feeling hopeless.

Medical assistance wasn't solving anything. It was just making me lose my time and money. Regardless of this, I kept on looking for better professionals and trying not to lose the hope... still nobody was offering me solutions.

When I received your program (I'm healed now) I started to listen to it every night as I got asleep. I also listened to it during the day ANYTIME I could. I started to make my own empowering and positive affirmations, related to the injuries I was going through, to personalize my healing. So in addition to your CD, I recorded my own tape with positive affirmations. I guess played Mike Brescia for a moment :-)

Now, after 7 months, I got back to the court and I practice every other day, sometimes even 3 days in a row, giving my all. Oh, by the way, I play BASKETBALL. You can't imagine how much I love this game. I still have problems, but at least I can practice regularly now. I'd say I perform now at 70% of my physical possibilities. Before listening to your CD I was hopeless and sad. I couldn't even practice. I was feeling miserable not being able to do what I truly love. And I used to be in a bad mood. Now I'm sure I'll make it because nothing can stop me. Mind power is awesome. The body is at mind's mercy. And now my mind is empowered and ready to whup my backside if I ever feel hopeless again!

I thought I would never heal of my injuries (I carried a couple of them for 4/5 years...) but now I have faith that everything is possible, after seeing what I saw these last months. You just have to keep on looking for solutions, consistently, keeping your cool, staying positive and being patient. They will come to your rescue sooner or later.
Big hugs for you all,

EMILIO

Hi Mike,

I am a hypno/psychotherapist. I witness and have experienced the power of the subconscious mind. I am a great believer in the power of intent. I have been suffering from a bad back which is taking so long to recover that I wonder how much is emotional and how much is spending the weekends on a very uncomfortable bed with negative emotions floating around. The first night I relied on my peripheral hearing as the program volume was so low. I crossed my fingers as I recognized that I couldn't cope with more than half an hour in this bed and worried about where I could spend the night in some sort of comfort! The CD player doesn't have a repeat button and I woke up numerous times in the night, pressed play and made it through the night with ease. The following day found me gardening. The next night I woke up far fewer times.

I honestly did not expect to appreciate anything; I thought that if it worked it might take a month (like my subliminal CD's, though I've not noticed any benefit with them). My unexpected bonus is that there is a little wellspring of vivacious bubbles somewhere inside me.

I was not able to listen to it for the following 5 nights, and the 6th night found me shaking a tail feather at an engagement party. Wow!

Thanks for a great evening, for possibility; without which life would be so dark.

Maureen Hunt, England

I am a hypnotherapist and NLP practitioner, so I understand how reprogramming works. I started with the "Eating for Excellent Health" program, which I would let play all night at low volume while I slept. After about a week, I noticed that my behavior was changing. Without even trying, I had started buying different foods, and was passing up on my former bad choices. Maybe a month later, I was scheduled for extensive surgery, so I switched to the "I Am Healed Now" program. I had been told that the recovery period would be 6 weeks. I was ready to get back to work in four weeks.

I lent the "I Am Smoke Free Now" CD to a heavy smoker friend of mine. He has just started using it, so it's too soon to see results. But he has told me that he liked it a lot, and wants to let his sister use it when he's done with it.

I will be recommending these programs to my clients to help them accelerate the changes they are aiming for.

Thank you for this marvelous tool...

Rachel, Montreal

[Order I Am Healed Now!](#)

Hello Mike,

I purchased I AM HEALED NOW as I have had health problems all my life. I was beginning to wonder if I would ever get well, stay healthy and live a normal life filled with health and happiness. I am tired of being ill a lot. How I manage to keep my job is a wonder. My saving grace is I am good at what I do. I keep going due to the Grace and Blessings of the High Heavens and for my two beautiful daughters. I don't know how I have managed for so long.

I have more energy and strength since I have been listening to your tape these past three weeks. I know that in time, I will be a lot healthier. I know that when I buy the tape on Eating Healthier, that it will make quite a bit of difference as well. Combined together, I will win this battle. I am beginning to really believe in me which I haven't for a longtime due to poor health. I have had this problem at least 40 years, so it is long standing and I know it will take some time. You can't dust the cobwebs out in a day as they say. I now have hope.

I know it will come, just how much longer, I am not sure. I use it at bedtime every night. The energy and strength came quickly and I think my stress level is lower these days as well. But it will take time to eliminate 40 years of stress and strain on a body.

I am much more productive than I have been in years. I am starting to conquer my paper war at home and I am finally putting things in order like never before. Thanks for your product, Mike looking forward to ordering more in the future.

Cheers,
Delores Latoche

A very sincere thanks you to Mike Brescia and the Think Right Now Team for creating such wonderful products; I loaned my "I Am Healed Now!" program to a friend who has recently had several operations for cancer and has been feeling very unwell, weak and down - she said your programs were an answer to her prayer; they have helped her relax, feel much better and cheered her enormously.

Fran McAllen, Australia

Mike,

I was a health mess (won't list all the issues here), had spent many weeks in the hospital and many more weeks in rehab and went home a week ago yesterday. I was scared to death and scared about the quality of life I no longer felt I had.

In addition to some supplements, my daughter told me she sent a portable CD player and 2 of your programs: I am Healed Now and Freedom From Depression Now. I played I am Healed Now for hours upon hours, literally 24-hours per day from Thursday afternoon until 2 days ago when I had literally worn out the CD. One morning I woke up feeling "good" for the first time in a long time and it had hit me that some of the affirmations were things I needed to focus on. I have always been a very negative person and because these programs are geared toward developing a positive attitude, I feel they are definitely helping me realize that I can heal myself and not give in to others telling me I will never be able to live alone or take care of myself. I've been very independent most of my life, but unfortunately have made many wrong choices.

The program I am now listening to, Freedom from Depression, together with the other program has given me a more positive outlook on life. I'm very grateful to have these tapes in my life. They have given me a lot of encouragement. I know that I need the Self-Esteem program next, as that is and has been one of my big issues -- lack of self-esteem. I will listen to the Freedom From Depression until I burn that one out too. By the way, I have been walking around without my walker for the last 3 days. I'm now doing my own laundry, showering by myself and I know I will be fully healed...Thank you for making these wonderful programs!

Sincerely,

Alicia Diamond, NJ

I bought your program "I Am Healed Now" because I have had a terrible case of plantar fasciitis for over a year. Before that I walked 3 miles every lunch hour Monday through Friday, hiked after work on Wednesdays for about an hour and for 2 to 4 hours on Sundays. I live next to the mountains and the ocean in Santa Barbara and it relieved stress, made me strong and fit (and fit into my clothes) and kept me going with something to look forward to. We have the best climate and area for these activities and I loved my life. Then I ran in a 10 K race and because I was tired and clumsy afterwards (I'm 55

years old) I ran into a solid square table full force (barefoot) and broke my small toe. It was incredibly painful but I live an active life (on and off work) and kept on going in spite of the pain. I developed the painful plantar fasciitis and did everything I could do to heal it. I went to the podiatrist, got a cortisone shot, got custom orthotics for my shoes, went to an acupuncturist frequently, got regular foot massage, iced my foot, rested most of the time when I wasn't working, stopped hiking and walking any distance, did all the right stretches and exercises for it.

I even slept in a foot/leg brace that kept me awake and cut off the circulation to my foot!!! All I got was minor relief and extra pounds because I became so inactive. The pain kept me awake at night. I couldn't wear any nice looking shoes and I began to become so discouraged. I couldn't hike with my partner anymore. I felt old and miserable. I was ready to try anything. I bought your CD and started listening to it. I listen to it every day, and on weekends twice a day. I have been doing that for about 3 months now.

I can't say that I was instantly healed, but now I can hike up to 2 hours on the weekend and the pain is greatly reduced. I am not as exhausted as I was and can see a time coming soon when I can have a busy and active life again.

Thank you for your CD.
Sincerely, Ginny Howard.

Dear Mike,

I am so happy to say that when I had a flu recently I put on your I Am Healed Now program - during the night and for the entire next day. I felt well enough to get out of bed and have a lively and happy day. Now when I use this program, I NEVER GET SICK NO MATTER IF I AM TRAVELING OR AT HOME- EVEN IF OTHER PEOPLE ARE GETTING SICK NEAR ME , I NEVER DO!

Since I have started playing the audio tape "Setting & Achieving Goals" I AM VERY OPTIMISTIC, POSITIVE AND GRATEFUL THAT WHENEVER I SEE SIGNS OF DEPRESSION I WILL STOP AND WRITE IN MY BLESSING BOOK ALL THE WONDERFUL THINGS THAT HAVE HAPPENED THAT DAY. It has become a habit now to write down all the miracles and blessings in my book which has made me more aware of the blessings surrounding us every moment. I write goals every morning and evening, both small and large, and put a heart by each one. Then I check them off one by one in any order, whatever feels right to do. I am never bored, because there are always lots to do and I see success happening little by little every day. This is very rewarding and makes life seem so magical. I see what a "dream come true" life we can create and notice the little things that make it so fulfilling. I am very grateful to have this wonderful support.

Thanks so very much,
Cheers, Mia Margaret Glattauer, Arizona

[Order I Am Healed Now!](#)

I currently alternate two of your programs from day to day, "I Am healed Now" and "Dissolving Panic and Anxiety Now". Usually I listen the programs while going to sleep in the evening or during my afternoon siesta. Some times I go into sleep while listening to them and it happens more often than not. I always wake up refreshed thinking that the statements have been installed deep into my subconscious. I have been using these programs for last two months and continue to using them.

Earlier on I was always tense but after listening to the programs I am able to sleep better and relax better. Now days, a full day passes without my being anymore tense or anxious. I have become a lot calmer and composed now facing the trials and tribulations of everyday life more confidently... I used to think and worry a lot on my health to the point of being a hypochondriac but I now worry less and the physical symptoms have also gone away. I had hypertension earlier that was not getting controlled by taking medications also now it has become normal but I am continuing with the medicines.

Some times during my listening of the programs I feel intense fear that I think is the handiwork of the subconscious mind - having deprived of all the regular feelings of fear, anxiety, worry and depressive thoughts day in and day out - it tried to latch on something because it was at the verge of being devoid of its daily pabulum. Now it is life as usual. I am able to do all the domestic as well as official work promptly without any tension or hesitation without procrastination. This is a wonderful programme. And I am going to use all of the programmes someday or other in the future.

Saying only thank is not enough for Mike, Sir you are changing lives, hats off to you...

P K Mohanty, INDIA

Dear My Friends at Think Right Now!

The software is downloaded, and 'self confidence' is blinking at me, with the delightful music in the background. If this is too blunt, I'm sorry... I've had two 'Turps', prostate surgeries, and don't have much duration of control. After using "I am Healed Now!" 20 hrs per day, yesterday I walked 4.5 miles in an hour and 15 minutes, and did NOT have

any urgency to 'go' when I got back. I haven't been able to make an hour out for several years. My back has been broken on Nov '61, Feb '73, and Nov '94, and the pain is beginning to be more tolerable. I made up my mind several years ago NO MORE PAIN MEDICATION, and now, during this month with Think Right Now, it is paying off! My blood pressure has dropped from (weekly averages) 128/88 to 115/74, which is now perfect per my Cardiologist. The constant ringing in my ears is lessening, and I'm seeing things more clearly. I was not able to drive, because I couldn't focus on anything farther than 10' away, and there is a remarkable improvement here too.

Warmest Regards,
Nick

Hello!

I absolutely think all of your audio products are fabulous! The relaxation exercise at the beginning of each program is a wonderful bonus and I fully take advantage of it. I find that if I actually take the few minutes to relax that my mind is more open to receiving the messages the program offers.

Since starting your programs about a year ago; I have noticed that my negative self-talk has greatly decreased. I also started picking up on the negative self-talk of others and I do my best not to be around these types of people because I simply do not feel my best when I am around them. I know that I have a choice to be positive or negative and that I can control what I think and most of what goes into my ears. I have even noticed that the type of television shows I watch has changed and most of the time I mute the commercials. By doing this and listening to your programs my stress level is way down.

My attitude is also more pleasant and nonjudgmental. I don't get upset if someone is driving too slowly in front of me like I once did. I think most of all; I have learned to be patient with myself and others. I have also learned that it is okay to be flexible with my personal routine.

When I am not feeling well, I listen to "I Am Healed Now!" continuously until I start to feel better. This program has saved me from several trips to the doctor... no kidding! It really works wonders if you allow it to do so.

All of the Think Right Now programs I have used gave me hope for a better future. I know if you believe in the programs and use them properly that they really do work. With my depression and anxiety it took a little longer to see a noticeable difference, but I am proud to report that I am on much less medication than I was a year ago for these symptoms.

It is just like Mike says... the more you press the play button, the faster you will notice

the results. I highly recommend all your Think Right Now programs and have even given some as gifts.

Keep up the wonderful work you are doing!

Thank you so much,
Sandra Cauley in South Carolina

Titles of the Programs I have used:
I Am Healed Now!
Real Self-Esteem Now!
Setting And Achieving Goals Now!
Freedom From Depression Now!
Dissolving Panic And Anxiety Now!

Mike,

Hi, my name is Joseph Thornton and I am a firm believer in your products. In fact, I believe I have half of your products (smile). I truly believe in what you are doing and freely share my infinite wisdom with others. Your products have changed my life.

I listen to the programs at night while we are sleeping, while I'm driving to work and on my CD player at work. My mind is constantly being bombarded with life-changing thoughts. I truly believe that by constantly listening to these programs my life is being changed forever. I have been using the products faithfully for 3 1/2 years now.

I was raised in an abusive, alcoholic environment. My parents were both alcoholics and abusive. I was constantly told I wouldn't amount to anything at all. My mother quit drinking and my father still does and even as an adult, constantly berates me. I've always taken the high road as far as insults and put-downs were concerned. I believed in myself and my abilities on the outside, but deep inside those mean things affected my persona and how I felt about myself. I guess you could say I was putting on a "good face." This up and down, emotional roller-coaster came to a head during my service in the Marine Corps. I was diagnosed with Ulcerative Colitis and medically retired from the Marine Corps. During this difficult time, my warrant officer introduced me to Stephen Covey, (7 Habits of Highly Effective People) and The Power of Positive Thinking (Norman Vincent Peale) and I have been on a journey to improve my self-image and my belief patterns for 5 years now.

In Sept 2002, I came across your web-site, ThinkRightNow, and ordered "Setting & Achieving Goals Now!" my life has never been the same. Today I would like to comment on "I Am Healed Now!"

I was diagnosed with Ulcerative Colitis, Aug 1994. I purchased "I Am Healed Now!" in 2003. It has made a remarkable difference in my condition. Once a year I go to the doctors to get scoped for polyps, to rule out colon cancer and the doctor's have noticed a drastic improvement in my condition. At the outset of my condition I was taking 4 asacol pills to keep my condition under control. In addition, I was on prednisone (a steroid) to help reduce inflammation and flare-ups. Today, I'm on 2 pills, 2 times daily and no prednisone. That's a remarkable turnaround. I also suffered from asthma, using an inhalant 2 times daily. I no longer require an inhalant. I listened to your programs in the way I described previously and noticed results in 2 months. I owe my improved health and lifestyle choices to your products Mike and I'm eternally grateful.

Mike, all of your programs are wonderful and they have helped me in all areas of my life. My relationships with my co-workers, family, friends and church members have all improved. I'm making more money, have more friends and a better outlook on life because of your products. I don't take things personally and I don't let others dictate my outlook on life. I'm in charge of my destiny and future. Again thank you for all you do and keep up the good work.

Joseph Thornton, MD

[Order I Am Healed Now!](#)

I Am Smoke-Free Now! Success Stories

Hi Mike!

About two years ago, I noticed some problems with my throat and went to an oncologist who arranged for a biopsy to be done on my throat. While I was being prepped for the procedure one of the doctors poked his head in and asked how I was doing. After I told him "fine", he asked if I was still smoking, to which I answered yes. Then he said, with a very serious look on his face, "Philip, you need to put those damn things down!" his face went back to a smile and he wished me luck with the procedure.

The results came back positive for throat cancer, which I was told the two main contributors for were smoking and drinking alcohol. I drank occasionally, hardly ever in fact, but I smoked like a freight train and had for 26 years! I had tried to quit many times in the past but I had always failed, I just didn't seem to have the "umph!" to do it and stick with it. So I decided to try "I Am Smoke Free Now!" I played it on the way to and from work - a 30 minute drive each way. I did this for about a month before I noticed anything major, then I decided that I wanted to also try some nicotine patches to help me quit. I wore the patches and continued to listen to the program. The patches came off in about 3 days and I got very frustrated, but what impressed me the most was that now, where I would have normally started smoking again, I was determined to quit, and quit I did. I've been smoke free for nearly 2 years now and I have no desire whatsoever for

cigarettes at all, ever!

After being diagnosed with throat cancer, my doctors decided that they would first give me chemotherapy, and then radiation treatments. Well, I decided to get "I Am Healed Now!" Every time I went in for a chemotherapy treatment I would bring my CD player and listen to the program while I was being given the treatment. Many times I got so relaxed that I would fall asleep during the treatment! When I finished the "chemo" my oncologist had a talk with me to assess my situation and he made the comment "I've never seen anyone do this well on chemotherapy before." He was very pleased with my progress as was I. I also used the program while I was receiving radiation treatments (they were the hardest thing for me) and I believe that the combination of the programs, support and prayers from family and friends, and my faith helped me to get through it all.

All in all, I believe that I used "I Am Healed Now!" for about 3 months while taking "chemo," for 6 weeks during radiation and for about 4 months during my recovery period. It was basically part of my treatment plan to me. At my most recent visit to my radiologist, he ran a scope down my throat and said that he saw absolutely no signs of cancer at all! And he also said that this was impressive because the cancer that had been in my throat was fairly large. I don't want to give the impression that these products make life perfect or anything, but what they've done for me has been to help me to reach my optimum in very difficult situations and to emerge not just a survivor, but feeling like a conqueror. I feel as though the products help me to bring out the best in myself.

I've been using "Setting & Achieving Goals Now!" for about 3 weeks now. Since I've been using this product, my mind is starting to think in more productive ways. I know that it's starting to change my way of thinking, or at least how I look at things, for the better! I've always been a believer when it comes to the limitless possibilities and potential of the human mind, and I feel that your products are the key to unlocking and tapping into that potential. Just like you say Mike, "Just keep hitting that play button". It's not hard you know, if you can just commit to listen every single day, then the tape or CD will do the rest. You don't even have to try to listen, just play it while you sleep - heck, it'll even help put you to sleep! Close your eyes... then zzzzzzzzzzzzzzzzzzzzzzz!

I want to say, "Thank you Mike to you, and all of your wonderful staff at Think Right Now! You are doing a terrific job and you are changing people's lives for the better, and that's something that we need a whole lot more of in this world. I am forever indebted to you.

Philip Nash, TN

Hi Mike,

I started smoking before I became a teenager and smoked off and on (mostly on) for 37 years. I tried every possible way of quitting smoking - Schick, Smoke Enders, Zyban, Patch, Gum, Lozenge, Hypnosis, Acupuncture - none lasted very long because I still had the "I Am A Smoker" addicted mindset.

After listening to "I Am Smoke Free Now!" for about 30 days - while I slept and whenever I could - in the car, while cooking, while working - and saying out loud every time I lit a cigarette, "I don't smoke," (it's pretty funny to see someone light a cigarette as they are proclaiming that they don't smoke), - I literally believed that I was a non-smoker - BEFORE I QUIT!

I haven't smoked in more than 3 months and haven't had ANY of the side effects normally associated with quitting smoking. I cannot say if my success with this program is usual, I can only say that I am completely satisfied with it and hope the same for everyone who uses it.

Thank you for everything!

Belinda Walker

Hello Mike,

I ordered "I Am Smoke Free Now!" and after smoking on and off since the age of 12 (I am now 46), I can truthfully say, thank you for the work you have done. When I was angry, sad, depressed, lonely, hurt, despondent or just plain me, I would smoke. Now I take in a deep breathe of 'clean' air and feel the satisfaction of the jolt I guess I looked for in a cigarette.

Thank you also for your newsletter. It is so informative and like a good friend I miss hearing from who seems to call when I least expect it. From childhood, I have suffered from low self esteem and have been a people pleasing, over-achieving machine. My smoking and other bad habits was my way of saying, "I'll show you, I'll hurt me." I will stand up for myself from now on. I will order the programs dealing with self esteem, depression, panic and anxieties since it seems to me that you have the gift.

Sincerely,
Reina Ocasio, NY

[Order I Am Smoke-Free Now!](#)

Mike,

I was researching when I came across your site. I quickly read though it and just reading your site made me feel great. I signed up for the e-mail letters, and every time I opened them I felt better. So wanting to test your programs I ordered the "I Am Smoke Free Now!" I have smoked since I was 9 so if the program could help me stop it would prove you were right. I listened to the program not truly wanting to quit. Still I cut down but haven't quit to date yet.

Mike, you're an amazing man.
Thank You.

Mike,

I was very impressed with your programmes, particularly "I Am Smoke Free Now!", and it has totally changed my life.

I am 52 and stopped smoking after 35 years as a direct result of your programme. I previously tried all ways to stop smoking: acupuncture, patches, gum, etc., but nothing seemed to work.

I had my last cigarette on 14th November, 2002 and can go into pubs, bars and houses where there are smokers and not want one. I have not replaced the nicotine with anything else.

Regards,
Bill Grant

Dear Mike,

I have been trying to quit smoking for the last 11 years. I tried the patch, the gum, hypnotism, ball bearings in my ears as well as acupuncture and other related smoke free in 30 days or less "guaranteed" to work material. Not one of these has helped me. I have listened to your program every night for a month and am very proud to say I AM A NON-SMOKER! You had given me the want and the drive to accomplish my goal and for that I am very thankful.

My health has benefited immensely and I can now go to exercise class with more breath and stamina; I don't have to be sitting on the side lines catching my breath every ten minutes. THANK YOU so much for offering a tool used to motivate me to quit; one I can

use over and over to be sure that I stay with my goal just by listening to your program when I get the urge. Now that I have gotten rid of that "Stupid Stick" my husband even kisses me more. Again, I thank you for giving me my life back.

Gloria Nowak
Thunder Bay, Canada

I am celebrating my first year without smoking! I wanted to quit, that's for sure, but your "I Am Smoke Free" program made the difference. Now I use your program for all kinds of improvements in my life. I am now converting it to help me to be a more loving fulfilled being by adding affirmations related to Buddhism.

Many Thanks, Peace & Joy!
Maggie May

Today is only my fourth day using the program and I am in love. I had tried to quit smoking consistently for the last 6 or 7 years. I would chew the gum or a straw, etc. and the longest time period I quit for was nine months. Now in four days I have managed to cut back from more than a pack a day to only 4 or 5 all day long. Funny thing even those four or five are not enjoyable. As a matter of fact I've found myself stopping half way through and going to brush my teeth. No gum ever did that! The interesting thing is that I have an amazing peace of mind. No quitter's anxiety or tearful episodes. Just the opposite, it's like smoking and the addiction to it has been removed from my mind.

I'm amazed that there are no cravings. I've also used the weight control program with it; so far no weight gain. And I am at peace, with a lot of stress at home and work right now. Thank you, Thank you, Thank you!

Barbara Moran

Mike,

I have quit smoking!!!! I have quit many times before but this time is different. I KNOW I HAVE QUIT FOR GOOD. I know we have been taught to never say never, BUT I have listened to this program night after night and I have been cigarette free for almost 3 weeks. I know that is not a long time, but it IS if it has been totally stress free as though you have never smoked!!!! On my job, I walk to the bank & post office every day. I used

to suck up as many cigs as I could, but now I strut along, inhale the fresh air deeply and repeat the lines in my CD as to how good it feels to inhale the fresh air etc, etc. It is so weird, but it has been so easy!!!! I am a 40 year smoker... excuse me... WAS a 40 year smoker, 2 packs + a day.

All I can say is thanks to your program I simply have started thinking right. It has gotten into me, and even though I feel home free, you never know I am compelled to listen each night anyway. You know what else? I have suffered with insomnia for years and this program has also cured that. Also you will NEVER know how much your daily e-mails help on a day to day basis. I am not sure how you feel about GOD, but this lady KNOWS HE is using you mightily!!!!

God Bless you!!!!
Sharon Greene

[Order I Am Smoke-Free Now!](#)

Hello,

I am 45 years old, and started smoking when I was 15. I smoked for 30 years, and was a heavy smoker for most of that time. For the last 10 years or so, I was smoking 2-1/2 to 3 packs a day. For the last couple of years, I've gotten some pretty bad bouts of bronchitis in the winter, usually coupled with a sinus infection. As I'm sure you can imagine it wouldn't take much for me to be short of breath. I work on the second floor at work, and I had to take the elevator or I'd have a coughing fit and would be gasping for air by the time I was at the top of the stairs.

I decided that I would quit smoking. I knew I needed to strengthen my lungs. I had quit once for about 6 months, and I could remember how miserable I was, all the stress and anxiety I felt. I was jittery for 2 weeks and was not pleasant to be around. I struggled not to smoke for the entire 6 months I was smoke-free. It was not a really good experience. Just remembering all this stuff started raising my anxiety level about quitting smoking, but I was determined to quit.

I had ordered and used your "Accelerated Sales Success Now!" program with success about a year and a half ago. I decided to go ahead and order "I Am Smoke Free Now!" to help me. After all, I knew you had a money back guarantee, so I would not be out anything if it didn't work. I also went to my doctor and got a prescription for Zyban, and the doctor told me to use the nicotine lozenges to help with the cravings. I set my quit date, and started to prepare.

I began to listen to the program 3 weeks before my quit date. I just put on the headphones and pushed "play" when I lay down to go to bed at night. I would also listen again if I got up to use the bathroom in the middle of the night. I just listened, and went about my

normal business. After listening for about a week, I realized that I wasn't feeling any stress or anxiety about the approaching quit date. Rather, I was feeling pretty confident about it, and was actually looking forward to it. What a surprise that was! After about a week and a half, my wife pointed out that I was smoking less at home. This happened so naturally that I didn't even realize I was smoking less. I was not having any cravings at all.

By the time I was 2 and a half weeks into it, I had cut down from 3 packs a day to less than 1 pack a day. Again, this was without effort or cravings. I just found myself not wanting to smoke as much. Honestly, at this point I could have quit. But I decided to go ahead and keep to my quit date. As weird as this may sound, I was relieved when I smoked my last cigarette the night before I quit. I realized that I was tired of it. I woke up feeling pretty good on the morning of my quit date. There were a couple of times during the day that I wasn't sure what to do with my hands, but I had no cravings for a cigarette.

In fact, to this day I have not used the Zyban or the nicotine replacement lozenges. I just have not felt the need to use them. I have become a non-smoker using only the "I Am Smoke Free Now!" program. I've been surprised that quitting smoking was much easier than I thought it would be. I would recommend this to anyone who wants to quit smoking without suffering from withdrawals or cravings.

At this point, it's been almost 2 weeks since I quit. I realize that 2 weeks as a non-smoker is a long way from 30 years as a smoker. But I can tell you that I am done smoking. I feel like a non-smoker. I can't explain it, but I know that I will not put another cigarette to my lips. Ever. It's that simple.

I realize that this sounds melodramatic, but thank you for giving me these wonderful tools. I can feel my life changing, and I could not have done it without you.

Brian Van Winkle, IL

Hi, Mike!

I'm writing to you to tell you how your "I Am Smoke-Free Now!" program has helped me to finally conquer and kick my smoking addiction forever! I am no longer powerless to the curse of that addiction, and I thank you and your programs immensely for helping me defeat the grip of the nicotine monster!

At first, I must confess, it was kind of touch-'n-go as I'd only listen to the program sporadically, not consistently as directed. And so, I was only able to "temporarily" cease from smoking for a weekend, or a week or two at a time, for example. That's because I was not yet fully committed to the whole program. After several missed attempts, I had found the key. I had realized I had to listen to the program each and every time I felt a

"craving" surging over me, paralleled alongside the initial program recommendations. It had been extremely difficult for me to completely stop a 32 year old, 3-pack-a-day negative habit, and so it called for extreme measures.

So, in addition to the program, I had ordered Think Right Now! for Windows software immediately, believing it would allow me both auditory, as well as, visual reinforcement! In retrospect, for me personally, it was a matter of double barrels, if you will. My success equation was: the desire, determination, consistent focus AND the effortless re-conditioning working simultaneously! Then, yes...I was well on my way!

I am delighted to report the programs worked their claims and I am now smoke-free, much healthier, and quite a bit more productive than ever before! Additionally, I no longer worry about imparting a nasty cigarette-smoking habit upon my two adolescent children! I've broken the generational curse in this family...It's a powerful feeling! [Incidentally, as a reward the three of us are planning a vacation this winter with the money I "used to" spend on cigarettes!!!]

Thank you a hundredfold, Mike, for making your programs accessible and affordable. Bless you!

Sincerely,
Kathleen S. Snyder, Texas

Hello,
I bought the "I Am Smoke Free Now!" program as a gift for my mother some weeks ago, because she wanted to smoke less. I am glad to support her in smoking less, as I hated the white clouds of cigarette smoke that have been hurting my nose and made me feel sick whenever I visited her at her office.

When I gave her the program she said she was not really interested in hypnosis, but she would give the whole thing a try. So at first she listened consciously to the CD, then she played it quietly in her office during the day, and voilà, a miracle happened. Gradually she decreased her smoking habit from day to day and week to week.

She already went from 1 - 2 packs a day, to 3 - 5 cigarettes a day, and somehow is in a much better mood than she was before. Her skin also has a healthier complexion, she can breathe more freely, stopped coughing every morning, and is physically in better shape now. I enjoy visiting her much more in her office now, as do many of her customers who also enjoy the cleaner air in her office.

To make a long story short: Your "I Am Smoke Free Now!" program is great. It turned an addict like my mother who smoked 1 - 2 packs a day for more than 30 years into a

happier woman who did not have to battle her smoking habit the hard way, but who says, "I just listen to the program, and somehow I do not want to smoke any more. I somehow magically seem to forget to smoke."

That is something Mr. Mike Brescia deserves a big pat on the back and a lot of applause for. Well done!

Have a nice day,
Barbara Chinwuba

[Order I Am Smoke-Free Now!](#)

Have been using "I Am Smoke Free Now!" for 2 weeks and have cut down cigarettes from 2 packs a day to 1/2 pack per day. I'm a little surprised because I've been smoking for 35 years and nothing has ever worked for me (patches, whatever). I think that this is going to work and I'm really excited about it.
Ellie North, Blenham, NY

Hello Mike,

My name is Maddy and I am a HUGE fan of your Think Right Now audio programs!!

My life has changed in so many ways from using your audio programs it's hard to be specific, as I have yielded the benefits of using three of the programs - Freedom from Depression, Setting and Achieving Goals and I am Smoke Free Now.

I swear by the Freedom from Depression program..it has totally turned my life around and I no longer have any depression...truly a miracle, and I send you blessings for this.

Setting and Achieving Goals has really given me a boost and I am slowly, but surely moving in the direction of my dreams, and have no doubt that I will accomplish that which is my heart's deepest desires.

Now, for the hardest thing I've ever wanted to accomplish in my life, and something I never thought I could overcome - smoking! Since listening constantly to 'I Am Smoke Free Now' I am happy to tell you that I have been nicotine free for 1 month and 2 days!!!! My addiction to nicotine has been my life's worst inadequacy, and I am over the moon about having quit and staying quit. Healing this addiction is doing so much for my life...so many changes...so many challenges...yet such an opening to healing my life in so

many ways.

Mike, the work you are doing, and the miraculous effects it is having on peoples lives all over the world, well...God bless you, is all I can say...God bless you!!!!

Thank you for being so committed to your work and to your passion; I am so very grateful for all that you do!!!!

With great sincerity,
Thank you so much!!
Maddy Anderson, CANADA

Dear Mike,

In August of 2003 I Am Smoke-Free Now for my husband and myself. I had decided to quit smoking and I had begun by cutting back on the number of cigarettes that I smoked daily. When your program arrived I began listening in earnest. I put the tape in the cassette player immediately and continued playing that tape a few times during the day and for weeks that followed. I had my heart set of quitting and although I had quit many times before I always went back to smoking at the slightest temptation.

The moment that I knew the program was working was when I was sitting around a table with four of my best friends. Four of us were smokers and one of my friends had never smoked. As we sat around and talked we often "lit up" in unison. On this particular night soon after I began listening to the tapes I realized that I wasn't smoking with the others. I was driving home that evening and impressed at how easy it was to quit. I began to get that I was no longer a smoker. It was the happiest moment of my life when I was able to break the chains that had bound me for so many years. I listened to the program for a while longer but don't need to listen to it anymore.

I have the program in a safe place in case I ever need it again but I have never touched a cigarette since and I believe my addiction to cigarettes is totally and completely broken. I believe that every day since the addiction was broken I have gotten stronger in my resolve never to smoke again. My husband never listened to your program and has still not quit smoking. I hope that someday he will "get with the program". LOL.

I am so pleased to always hear messages from you about thinkrightnow.com because it brings back a happy memory that this tape worked for me and that so much could be accomplished in this manner. I love the way it worked for me. I appreciate having the opportunity to tell my story. Thank you so much for all you have done to help people become "more than they are". You are an inspiration!

Susan Freer, NJ
A Very Satisfied Customer

Hello Mike,

I want to share with you what happened today at the shelter with your programs. We are still in the process of setting up a system where people can check them out, listen to them on the computers, and then make them available for others. Yet today, I wanted to see how they affected some of the folks I write with. Many have mental illness, and I didn't know how they would react, especially those who heard voices.

Sarah, who just came into the group, not only copied the quotes for the day, she wrote down quotes up through page 109. Although she has no teeth, she smiled bigger than I ever have seen her smile. She and I have a routine we do now. We follow staff and members around and say, "Today! is your day to win!" She shouts it with me. Then, we have people say it back to us. Then we tell them your story, and we tell them how you donated books and programs.

When she copied them, Sarah noticed that you repeated some of the daily reminders. I told her those were the important ones - like the red words in the bible. She has said, over and over, -- I can do this. I can do this. Your words are sinking into her brain. Yea!

I was worried about how John might react to the voices on the program. He has a few other voices he struggles with and feels quite paranoid at times. I checked out how he felt after the program. He smiled. He said he felt relaxed. He said that the smoke was purging from his body. (Everyone listened to "I Smoke Free Now!") As I watched, he was repeating the words to himself silently. He really likes your book. You did a great job on your program. It addresses smoking and other substances extremely well in a supportive, positive, non threatening way. Good for you. It's just what they need.

Bill has been to prison six times, yet hasn't had a case in 15 years. He designs cards for a living --a very meek living. Yet he is one of the most beautiful poets I know. Today, he said that he believes that he has a purpose and that God will help him make his way. He keeps saying over and over, "That's amazing. He was homeless. Now look where he is at."

Your book, your story and your programs have had a great impact so far -- and we haven't gotten them fully integrated into the culture yet. It's only just begun, but folks are interested. I just signed my boss up for your e-mail book. He's excited, too. I'll keep you informed.

You are making good things happen in the world.
Many blessings to you, your wife and your family

[Order I Am Smoke-Free Now!](#)

I Am Organized Now!
Success Stories

Hello,

I am really getting good results with your program "I AM ORGANIZED NOW". I have attracted many great opportunities in my lifetime which I was unable to capitalize on because of a lack of organization. Unfortunately, my husband is the same way. He has a winning personality, but no organizational skills. Our home really reflects this and I have been worried that we are passing on our helter skelter ways to our two children.

Since listening to this program I have followed through on things that I would have run away from. I am able to remain calm and focused while working on several projects. More importantly, I feel that I know what I need to do next in order to accomplish my goals and projects. The most significant progress for me is that I purchased a new car. I have been without reliable transportation since last September. I know this sounds like a minor thing, but for me it's a big deal. Its one of those things that I knew I needed to do, but I just could never get to it. Second big accomplishment is that I spent last weekend looking over my files and preparing to send out bills for work that I've done and not sent out invoices for. This is really a blessing.

I feel more in control in my work life. Now I need to work on my home life. It is truly awful when no one in the house has good organizational skills. I am going to keep this tape running at home and hopefully my house will begin to take shape. I would love to have another tape to give to my husband so that he can keep it playing in the car and at work.

Thanks for doing what you do.
Deborah A. Wash., DC

After the first night of listening to your "I Am Organized Now" program I got up the next morning and went thru my entire house room by room and donated all the extra things that I didn't need to the local YWCA! It was about two trunk loads of things! Talk about freedom! It felt wonderful to be able to free up space and get rid of clutter, and knowing at the same time I was helping many other women and children in need! The next day, I went thru year's worth of boxes of letters that I had been saving and sorted and tossed 99% of them. I saved only those that were extra special. A week later, I rearranged three rooms in my house, with the help of my children to be more organized and to improve

efficiency. Then I went thru my dresser drawers and closet and got rid of the clothes that I no longer wear, love or use. It is better to have just those things that really make me feel good, are comfortable and that I love than a whole lot of options. Yesterday, I "tackled" my mending pile and it was done in one evening!

I am working on getting my paperwork organized and I admit it is still the hardest thing for me to do, but I feel like I can and will be able to accomplish it. Next on my list of things to accomplish is to plan each day so that I am efficiently making the most of every moment and living and enjoying my children and their lives, because they grow up too fast! I keep a box on each level of the house that each day I put things in that we decide that we don't want cluttering up our life any more. It is amazing how much less we can live with and be so much happier and it is so much easier to keep up with our possessions. If something breaks, I either fix it, or throw it away, immediately.

Everything is in its place; if it is taken out; it is used, and then put away in its place. The dishes are done after every meal. The cleaning is done as you go along. No leaving messes for someone to clean up after. I am on an extremely tight budget, single parenting and raising three children on my own. Now we will be able to afford to buy a few nicer things instead of a lot of cheap stuff. We are all happier and have more time for each other.

Last weekend was the first time in a long time that I didn't have 100 things pressing on me needing to be done and I was able to just relax and enjoy time together with them and getting to know each other better. I was always one of those people very organized and successful at work, but not at home. I loved creating systems to organize but I wasted so much time doing it and then not carrying thru or keeping up with it. I love one of the statements that starts... There are NO EXCUSES... we just have to do it. So that is what I am doing for the first time in a long time! I have my life back in control.

Thanks so much for giving me the tool to use to make this happen.

Thanks again!

Rebecca Wallace, MN

[Order I Am Organized Now!](#)

Hi,

My name is Kelly Smith, and I would like to tell you what a huge difference your programs have made in my life. Over the past few years, life has taken quite a few twists and turns, while I had always had a problem with my self esteem; it was at an all time low. It really started to manifest in my singing auditions where I would freeze up, even though I would completely rock the songs in my voice lessons, or when I was practicing at home.

I ordered the Real Self Esteem Now program and started listening to it every night. After

a few weeks of listening my auditions skyrocketed, I started booking a lot more jobs. My day job gave me more responsibilities, and I started to be more outgoing. I also started sticking up for myself in situations where I would normally let people walk all over me, and I started to have a more optimistic outlook on the whole.

A few weeks ago I ordered the I am Organized now program and the results are even more amazing! My room, which has always been messy, ever since I was a child, within a week, has been transformed into a neat and organized haven. I always put things away after I use them, and I have found a "home" for all my things. I have also gotten rid of a bunch of things I no longer need. I feel so much more relaxed, calm and at peace in my room. I have also begun to get all of my affairs in order, financially and in my work. I can't wait to see what else is going to happen after I have listened to my new CD for a few months!

Thank-you soooo much!

Kelly Smith, CA

Mike: I want to let you know how much I am benefiting from the "I Am Organized Now" and "Dissolving Panic & Anxiety" programs I recently ordered from Think Right Now.

I am a Protocol Coordinator in a government office. You either love this kind of work or not, it's not for the faint of heart. We deal with many high-ranking military officers on a daily basis and take care of a myriad of details for them. This includes, but not limited to, lodging, transportation, social events (to include reserving the venue for the event, coming up with a theme, menu & price, producing and printing the invitations, mailing them to the proper people, receiving RSVP's, drawing diagrams of the room layout with table setups, ensuring senior personnel are seated properly at the head table(s), decorating the tables, making place cards, audiovisual & podium setup, reserved parking signs are put out, VIP guests are greeted & escorted to their tables, & more). There are so many details to take care of & this means being organized in my job is a must! Without it things quickly fall apart & you become stressed & this can lead to job burnout in this field quickly. The affirming statements on your programs are head & shoulders above anything else I have heard or read in a book! I listen to them on my commute to work & back home every day (about 20-25 minutes one way). So for at least 45 minutes a day, I am absorbing these statements & I feel more confident to face whatever task is given to me at work & not become anxious or panic if the unexpected comes up.

I have learned to think on my feet more & take care of whatever comes up. I have learned that I can juggle several events or assignments at one time & accomplish so much more than I did before with less stress! I have also become more organized at home now which has helped me to accomplish more in my personal life. I am so happy that I found your

website & I thank you from the bottom of my heart for your helping me become more organized & less stressed! Have a great day & keep those great life-affirming products coming our way!

Kate, VA

[Order I Am Organized Now!](#)

I Love Exercising Now!
Success Stories

Dear Mike,

I have used the Think Right Now, I Love Exercising program for two years now. When I first started listening to the tape, I listened every day. I played the tape in my car on the way to work, and whenever I was in the car. I stopped listening to the radio. Each day, the soft voice of the speaker encouraged me to want to exercise.

I exercise at least four times a week, and sometimes five. When I find my tape most effective is when I have come off of vacation or some other activity that has gotten me out of alignment with my normal exercise habits. When the weather changes too, I sometimes get out of the "groove" of being committed. When I find myself drifting into this sedentary state of mind, I pop my cassette into my car tape deck and within a week, I am back to exercising and enjoying it.

I have found that for me, exercising may be a "job" for the rest of my life. I enjoy the benefits it provides but it is still work for me. By listening to my "Think Right Now" program, I get encouraged, I forgive myself, and I can always start over. The warm, convincing voice of the audio speaker helps me get rebuilt spiritually. I appreciate someone encouraging me to forget my past, forgive myself, and start over fresh. And the most exciting thing about this is, "she is always there for me".

Thank you Mike!

May God bless you and your staff,
Kim Craig

Dear Mike,

I just want to add my praise of Think Right Now to the mountains of it I know you've already received. Before I ordered the "I Love Exercising Now" program I was having

real trouble fitting exercise into my life. This was becoming increasingly frustrating as about four years ago I used to work out four times a week without fail. At that time I made great fitness and weight loss strides. However, due to job changes and moving house I was no longer near enough to a gym to fit it easily into the day. Although I tried to incorporate a brisk 30 min walk into each day it just never felt like a proper workout. I knew the only workable option this time was to get up an hour earlier each morning and workout to a Tae-Bo video. But I could never persuade myself to do this.

I started to listening to the "I Love Exercising Now" program and within two weeks and without warning I found myself getting up one Monday morning an hour earlier than usual with the sole purpose of doing a 50 minute workout. Since then I've been working out every second morning including weekends.

The many benefits of this routine far outweigh forgoing the extra hour in bed. My energy levels have greatly increased (for some reason I'm much more aware of this now than when I was doing 8 minute miles on the treadmill four years ago)

I've noticed that disruptions to my exercise routine no longer put me off my stride. If something happens to prevent me working out on my usual days I easily transfer the workout to other days. In the past once something upset my four times a week schedule I would use this as an excuse not to workout for the rest of that week. It's now coming up to 12 weeks since I started with the new routine and I haven't yet missed a beat. I'm still working out early mornings, getting fitter and feeling great!

Thank you Mike,
Orla Clyne, Ireland

Dear Mike,

I've been listening to your programs, "Eating For Excellent Health Now", "I Love Exercising Now" and "Setting and Achieving Goals Now".

It is amazing what has happened to me and I feel it can only be directly attributed to your programs. The first dramatic change happened at the end of September, which was totally out of character for me. I saw an ad in the newspaper about a 5K race. I never considered running in a race like this since I thought they were for others. For some reason out of the clear blue sky, I wanted to run in this race even though I had never run before. I wanted to try. I talked to my son about it and he said that he would run with me.

I need to explain at this point that my weight was over 260 pounds and all my hobbies were sedentary. I was telling everyone else around me that they could do anything they wanted to do but I found that I was telling myself that I couldn't do anything.

The morning of the race I had visions that I would be carried off the field on a stretcher but I was determined to go forward anyway since I wanted to start living my life and be

healthy. My son, Daniel ran beside me every step of the way. I felt better at the end of the race than at the beginning. I kept trying to run as much as possible.

I'll recap some of the highlights that have happened since this race because it's been amazing!

I have run in four 5K races so far coming in last place in three of them. Even though I have come in last, I feel like a winner. The last race that I have run in, I was able to run most of the way.

I have walked in 6 Volkswalks during this time, which is a brand new activity for me. All these Volkswalks were 10K. I started a walking club here in Alsea and purchased blue ribbons. A blue ribbon is handed out to anyone who finishes 30 miles.

My New Year's resolution was to finish the Portland Marathon this October 5th. My daughter has agreed to walk and run in this marathon with me. My son in Seattle has agreed to run this marathon too. In fact, for Christmas to encourage my efforts, my two sons gave me running shoes, a watch that calculates time and distance, and a book on training for a marathon. I joined Fitness Over 50 in January and have been attending consistently.

My life has changed. I was worried about my health when I ordered your tapes. I kept telling myself that I couldn't do anything or accomplish my goals, which is strange since I didn't see other people not being able to accomplish their goals. I'm a smart person and have the capacity to do amazing things but I got in a rut where I just didn't feel I could change my life. I know that your programs have made a big difference in my life and I know these programs would make a big difference in the lives of so many people who also feel they can't accomplish their goals. I've been telling others for years that everyone, unless brain damaged, has unlimited potential and can accomplish any goal they want to work for.

I'm grateful to Heavenly Father that I found your programs because these tapes have helped me.
Thank you.

Wendy Haber, OR

[Order I Love Exercising Now!](#)

Dear Mike,

When I first saw the title, "I Love Exercising" under your list of programs, I laughed.

"Yeah right," I thought. I was never a "natural" exerciser. I felt cheated because I never

experienced the endorphin rush or exercise high people always talk about. Exercising was just something that hurt and took a lot of time and was less interesting than just about anything on the planet. I bought the program and began using it.

I now think nothing of exercising several times a week. Now I have a habit of getting myself moving first thing in the morning when my brain isn't engaged enough for writing novels or stories anyway.

My breakthrough: This morning I awoke to the rooster calling. The first thought I had was that after I took care of the animals and had a protein shake, I would get on the rebounder, and then do a thigh workout and a little belly dancing. And I was doing it willingly. Before, if I didn't find something more interesting to distract me, I might have forced myself to do something, but without any enthusiasm. Now I am glad to say that I feel good when I exercise. Starting the day with movement makes me feel like I've given myself a massage from the inside. I feel like I've cleaned out any internal junk. I'm energetic and ready for the day.

When I realized that my first thought was about what exercise I wanted to start my day with, it brought a tear to my eye. I never imagined it would be possible for me to actually look forward to exercise.

Thank you for the wonderful Think Right Now programs.

Warm regards,
Ronda Del Boccio

Dear Mike,

I hit rock bottom when I looked into the mirror and saw this 27 year old with poor physical conditioning, excessive body fat, and a terrible self image. It was so bad that I found myself withdrawing from any event where you had to take your shirt off or required physical activity. It was almost like a snowball, the more out of shape I got, the less I wanted to do sports for fear of ridicule and embarrassment and the worse I felt. I tried to take the first few steps by playing basketball with a friend but that just made me feel worse about my health. I was out of breath, slow, and breaking a sweat in the first 2 minutes of play. I was so disappointed in myself that I realized that just getting into the gym or just getting out of the house would not help the underlying problem. My underlying problem was motivation.

I was not convinced deep down inside that I would be able to pull myself out of this rut-- a rut which had lasted since 1998 when I graduated from college with an attractive body and good physical conditioning. After entering the work force, I began drinking beer after work with colleagues, flying on business and eating at all the best restaurants on the company's dime. I was in hotel after hotel for 2 weeks at a time and found no time,

energy, or desire to exercise. 8 years later, I was looking at myself and seeing the wear and tear that this busy life had had on my youthfulness and began to think about how this would affect me 10-20-30-40 years from now.

I was already familiar with nutrition and exercise routines; in fact I was an expert! I had read so much about it that I could write a term paper from memory, but still I was overweight, I was not using my \$40 a month gym membership and I was getting fatter each day. The reality check was going from a size 32 waist to a 40 waist in 4 years!!

I went to a clothing store in a nice mall in Miami to buy some jeans for the office. I began sweating as the store clerks told me that they only carry up to size 38. I was officially "fat." I decided that I was either going to feel sorry for myself or do something about it. For Christmas 2005, I bought a size 40 waist jean and the same style jean in size 36. I have hung the size 36 jean behind my bedroom door so that I can be reminded that this is where I need to go in the next few months. This motivated me somewhat but it was nothing compared to the unstoppable avalanche of motivation I received from Mike's "I Love Exercising Now!" program.

Since Christmas after using Mike's program, I have seen a revolution in my mind and spirit that is comparable to an avalanche or a wildfire. I began listening to the program as a way to "ease" into my sleep at night since the first track makes you very relaxed and then by the first few minutes of the second track I am sound asleep by the very soothing voice of the program. I found that previously I had a lot of negative self-talk that was affecting me such as "I am too slow, I am too fat to begin a program, I will do it later," etc.

Mike's program takes all those negative self-talk phrases, squashes them like a bug, and gives me positive, motivational phrases that lift me up. Sometimes during the day, I find myself repeating those same positive phrases to myself and it gives me a sense of security that deep down inside I WILL exercise that day and that NOTHING will stop me. As a matter of fact, I have begun rejecting other pleasurable activities during the week such as watching TV and eating heavy dinners and now I choose exercise as the most pleasurable activity of all.

I know that it has only been a month, but only after beginning to exercise for one month, I am a tiger mentally and a baby tiger physically. In fact, I have felt more self confidence in my job, I am no longer scared to play basketball with friends, and I feel motivated to try new sports over the weekend such as kite surfing (something I would have never done last year!). Also since my self esteem has gone up significantly, I have found more love and more energy to give to my wonderful family. I no longer spend time on the couch during my Saturday mornings but I want to wake up early. I'm relaxed, energized, and ready to go out and try something new that day.

I know I was not dangerously obese to begin with, but I think that there are many people out there that are in the middle zone of "comfort fat" which can turn into something very dangerous if left un-attended. I was 5'10, 230lbs during my last doctor's visit and my

doctor told me I was "fine!" We are becoming more and more accepting of our fate and less aggressive in doing something about it!

The best investment I could make in achieving my new life was to buy "I Love Exercising NOW!" The body truly can achieve what the mind can conceive.

Mike: thank you, thank you, thank you.

Kind regards,
Jorge Guerra, FL

[Order I Love Exercising Now!](#)

I am a 52 year old male and bought three programs. I have only actually started "I Love Exercising Now!" and I am definitely impressed with the results. I just lost 15 lbs on a diet, but on top of that I wanted to get back into shape and exercising is not something that I really enjoy doing. My girlfriend has been trying to get me to exercise (walk/run) with her for quite a while, but I just have not. I found that I started exercising pretty slowly, 1/2 hour a day walking and have slowly increased it now to 1 1/2 hours combination of walking and running, plus doing calisthenics and body toning. I guess the thing that is really amazing is when I first started to notice that the program is working. I had been exercising for a few days and thought that I should take a break, but found that I could not skip a day of exercising. It was like brushing my teeth; I could not skip it. The program gives you the desire to get it done and do it. So far I'm impressed and looking forward to using the other programs in the future. Thank you very much!

Jerry
Mount Vernon, WA

A little over a month and a half ago, I bought "Eating For Excellent Health Now!" and "I Love Exercising Now!" and I began playing them daily, alternating the two programs, and after about two weeks of listening I started eating better and going for walks pretty much every other day. Since that time, about 3 weeks, I have lost 9 pounds, and I continue to eat healthier and find ways to add exercise to my day. Thank you!

Paul
Boston, MA

I use the "I Love Exercising Now!" program. It took a couple of weeks to get going, but once it did it was pretty much unstoppable. It's an amazing product. Once that started to take hold and had results for me I ordered "Eating For Excellent Health Now" and "I Am Healed Now!" and both of those have had a very good impact in my life. I'm very, very happy to have found this line of products. Mike, thank you for making such a great difference in my life and I look forward to any new products that you might be turning out there.

Monte, CA

I was a bit skeptical upon first getting the program to help with weight loss, but after relaxing and listening for a few times I began to see the benefit. I was able to institute more exercise into my life and that's been helping manage my weight better. I'm continuing to listen and to exercise.

Brian Anandale, VA

Dear Mike & Co.

I started listening to your "I Love Exercising Now!" program about three weeks ago. Several years ago, I gained over 40 pounds. As I got heavier and heavier I got lazier and lazier. I had always been fairly active and now I was lying around doing nothing. I knew that I should be exercising, but I couldn't get myself off the couch. It just seemed too overwhelming.

I listen to "I Love Exercising Now!" while I'm getting ready to go to work (instead of the radio) and as I fall asleep at night I leave my CD player on repeat. I know that the messages are getting into my head, because sometime the people in my dreams are saying the phrases from the program.

About three days after I started listening to "I Love Exercising Now!" my work needed someone to walk to the store to get some supplies. I jumped up and said, "I'll go!" I couldn't believe it was me saying that, but I almost COULDN'T WAIT to get out and take a brisk walk.

Since then I have been walking almost daily. I have also started hiking in our local hills. I have more energy during the day and I'm sleeping better at night (I used to wake up two or three times and now I am sleeping right through!) I'm excited again about using my body, and I've actually started to like my body again. I look forward to doing things that I

didn't have the energy to do before.

I even hold myself differently when I walk now. Two people at my office have said to me, "you look good, what are you doing?" This is in only three weeks! Just imagine the dynamo I'll be in three months!

Thank you, thank you, thank you. I can't thank you enough for sharing this remarkable technology with us. Keep 'em coming!

Elizabeth W, CA

Dear Mike,

I just wanted to tell you that I am having an incredible result from listening to your programs. I listened to "I Love Exercising Now!" 2 or 3 times. I am 66 years old and have never liked "exercise" and have never done any regularly. I have battled depression. About 10 days ago I emerged from an intense 9 month bout that created physical deterioration in various areas of my body. I did nothing for 9 months but sit or lay down on the couch and watch 15 hours a day of TV. I was paranoid and rarely went out. I showered once a week when my husband was off from work and could walk me down the very steep steps in our house. I talked to very few people, made no outgoing calls nor did I answer incoming calls. I wasn't eating or sleeping. Then a friend recommended your programs. In 2 or 3 nights of listening (I smiled the entire 1st hour when I heard the affirmations) I began exercising and I have gone from the biggest of couch potatoes to one who is creatively finding ways to integrate fun exercise into my life every day.

Thank you so much for the amazing genius that put this system together. Last night I put on "I Am Healed Now!" I feel healed already and feel blessed to have found you.

When the student is ready, the teacher appears. Well, you are the best teacher and I am eternally grateful to you.

Love and blessings being sent your way.

Laura Schiller

[Order I Love Exercising Now!](#)

This stuff is absolutely LIFE CHANGING! Thanks for dedicating yourself to such a worthy endeavor!

I also have and listen to the Think Right Now audio programs and they have changed my life. The most noticeable change is that THIS has helped me (at long last) change my beliefs to where I NOW LOVE TO EXERCISE! The old "negatives" that always went with exercise are gone, for the most part!

Ending Depression and Anxiety are also great!

I have recommended this program to others without reservation!

Karen Claridge

Thank you mike, great idea! it is hard to find really good 60 tempo music. I play your "I love Exercising Now" program while driving to work. I remain calm through out my long night shift. It makes it easy to do affirmations at work when playing program is inappropriate!

Chris, TN

Dear Mike,

This stuff is absolutely LIFE CHANGING! I know I do need to hear and read it again and again, in order for more of it fully "sink in"...

Thanks for dedicating yourself to such a worthy endeavor!

I listen to the Thinkrightnow audio programs and they have changed my life. The most noticeable change is that THIS has helped me (at long last) change my beliefs to where I NOW LOVE TO EXERCISE! The old "negatives" that always went with exercise are gone, for the most part!

I have recommended this program to others without reservation!

Karen Claridge

Hi Mike,

My story actually started last year when I had reached over 200lbs and my clothing size

was up another notch. Going up and down the stairs here at work was exhausting, life was exhausting. I started bicycle rides which really let me know how out of shape I really was, but I was falling in love with the riding. In August I did my first 7 day, long distance ride, boy was that a learning experience.

During October I decided to get my act together, rode every day, invested in a Bow flex, changed my eating habits, by early this spring I was into a size 8, never been there in my life.

The busy season started at work less time to do my training so it slowly but surely fell by the wayside of my life. I continued doing my long rides, but less and less training as the months rolled by. After my riding vacation in August everything just stopped, no matter what I did I just could not seem to get myself motivated and back on track. Slowly but surely my weight started creeping up, when my size 10 jeans started getting tight I knew I was heading for trouble.

I could not get myself going, I had lots of time as we were into the slow winter part of the year at work, I was becoming really pissed at myself but even that didn't change anything, it was crazy. I knew what I needed to do, but it was like hitting a wall every time I set my mind to get things started again.

Then I followed a link to your Think Right Now site, I knew self-hypnosis work as I had used it many years ago to stop smoking. I figured what the heck, can't hurt might help and purchased "I Love Exercising Now.", also took advantage of the buy 3 get one free offer and got "Financial Abundance Now!, Setting and Achieving Goals, and Supreme Confidence Now!". I decided to start with the Exercising and the Confidence programs, felt they were a good combination. I listen them at night falling asleep and I would listen to them as I was cleaning rooms at work, also would hook up to them if I was resting in the afternoon. I listened every chance I had.

It will be 30 days tomorrow and I am reborn, my workout is back on track and I am feeling really good about a whole lot of things in my life. I have to tell you about one of the other happenings. When I started the tapes I was also in the midst of having to write the new budget for next year at work, I have never done anything like that before, it was getting me really up-tight. I kept putting it off day after day, then about a week into the tapes, with only 2 days left till the deadline for having it in, I sat down and just said I can do this, and I did. Mine was the first budget turned in at the main office; I was ahead of all the other departments. Not only that but I have now got a plan in place so that next year at budget time, mine will be done before they even ask for it. I am not even worried about it getting me crazy ever again. I feel like I can do just about anything and that feels good. Your programs helped change a lot more then my workout slump, and I am so grateful for the changes.

Thanks for your help in my life. Keep up this great work.

Cathmia Jhimmar, WA

Dear Mike:

I am writing to share my experience with you about the "Instant Workout Power" (Inner Power series) and "I Love Exercising Now" (Think Right Now series) programs.

I began playing these programs in a disciplined way right about mid-August, in preparation for beginning a program of weight training in September. Results came quite fast. In fact, I became so motivated (surprising me tremendously, believe me) that I naturally began a swimming program as well almost right after the first couple of listening, almost two weeks before I was scheduled to begin weight training!

My history with exercise in the past has been erratic. Never have I been able to stick with a program for more than 1-2 weeks. Mostly, I would wind up giving in to the feelings of "dread" I would have after awhile, using excuses like "it would be OK to miss just one workout, that I wasn't up to the exertion today", etc., which would then of course expand to 2 or more missed workouts until I was no longer working out at all. Lots of self generated negative reinforcement here. Exercise, I felt, was "hard" and "unpleasant." This would result in feelings of guilt because I didn't have the resolve to stay with it when it was difficult and of course, my physical stamina and overall health suffered. But that changed after listening to these two programs.

First of all, my feelings about my workouts changed. I found myself quite naturally using the cue/trigger, smiling to myself and saying "It's time to workout". Instead of dreading my workouts, I began to look forward to them and actually was motivated enough to learn more about, plan out, and track my workouts. I bought and read a book about both swimming and weight training. I set up routines which were smart and where I monitored my progress on spreadsheets I custom designed for myself to measure my progress. My feelings went from dread about the "exertion" I was about to undergo to feelings of power and looking forward to the positive results I was about to experience. Instead of thinking "gee, I have only accomplished the first 3 of 12 exercises", I would transform this thought to something like "this is great, I have already finished the first 3 exercises and look forward to the rest, isn't that great?" So my focus shifted to the overall positive results I was experiencing and I found that I gave greater focus and effort to my exercises while I was actually doing them, thereby increasing their effectiveness.

What are my results?

I started off barely being able to swim 36 meters without stopping and could at a max swim 10 laps in a session and would have to stop, and that was using breast stroke. Now I swim crawl stroke (which takes more energy) and can go 3500 meters in a session, can swim 360 meters without stopping, and have cut the time it takes me to do this in half

(although I am still not going to be breaking any speed records here). In weight lifting, I have just about tripled the amount of weight I can lift on each exercise and for the session as a whole. Also, looking in the mirror I can already see significant changes in my neck, shoulder, arms, chest and torso/stomach area (which has changed enough to allow me to buy pants 2 sizes smaller). Now, instead of dreading my workouts, I look forward to them and if I have to miss one because of something that comes up, I actually find myself thinking in advance of ways I can either make it up or find a way where I can just delay, not skip, a workout I had planned on. I have never done that before.

Since I workout in the mornings, after I got back from the gym, I would immediately listen to the full "I Love Exercising Now" affirmations while planning my day and reading the news, using headphones to limit distractions. I used the "Instant Workout Power" program right before bedtime, finding that this helped motivate me to get up right away and workout the next morning. I did this for 60 days straight and was so impressed with the results that I have since purchased several additional programs as well. Now, I play both programs perhaps once every two weeks, which strengthens the reinforcement while I continue to use the triggering cues both before and during my workouts.

At this time I am still working out on the same schedule, still making progress!

Throughout the years, I have had the opportunity to try many other motivation type programs. Some were not very effective, while some were pretty good. I don't think I have ever experienced more positive and more effective results than I have from your programs.

Thank you!
Erik J. Strand, WA

[Order I Love Exercising Now!](#)

Dear Mike,

I have been a "chocoholic" for as long as I can remember and a carbohydrate addict. I literally found myself going through withdrawals from carbohydrates (complete with headaches). Because of this, it didn't seem to matter how much I exercised (which wasn't all that often because it wasn't at all enjoyable) I couldn't drop any weight.

I started using your Think Right Now software, selecting the Eating Well, Exercising Regularly and Losing weight statements. When I received the statements that went along with the "I Love Exercising Now" program, I added them as well. I even programmed a few statements of my own (knowing my addiction). Those statements were: I dissolve all cravings for chocolate and other unhealthy sweets and I willingly release all unnecessary fat from my body forever.

Well, a miracle happened (I'm sure you hear that often)! I have not had a bite of chocolate since I started using the software. I have not WANTED any sweets AT ALL. I've been

eating fruit and vegetables for snacks and desserts (when I wanted them). Now, you may not understand how big that is for me, but let me share with you that before using TRN, if someone would offer me a fruit, I would respond by saying, "No thanks, I strictly stay away from healthy food." Can you believe what I was programming into my mind? So, eating fruits and vegetables instead of chocolate (or other sweets) is truly a miracle for me.

I have exercised EVERY day (except Sundays) and have enjoyed it immensely. I can't wait to get up in the morning to exercise. I WANT to exercise...I am not forcing myself to do it. I can already see a difference in the way my clothes fit and my husband has commented that my efforts are really starting to pay off! I have dropped 4 pounds in the last week, but more importantly, I feel stronger and my clothes are becoming too big...and this is after just two weeks! Wait until you see me in a few months!

I'm telling EVERYONE I know about Think Right Now programs and encouraging them to buy the software. I am a believer in miracles, and TRN has confirmed that miracles DO happen.

Thank you, Mike!
Carole Noxon, NV

Hi Mike,

I have been reading your newsletter daily for some time now with all of your success stories and I thought it was about time I shared my story with you. Firstly I will start off by saying I cherish the day I stumbled across your website while surfing the Internet. The automatic changes in my attitude and life direction have been amazing. I will bring us back 7 months ago - I had a problem with drugs. The main problem was with the abuse of anabolic steroids and I believe that all of the other problems grew off this one (4 year long) bad habit. I put so much worth on my physical appearance that I was abusing my mind and body, and worse the people around me including the ones I loved. It all came to a crashing halt when I was so emotionally shattered that I sold everything I owned and ran off to Amsterdam. After a week of drugs taking and a month of starvation I was deported. Shortly after my return, I came across Think Right Now and the webpage convinced me to give it a go. I ordered I Love Exercising Now.

At first I was a bit skeptical that the program was designed only for those looking to lose weight but after a week of listening to the tape every night I realised I was back in the gym every day, automatically without fail! I really enjoyed lifting weights naturally, and I had not been worried about my appearance or dreaming of a quick fix. My health was my first priority and persistence and patience seemed to be so natural.

Two months later I was doing so well with 'I Love Exercising Now' I had to grab hold of your new title 'Unstoppable Motivation Now' - The results were INSTANT and before I knew it I my new goals were my life blood, my attitude and direction now seems so clear. I Will Not Fail!! All from just listening to, sorry not even listening to - just playing these tapes my life has taken such a turn for the better.

I'm physically and mentally in the best shape I have ever been, and I have the pass on my most sincere and gracious THANK YOU to Mr Mike Brescia and the team at ThinkRightNow.com.

Thank you for allowing me to share my story with you. As Mike would say 'I love you all'.

Sayed Abdalla

I am a 52 year old male and bought three programs. I have only actually started the Exercise program and I am definitely impressed with the results. I just lost 15 pounds on a diet, but on top of that, I wanted to get back into shape and exercising is not something that I really enjoy doing. My girlfriend has been trying to get me to exercise (walk/run) with her for quite a while, but I just have not. I started exercising pretty slowly, a half hour a day spent walking and have slowly increased it to 1 1/2 hours combining of walking and running, plus doing calisthenics and body toning exercises.

I first started to notice that the program was working was when I had been exercising for a few days and thought that I should take a break. I found that I could not skip a day; it was like brushing my teeth. I could not skip it. The program gives you the desire to get it done and do it. So far impressed and looking forward to using the other programs in the future.

Thank you very much!
Jerry, WA

Good Evening Mike,

Yes, I did finish the book "Today is your day to win". I can honestly say that it was "awesome". Your book has been an inspiration to me. It has made a very positive contribution to my state of "being". I want to share with you some details of my "story" but I do request that you only use my first name and state where I live (in the event that

you choose to use any of this feedback).

I am a mother of 3 (ages 17, 14, 12), a wife and a full-time employee for a fortune 500 company. In Sept. 2004, I made a personal decision to leave the other fortune 500 company where I had been employed for about 17 years. (I'm probably aging myself now...). I had what I thought was a wonderful opportunity to join a very small but growth oriented family owned business. You know the type...they make wonderful promises to get you in the door & then.

Since it was a small company, I believed that I could make a difference for them and they would in turn recognize and reward me for my contributions. I worked very hard for them...frequently worked late, came in early or worked on a weekend. As the husband & wife who owned the company lived & worked 6,000 miles away (Oct - May) & included a 5-6 hr time difference my work ethic was not "visible to them". Well, as you can imagine, being rewarded & appreciated for my extra efforts was not how this situation played out.

Last August, upon return from a week long vacation, the owners told me that they had elected to eliminate my position. They asked me...did I want to quit or did I want to be laid off? Of course I elected the 2nd option. However, I was devastated and humiliated! Although I was not happy working for them, it was one of the worst experiences my life. I had been working non-stop since I was a teenager. To have been let go by an Employer felt like the ultimate failure!

My point...it was a very "dark" time for me. I was depressed and my self-esteem was "rock bottom". It was at that point that I found your website and purchased the following programs in either October or November 2005:

Unstoppable Motivation Now!
Real Self Esteem Now!
Freedom from Depression Now!
I love Exercising Now!
Dissolving Panic & Anxiety Now!

My husband asked me why I purchased so many at once & I told him that it cost less than a 45 minute session with a therapist so it was worth a try. He reluctantly agreed & said, "I hope it helps". Mike, your programs and your book have helped me so much. I look forward to getting your e-mail messages and I thank you for all the good work that you are doing on behalf of so many. It is through these notes that I have gained courage to take the next "right step". Your journey is inspirational & you communicate in such a positive & open style. I admire you and your wife Sherry for the positive results and success you have achieved through your hard-work and lifestyle changes.

I listen to the programs with headphones while going to sleep. I also rotate the CD's in my car. The following things have happened since I got the CD's and started receiving the daily e-mail notes of "Today is your day to win".

- I am happy again and I smile often
 - I am a positive person
 - I have more self-esteem
 - I take myself less seriously
 - I am exercising regularly
 - I have lost 35 lbs.
 - I am employed full-time and working again for a large corporation.
 - My co-workers appreciate my sense of humor and my contributions.
- We work hard and laugh frequently.

In conclusion....Mike, I am just another SUCCESS STORY! Thanks again for all you do!

Best regards,
Karen Getchell, ME

[Order I Love Exercising Now!](#)

Dear Mike,

I just wanted to tell you that I am having an incredible result from kustebubg to your tapes. I listened to the one for loving exercise 2 or 3 times. I am 66 years old and have never liked "exercise" and have never done any regularly. About 10 days ago I emerged from an extremely intense depression that created physical deterioration in lots of areas of my body. When I was 64 I had a depression that lasted for 8 months and then I had 4 months of a very out-of-balance "happy" time and then the recent 9 month depression that just ended.

I did nothing for 9 months but sit or lie down on the couch and watch 15 hours a day of TV. I was paranoid and rarely went out, I showered once a week when my husband was off from work and could walk me down the very steep steps in our house. I talked to very few people, made no out going calls nor did me access incoming calls. I wasn't eating or sleeping which produced a messed up body with all kinds of things having symptoms. My vision changed so that I went from needing reading glasses wearing glasses 24/7. I wasn't sleeping so I was doing crossword puzzles and watching TV. I learned a lot during that time but I don't wish it on any one because it wasn't pretty.

In two or three nights of listening (I smiled the entire 1st hour when I heard the affirmations) (I love the meditation very much too) I began exercising and I have gone from the biggest of couch potatoes to one who is creatively finding ways to integrate exercise into my life in fun ways.

Thank you so much for your amazing genius that put this system together. After 3 days of

handling the exercise situation last night I put on the I Am Healed one. I feel healed already and feel blessed to have found you. You know when the student is ready, the teacher appears. Well you are the best teacher and I am eternally grateful to you.

Love and blessings being sent your way.

Laura Schiller

Dear Mike,

I have ordered five of your programs "Freedom From Depression Now", "Setting and Achieving Goals", "I love Exercising Now", "Eating For Excellent Health Now" and "Real Self Esteem Now" and I am thrilled to tell you how amazed I am at what a difference they have made. I noticed a change in the first few days. Over the years I felt that if only my thinking would change I would be able to accomplish some of the things I have always wanted to. I was always labeled as LAZY and I bought into that and believed it for many years. I am just now realizing that I'm not really lazy but was just living out of a mind set which I couldn't seem to change. Thank you, Thank you! I am now setting goals and I'm on the road to achieving them.

This e-mail is proof of the change because before I would have procrastinated and never got around to writing it. I actually cleaned my closet out yesterday and have signed up at a gym to start an exercise program. As I close I must tell you no one has ever in my lifetime told me not to overdo anything... in fact it's kind of a joke around my house that Mom will never overdo anything... but yesterday my husband actually said and he was dead serious, "Honey, don't try and do too much". When it dawned on us what he had just said we both had a good laugh.

Thanks again! I now understand the scripture in the Bible that says, "As a Man Thinks, So Is He".

Thanks again,

Chloe

Hello Think Right Now,

I just wanted to say that I am very impressed with your Think Right Now for Windows; "Dissolving Panic & Anxiety Now"; "I Love Exercising Now!" and "Setting & Achieving Goals Now!" programs. When I first bought your product I had had decades (20+ years)

of pain and ill-health due to anxiety. Your programs cured me (along with a very peculiar diet I am doing-the Primal Diet). I had tried subliminal self-hypnosis tapes before and they were useless. Once I realized your tapes were inspired by Lozanov I was a lot more convinced of the science behind it, especially when I read that they were not subliminal.

Anyway I have always been a skeptic for most of my life regarding non-mainstream stuff and I only turned to you out of desperation, really. I was VERY surprised indeed to find that they actually worked. One thing though, you did not specify clearly how long one should use the tapes. I realize that each person has different needs etc., but still. Anyway, I used your tapes for 11 months every single day before going to sleep and felt a lot better but still seemed to be not quite "on the ball". Once I started using the programs only a few times a week, my concentration levels soared and I am now cured. I guess I just needed to give my brain a bit of a rest. I realize you are not exactly a charity, but you certainly seem to be doing a lot of good for us fellow humans.

Geoff Purcell

[Order I Love Exercising Now!](#)

I own "I Love Exercising Now!"; "Eating for Excellent Health Now!"; "Real Self-Esteem Now!"; "Supreme Confidence Now!"; "Dissolving Panic & Anxiety Now!"; "Setting & Achieving Goals Now!"; "Unstoppable Motivation Now!"; "Instant Diet Power"; "Instant Workout Power"; "Win Friends & Influence People Now!" and Think Right Now! for Windows. I listen to one of the programs every night. I have "Supreme Confidence Now!" and "Unstoppable Motivation Now!" in my car and Think Right Now! for Windows at work on the computer with the info from all of the above on it.

Where do I begin??? Looking at the list above you'd think I was a mess to start with, but I think it was curiosity that sold me on the first program. I knew from education and my own studies the power of affirmations and repetition. I would wake up in the morning feeling different. My life got better and better. I kept buying more programs. But how was it better? Well, I found myself answering people with lines from different programs or, more importantly, talking to myself with lines I had heard.

I can do anything I put my mind to.
I'm worthy of praise and rewards.
If I can dream it, I can do it.

And I started to believe it. So I tried new things and little by little I found myself getting excited about getting up the next day. I was happy all the time. People would comment about how "together" I was. When my son's girlfriend was having some problems she said she wanted to be more like me so I had you send her "Real Self Esteem Now!" and "Dissolving Panic & Anxiety Now!" Anyways it is hard to be specific because it seems to

come so easy. I smile more. I look at situations and know I can make a positive impact. I've lost weight. I joined a gym and a wonderful yoga class.

I am happy with my life and I don't know what more any program could do. When I tell people how I listen every night, they seem skeptical. But people were skeptical of the telephone and television too at one time!

Sincerely,

Linda Czerkies, NY

Hi Mike,

I love your newsletter. You always seem to hit the nail on the head as far as my own life issues have gone, it was actually uncanny. I have bought several of your Think Right Now programs ("I Love Exercising Now"; "Eating for Excellent Health Now"; "Setting and Achieving Goals Now" and "Real Self Esteem Now") and the new 60 beat music CD's which I listen to while I am studying. I admire your life principles, and I try to incorporate the idea of asking myself ..."what can I do for this person?" into every day.

Love your newsletter and your other products! Keep doing it!!

Thank you with much love and light,
Claire Tait

[Order I Love Exercising Now!](#)

Infinite Joy Now!
Success Stories

Dear Mike,

What lead me to the point of trying to find a system to improve my life was that I had literally lost everything that mattered to me due to my low self esteem and it wasn't the first time. I had met the man of my dreams but he was eventually turned off because he discovered I was a pessimistic doormat who hated herself and was chronically mentally self-abusive. I lost my dream job, my lovely penthouse overlooking the ocean and was rapidly running through my savings. Finally, in a dark moment of desperation, I showed up on my best friend's doorstep, broken inside and out.

To stabilize my moods, I had to go on heavy anti-depressants because I had become clinically depressed. My former lover actually told me when he broke up with me I was the single most damaged person he had ever cared about and that he had never met

someone so addicted to vicious self-perpetuated mental destruction. When he looked into my eyes and told me I didn't deserve the torture I put myself through and that I should get some help, it was like a knife plunging into my heart! That hurt to hear, much less to imagine it was something someone I loved saw in me.

Having come from an abusive childhood, it was very hard to see myself as a person of value. At 35 years old with a graduate degree, a successful career as a commercial artist, and with numerous other talents, I still cringed every time I looked in the mirror. I had tried in the past to address my complete lack of self-esteem & self-confidence but nothing seemed to work. I saw an unattractive, fat, stupid, timid woman whose only tenuous chance for happiness lay in clinging to a man who could fill the void I felt in my soul.

Because the wounds I had carried my entire life had turned me into a person with a negative outlook on life, I drew tragedy to me like a magnet. I thought about the worst and the worst would occur on cue. I knew something had to change or I would die unhappy, alone and caught up in some dreadful crisis. I realized I had to learn to like myself or I would never be able to achieve my goals. That's what led me to investigating self confidence, happiness & self esteem on the Internet. It was a lucky day when I found Think Right Now!

I had already read scores of books on the topic which although helpful did not curb my daily routine of mental abuse. I had been a member of your email newsletter for about a month, but because my new job didn't start until next month I was very low on cash. So in a bold move of generosity, my dear friend bought me the three programs I most wanted (Real Self Esteem Now, Supreme Confidence Now and Infinite Joy Now) as an early Christmas present. Needless to say I was thrilled!

I awoke the first morning after listening to your "Real Self Esteem Now" program, feeling better than I had in months. It was as if a weight had been lifted from my mind and my soul's hemorrhaging has slowed if not stopped. I felt energetic and motivated, actually almost giddy. I was able to get all my Christmas shopping & present wrapping done which I had dreading because I couldn't afford to spend lavishly as I normally do. Despite my fiscal limitations, I actually enjoyed Christmas shopping more than I ever had. I sang carols in the mall and smiled at strangers - something I never ever do. I felt positively luminous!

Over the next several days, I rotated my programs and began to truly see amazing changes in myself. I felt like a new person and it felt so natural and wonderful that it was almost hard to see the connection between how I felt & how dedicated I was to playing the programs. Then something amazing happened! The man who took the time to tell me to change my life before it was too late came back telling me he missed me terribly and that he hoped we could start a new business together (we belong to the same industry) and are close friends.

Although I didn't have the money to start the venture, out of the blue my brother asked if I wouldn't like to pursue my own business rather than taking the job I was waiting to start. He then offered to loan me the needed start up capital! Changes started happening minute by minute. New opportunities presented themselves and I felt like a kid in a candy store. The abundance was almost embarrassing. I started hearing from old friends who told me I was someone they always admired for my sweetness & kindness. Lots of men

began to ask me out on dates. I was offered a flood of new jobs, when originally I had only one single offer of employment. And best of all, the man who helped me to see I needed to change my life through his tough love, asked if he could spend Christmas with me!

I feel like I have a brand new life and it's a life filled with opportunity instead of darkness. I feel like things will go my way instead of worrying what unwanted event I will have to "survive" next. I can't tell you how I am looking forward to the future. I can't wait to see what happens next.

Thanks Mike for all that you do. You saved my life.

Nikole Johnson, NY

I am an artist. One day I was talking with another artist about how I wanted to paint these glorious colourful paintings but I couldn't seem to find the motivation to do so. She looked at me and said "you have to be happy in order to paint that type of painting". That shocked me. This total stranger could tell that I was unhappy just by looking at me. Not only that, but my inability to paint and create was at least partially due to my unhappiness.

I immediately went on-line looking for information on how to be happy and I found your site. Not only did you have a program to help me but it was "on sale". I immediately ordered Infinite Joy Now.

When I first received the Infinite Joy Now CD I listened to it 3 - 4 times a day. I also listened to it while I "watched" the music on my Windows Media player. It has this visual theme called "Ambience: Anon" that looks like you are going through a tunnel in time to the words. I found, that since I am an artist, the visual connection really had impact for me.

I noticed a major difference in my behaviour within two days. Prior to getting the CD I was irritable, short-tempered and had anger problems. After listening to the CD for 2 days I noticed that I had much more patience and I wasn't snapping at everyone anymore. I went from being irritable and angry most of the day to having maybe one or two angry moments a day.

The best part though was my desire to paint came back. I am currently working on two paintings and I have researched at least 4 others. That is the best gift of all.

I continue to listen to the CD at least twice a day. Usually in the afternoon and when I go to bed. My husband must have noticed the change in me because he asked if he could listen to it as well.

Brenda Scott

[Order Infinite Joy Now!](#)

I use the program "Infinite Joy Now" regularly now for four weeks when I wake up at 5:30 am and in the middle of the night if I have trouble sleeping and also most nights when I am working on my computer.

I have noticed a sense of more joy, happiness, energy and enthusiasm. A willingness to stay on at work and prepare for the next day and actually enjoy the process. I teach at a secondary school in Christchurch NZ and some of the students are very difficult. I am more able to focus on what I like about the job rather than what I don't like.

Best of all, the greater alignment I have with my inner being has meant that I have attracted the possibility of a great new job in the far north of NZ with the school right on a beautiful beach.

Grant Richards

I purchased your "Infinite Joy Now" program two months ago. I found myself extremely unhappy about going back to work after maternity leave. I had my second baby and I never expected the emotions I would go through once again when it came time to return to work. After three months off, you can imagine the attachment you form with a child this tiny and to hand he over for someone else to "rise" is the hardest thing a mother could ever do. He also is a breastfed baby so it made it even harder on both of us and his separation anxiety he was going through made me very upset. With guilt, I dropped a day at work to be with my baby more. I felt really torn to walk away from my job for an extra day and become part time when we have financial responsibilities, so you can imagine with the post-partum setting in and all my emotions I was exhausted at the end of the day and sleeping early every night.

I bought your "Infinite Joy Now" program and after a few months of listening every night, I find myself happy where I am at. I get to be home most of the time with my baby and still work part time and I know I am where I need to be for the time. I still am listening and plan on purchasing more of your programs.

I was very skeptical, especially not having much time to even listen to the cds. However, I am now very pleased. Thank you for helping me see things from a different view.

Cheryl, MI

Dear Mike,

I have been a faithful user of your programs since 2002. I sent you my original story which is shown on the front page of your home page. I listened to "Eating for Excellent Health Now!" so much I wore it out. I have every single program you have.

When I am feeling down, I listen to "Infinite Joy Now!" When I need motivation, "Unstoppable Motivation Now!" I listen at night and CANNOT go to sleep without listening to a program. I was having some infection problems and listened to "I Am Healed Now!" and that alone sets me on the road to recovery.

I have lost weight; I have more abundance, gratitude, joy, money and peace since listening to your programs. I have referred people to your programs and they too have found success.

I am thoroughly convinced that working from the inside out approach is the way to success in life for any issue anyone may be dealing with. We start with number one and then push it into reality. Your programs are the instruments that till the fallow ground and make it ready to receive the good seed that produces good fruit in lives.

There are a lot of programs out there right now, but thinkrightnow.com is the way to work on those core beliefs that are not serving you. It gives you the material to challenge those negative aspects of ourselves and produce the positive thought patterns that will help all of us become the creative force of our own lives.

All the best,

Candice J. Kirts, SD

[Order Infinite Joy Now!](#)

Real Self-Esteem Now! and
Real Self-Esteem Now! (Ages 9-13)
Success Stories

Dear Mike,

I had been looking for ways to help my confidence and self-esteem ever since I had a nervous breakdown in 2002. I was the Vice President of a steel fabrication company (the construction industry can be very stressful along with owners).

I took me over a year to come out of my shell and get back into the "game". I had to stay in this field because it was all I really knew and could continue to provide me a pretty good income. I have a wife and 2 children along with a home and all the stuff that goes with it. For the first year that I was trying to find the old me I just keep dwelling on the past and couldn't get going. I started to use drugs to help me get through the days. I was also (and had been) take Zoloft for depression for the last 5 or so years. My doctors response was to up my dosage and prescribe another drug for my anxiety (don't recall the name, but I didn't take).

Early in 2003 I was starting to feel better and was getting offers to companies in my field, but just didn't have the nerve to take on these responsibilities again. I could not handle conflict or deliver any bad news (or news I thought was bad). I started to research different ways to help myself; I read books, talked with different people and scoured the internet. I tried a few different products and was considering hypnosis. I knew that my inner "demons" were controlling me but I just couldn't fight back.

Low and behold I came across your website and after reading it I felt you're your observations fit me to a T. I didn't want to tell anybody about your programs because all the ones prior ended the same, NOTHING. I ordered your "Real Self-Esteem Now" program and began listening. I would listen every day to and from work. I did notice after a few weeks that my outlook was a little better but I was still very nervous and had little confidence. To be honest, I didn't think they were working. Then, my company bought me a new vehicle without a CD player and I no longer was listening to your program. At

first I thought it was no big deal but after a few weeks I felt myself slipping back to my old ways. It hit me, **THEY REALLY DO WORK.**

I bought a special device that works in my lighter and I can play the CD's again and since then things have been getting much, much better (it's been 3-4 months now). I recently had to go to a "job" meeting about a very large and lucrative contract our company was trying to win. During the meeting things were getting very hot and heavy and I could sense my inner power was finally on my side. When I was being confronted about the contract, my first response was anger and I wanted to get up and walk out. But I took a few deep breaths and responded in both a firm and knowledgeable way. I now felt my conscience working with me and not against me. I felt so good on how I handled myself!!!! Needless to say, because of my actions (and your program), the owner awarded us the contract because of the way I represented myself and our company and didn't yell and scream like most of the other potential bidders.

Since listening to the self-esteem programs I feel so much better, I have a tremendous amount of motivation, confidence and quit my use of drugs to help me cope. I am still taking the Zoloft but at a lower dosage and I'm trying to get off it altogether.

Thank you so much!!!

Matthew Lavoie
Hudson, NH

Dear Mike,

Your Real Self Esteem Now program arrived over a year ago. Before that I had tried every subliminal and self-esteem program I could find; none worked. Although I was very skeptical and took a while to start listening, I finally began alternating the two programs each night. At first I felt uncomfortable and anxious, even angry. I thought, "Yeah right!" and almost quit listening. Then one night I smiled and relaxed as I fell asleep.

Let me say here without a great deal of detail that I was raised in a very abusive situation. They continually told me how worthless, ugly, stupid, and unlovable I was. Long after the physical stuff healed my self-esteem was still non-existent. I even made the classic move to an emotionally abusive husband. I knew what I was supposed to be thinking. I knew I wasn't ugly or stupid, but I solidly believed I was worthless and, by extension, unlovable. I believed I deserved the abuse.

I was 57 when I started listening to the Real Self-Esteem Now program last year. More and more often I found myself sinking into sleep smiling at the words and how I was feeling. If I had trouble sleeping I would concentrate on the words as they were spoken on the CD. I started feeling good about myself and during the day thoughts from the CDs would pop into my head. My way of thinking and my life changed! Don't give up it is never too late!!!!

Before I tried your program if someone had told me that any words could change my life I would have chuckled at them and thought them delusional that something so 'simple' could help someone like me. Now I tell people about your programs and site.

Thank you for being there for us! I love your programs and will continue to recommend and use them!! Thank you thank you.

I love KNOWING that I matter ~ that I am worth looking nice and being heard. I really love how I feel now. I am worthy to be loved and have loving people around me. Before your program I wouldn't have thought my opinion or story mattered. Now, not only do I know it matters, I think it is worth hearing.

I love your programs!!!!

Sincerely,
Paula Beyer, FL

Dear Mike,

On the outside I look like someone who has it all together. The inside, however, was another story! My exterior success is due to God-given ability and being willing to accept jobs that didn't challenge me. I've always wanted to write and be a life-long learner. My mother and uncle are both published, so the genes run in the family.

However, I was so intimidated by their success and afraid that I would be the one "failure," that I didn't even try. After listening to Supreme Confidence for about a month (all night long and also during the day - at work and in the car, I only played the suggestions over and over, not the relaxation portion!) and then doing the same with Real Self-Esteem Now for several weeks, I ordered the copywriting course that I've been looking at, dreaming of and drooling over for months.

I haven't felt that excited about something I have done in years - and it feels so good and so right! I am happy to say that I am quickly and confidently moving through the course and learning the skills I need to succeed in my desired field. My fear and intimidation have been replaced with confidence and excitement about my future.

I can't thank you enough for making these programs universally available. They can't help but make the world a better place!

Sincerely,
Margueritë G. Hartman

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Dear Mike,

I really don't know how to describe the benefit other than I feel more confident. I've wanted to change careers for about five years but have been afraid.

All of my work experience has been in accounting, yet I've developed a passion for helping businesses with their marketing. I've basically been "stuck". Scared to move, but really wanting to. After listening to the Real Self Esteem Now program over and over, my confidence began to rise.

I finally launched my marketing consulting business and already have four paying clients! I really feel like I should've done this four years ago.

Thanks so much for the work you do! You've found your passion, thank you for helping me find mine!

Matthew P
Chicago, IL

Dear Mike,

I ordered your "Real Self Esteem Now" program when I was working two jobs and raising a baby on my own. I was self employed with an antiques business and running a B&B out of my home. I was exhausted traveling on buying trips, setting up shows, coming home, and then setting up breakfast for guests and doing laundry. I think you get the idea. I decided to make a career change in my fifties and apply to law school. My idea was to have one job that will support me nicely while doing good work in the world.

First I had to take the LSAT law school entrance exam. The closest study center to me was a 2.5 hour round trip at night. Of course my work schedule remained the same. I was highly motivated, but wondered how I would pull this off. I played the CD a couple times a week when my self confidence was low and I doubted I would make it through. I always woke the next day ready to face my challenges.

I am in my second year of law school and often wonder if I would be here, had I not bought the program.

Thank you.
Eve Schatz, MA

Hi Mike,

For the first time in 18 months I feel like I've just crawled out from under my rock!!

I was in a very negative relationship for six years, following a very destructive divorce; I was left with low self esteem, low self confidence, anxiety, and depression!

I had been seeing a counselor for 3 months, when I happened across your website and I purchased your "Dissolving Panic and Anxiety Now" and "Real Self Esteem Now". While waiting for the programs to arrive, I read the written scripts for eight days (Morning, noon and night).

I cannot believe the difference in my thoughts, already I feel more capable of managing my thoughts and feelings and my mood and energy seem to have rocketed beyond belief! Imagine how I'm going to feel after using the programs!!

I went to a festival at the weekend, met lots of new people, I felt totally at ease speaking to them. I recommended your programs to two complete strangers who wanted to know why I seemed so happy and self confident!!!.....

I have cancelled my counselor!

Tamara LeSavage (United Kingdom)

Hi Mike,

I used your fantastic 'Real Self-Esteem Now' program towards the end of 2004, for just over three months. The suggestions enabled me to re-build my confidence stores, leave a dead-end job and land a plum job with full training in the mental health field!

At the interview, they actually said they were impressed with my insights and personality and I was offered the job on the spot! (This was a first for them as well as for me!)

From my husbands' point of view, the biggest success is the fact that I am a lot tidier around the house! (Before, I lived in a chaotic state, no doubt mirroring the state of my mind before listening to the tapes). Seriously, I am a lot more organized, relaxed and am very tidy! I am well on the way to de-cluttering the attic after I've finished the rest of the house! I'd recommend your audios to anyone. I have just received your very good e-mail about: "Depression is not a disease". I agree with that, having suffered from depression on and off throughout my childhood right up to now (I'm 31). What I have noticed with myself, and perhaps more so now as I work with depressed residents in a rehab center, is that we tend to be thinking a lot. Usually we are thinking about our negative aspects or feeling victimized and at the mercy of others. I was still listening to my real self-esteem tapes, and I'd listen to the residents talking or complaining or whatever, and I'd be thinking: "Corr, I'm glad I'm not like that anymore!"

Sarah Shore

UNITED KINGDOM

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Dear Mike,

I listened to your programs every night when I go to sleep. I used Real Self Esteem Now. I tell you, this program - it is a godsend. I've used it for four nights now, and WOOOOWWW! I feel incredible all day. I have an excitement for my job, my sales, my customers and a whole new appreciation for other people. I notice I am truly caring about other people, and their desires and goals. The Self Esteem I'm developing feels genuine and I feel good about myself and everyone else. It's absolutely incredible, this has improved my sales and my confidence in front of customers. It seems in my case, that the Real Self Esteem Now needed to be used before Accelerated Sales Success Now to drastically improve my self esteem which is the biggest part of sales and success anyways.

One incredible thing I have to mention. I told my Sales Manager at work today, he is involved with self-help programs too. Listen, all four days this week I have listened to Self Esteem Now, I have had dreams about the topic. One morning, as I neared consciousness, I found myself agreeing OUT LOUD to the statements, I said "YES!" "YES" "YES" as each positive statement was made. I woke up almost embarrassed, thinking " what was I doing" : -). The next night the statement I dreamt about was "I always do my best, and that's good enough" - actually I was in my boss's van and she

looked to my manager and said that exact statement very affirmatively to him. I won't explain all the dreaming because it's hard to explain in an email. But I then KNEW FOR A FACT, my brain was receiving this information, and it truly has changed my self-esteem in only four days.

To list the benefits I have found include:

1. Improved sleep. The music and voice soothe me and I drift off to sleep with no problem. I also feel confident and have fewer worries, because I feel I can overcome anything that worries me.
2. Excitement. I used to have difficulty getting excited about anything. And I mean anything, some of my huge sales days I make \$10,000 or more, and still didn't wake up ecstatic about life. Money truly can't buy happiness and doesn't make the best motivation, I'm speaking honestly here. My new found self-esteem makes me more excited than \$10,000 - because knowing I will have an awesome day means so much more.
3. Improved self-esteem. This has led to more interest in myself and others. I realize how great of a person I am, how many great talents I have, and realize I can use these effectively. I also find myself listening to others, and truly caring about them. I have tried to muster up these "caring" feelings, because I realize it is important to care about others, but that's impossible. These feelings are REAL!!!
4. Literally too many benefits to put into words, I love these programs.

I love these programs and Real Self Esteem Now, thus far has made the most impact in my life.

David Burton

At first when I ordered the Real Self-Esteem Now program I wasn't very sure of whether they'd be a total waste of time and money, as many others, I've read all kinds of material about self-esteem, depression, weight loss, etc., etc. Something inside me told me "give it a chance", I know it sounds corny, but anyway, I did. I have suffered from low self esteem for as long as I can remember... many factors in different stages of my life have led me to feel unworthy and less intelligent than mostly anyone. I even had this internal continuous chattering in my mind that kindly reminded me how unworthy and stupid I was. So I was certainly eager to change that, I just didn't know how.

I downloaded the cd's to my portable mp3 player. I made a point of listening to them every night right before falling asleep. I basically hear the introduction and some of the statements, but I can't get to the end of the program without falling asleep. I have been using them for about two months now and I have been noticing that I *react* differently to many things, when before I would say: "She/he's right, how stupid I am", now I find myself thinking "Maybe that's how she/he feels, but I still think I'm right", or I see myself in the mirror and say "wow, you look pretty today", when before I thought, "Oh my God, you're getting more disgusting by the hour". I *find myself* thinking these positive things and I am amazed at it, I think "who told you that?"

I can't believe I am actually being nice and approving to myself. The internal voice still appears from time to time, but I'm convinced I'll crush it forever eventually. Also I am in no hurry, knowing that I have now this incredible tool to heal my mind from years of bad stuff, I can take my time to change at my own pace and feeling better and better

everyday. Thank you for entering in my life. This has been the most important step I've taken towards what I always thought was beyond my reach.

Bolivia, FL

Dear Mike:

I am 66 years old and my husband has Parkinson's disease. I am his sole caretaker, so you can imagine that I had need of your "Real Self Esteem Now" program and "Freedom from Depression Now". I purchased both of your programs and started playing them every morning before I got out of bed and every night when I went to bed.

I inevitably went to sleep and never heard the last part of the program. I believed that I was not benefiting at all because I was convinced that I HAD TO STAY AWAKE to soak in the affirmations. Weeks passed and suddenly, and I DO mean suddenly!!!! one morning while I was making breakfast I heard myself humming!

From that day on I became aware that my "attitude" was changing a little more each day. I began playing music CD's during the day and studying harder with a better level of energy. (I have been studying Currencies/Forex trading with a mentor for 3 years.)

I realized that everything about my day was different... better, more upbeat, more hopeful. I felt better about ME, about life in general, less a victim.

Then I ordered the rest of the original CD's, Setting and Achieving Goals, Sales Success and Abundance. After all I was training myself to enter into one of the most stressful and difficult of positions, that of a "Forex Currency Trader"!

I started faithfully 'going to sleep' listening to these new CD's.

Did they make a difference? You bet they did! The only example that I can give you is that within 6 months I "graduated" from being a "student" of trading to having people travel in from other states to spend a day with me to learn what I could show them about the studies on the trading charts!

I then ordered and received Smoke Free Now and I am Healed Now for a friend and my husband respectively. I do not see that the friend has stopped smoking, but I also have observed that she does NOT want to stop smoking. She gives it "lip service" mostly to keep her friends from nagging her.

My husband's condition is such that he isn't going to "Be Healed", but he does reap a much more restful night's sleep from listening to the CD.

These CD's are the difference between, an old depressed, worn-out woman who didn't believe tomorrow even was worth waking up for, and someone who listens to music, is actively trading Forex markets (very successfully I might add), teaching other people and STILL doing all the work necessary to be a caretaker of an invalid!! I dance in my living room to music, I have lost about 32 pounds, (not because I had a CD for the express purpose but because I just like myself better and want to look as good to other people as I look to myself.)

Nancy English Vinal, NV

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Dear Mike,

Combined with your revolutionary programs and your book chapters, I've really grown. For me what seemed simple wasn't. At one time in my life, following through when road blocks showed up was not an option. I would find a way to lose focus. I listen to your "Self-Esteem" program and I feel the results. For example, negative feelings or thoughts would always come to mind and create a negative vibe all over my body. The result was that I would start feeling sorry for myself and eventually not accomplish my task. The strange thing is I can feel the negative feeling but now immediately I hear some part of the tape "Self-Esteem" program in my head and that feeling is more powerful than the negative. Happily, I continue on with my task. That is the beautiful part. So I THANK YOU very much. Your WONDERFUL work has played in major role in my personal and professional development. THANK YOU AMIGO.

Your Friend,
Stan

Mike,

I purchased Real Self Esteem Now and Setting and Achieving Goals Now back in July 2004. I had high anticipation that this program would work but had no expectation as to how long it would be before I would see results or how results would manifest themselves. I've been searching for over 17 years for my passion, a reason to be excited about getting up in the morning and a dream to pursue. I've read every book ever written (just barely an exaggeration) on finding your passion and making your dreams come true. For years I've felt hopeless in my search, more times than I care to remember.

While I was listening to the Think Right Now program day after day, I had a simple thought, my first inspiration about my passion. Before I knew it, a complete vision of my future played out in my mind's eye. I believe that due to the Think Right Now program, and 17 years of searching, I got the idea to start my business and, most importantly, believed for the first time that I not only could succeed but would succeed. A catalyst was needed; and I got that from Think Right Now. I strongly believe that in using Think Right Now my mind was opened to receive not simply an inspiration, but a complete picture of- and the mental tools necessary to lead an impassioned life. I immediately knew I had found the future I was looking for.

I cannot describe the relief that set in. A lifetime of anguish has simply ceased. I've noticed that I don't concentrate on HOW questions anymore. I just define the WHAT and get busy doing something, anything towards that WHAT. I'm constantly reminded of something I once read, that "He who has his Why can overcome any How".

Well Mike, I want to thank you more than I could ever express in words. I believe Think Right Now gave me exactly what I needed and I'm more than curious what else it might prompt in me as I continue playing the CDs.

Best Regards,
Chris, CA

Mike,

I have been listening to the "Real Self-Esteem Now" program for the last couple of weeks and I can tell you I am already feeling more confident. I have gone through a major change in my life as I have been sober from pot for now three months after being addicted for almost 35 years. The most important criterion on this subject is that I agree that I was very dependent on marijuana and it took a long time for me to realize this. So I was already making strides to change my life and boy what a change it has made in my life. I am a new person in every sense of my life and it is almost like I have been reborn. I have an endless amount of energy and tremendous appetite for learning and I just feel great.

Since I have had your program it has reinforced my persona and what I have already initiated. I have realized how powerful the mind can be. I have been meandering around for most of my professional life and I have had a business for the last 13 years. I have been ignoring my business for the last 5+ years and finally I am putting all my energy and focus on my business. Mike, my business is a health and fitness program for children aged 2-8 years old designed by my wife who has been teaching kindergarten for 28 years. I feel very strong and passionate about the physical and mental health for our kids since our society has changed since I was a kid.

The bottom line is - that if we do not change our nutrition and emphasize how important exercise is for everyone our youth will continue to contract ailments, disorders and adult diseases that will decrease their lifespan. Once I have the income I will be getting more of your programs.

Best Regards,
Dale Rombach

Dear Mike,

When I start getting dragged down with all my negative thoughts, I pop in your "Real Self-Esteem Now" or "Setting and Achieving Goals Now" program in and reroute my thought processes. They both serve to pull me out of the mud pit of despair and get me going again.

You have done at least one person a great service with your e-book and programs and you will surely be rewarded either in this life or the next.

Stacy

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Mike,

Wow! It is difficult to know where to start when describing what has lead up to my interest in your products and their impact on my life. I suppose one could say that a lifetime of events and decisions lead me to them. However, to shorten the story somewhat I'll simply start by saying that for much of my life I "tended" towards depression. I was seldom actually depressed but I was often borderline. While many good things happened to me, they never lasted, or I was skeptical, or I feared their loss, or, or, or, or... Even so, I overcame many challenges. I essentially conquered my dyslexia to become an electrical engineer. I held sought after jobs, had no trouble finding employment, and in many of the worldly senses of the word, I was successful.

I wasn't happy, nor was I content with my performance. I always knew I could perform better in my jobs. I knew this because sometimes I truly shined, yet much of the time I was just so-so. I was always waiting for my boss to realize what I already knew. I was always waiting for someone to realize that I was a fraud. I changed jobs frequently. In 9 years I held 7 jobs in multiple industries. The multifaceted experience earned me much knowledge, and even some respect, but that was an unexpected result of my insecurities.

At home my dreams were falling apart as well. My biggest, most desired dream ever, the one that shaped most, if not all, my major life decisions to date, was to have a loving relation with a woman - my wife. Yet my relationship with my wife deteriorated more and more every year and the harder I tried to hold it together, the worse it became. I felt powerless to help my children, two of whom will face significant mental and social challenges, both now and in the future. I thought I had nowhere to turn. Ironically, throughout it all, I knew what had to change. I knew that I needed to change. I was, and still am, convinced that one of the greatest secrets of life is to have a positive and thankful attitude. Yet knowing this didn't help much, for try as I might, I couldn't maintain such an attitude for more than a day or two, and only with extreme effort at that.

Finally disaster struck, or so I thought. My wife seemed to hate me. She walked out on me, and I truly feared she wouldn't return. It was four days before our tenth anniversary and I thought my life was over. I sought professional depression therapy and read a tremendously helpful book that helped me begin the process of changing my thinking patterns.

I guess fortunately for me, my wife really had no where to go, so she returned. We developed a truce of sorts. A year went by and though things were better I continued to struggle in all areas of life. My wife was still hostile towards me and me towards her despite all my efforts to love. Then I read another pivotal book. In this book I learned to first take a very good look at myself and discover what I most needed/wanted, prioritize these desires, and then how to set goals to go about attaining them.

What I felt I most needed was Self Esteem but I had no clue as to how to go about attaining it, despite the wisdom from the aforementioned book. SOOOooo... I asked Jeeves how to go about attaining Self Esteem and he said that the most used Self Esteem site on the web was www.ThinkRightNow.com so I dropped in for a visit. I purchased Real Self Esteem Now and my life seemed to change over-night. Life is a joy. Even the things that could simply destroy my day, week, month before can only get me down for a minute or two. While my marriage hasn't healed, nor my job magically become a dream

come true, or my children mysteriously better I now find myself constantly striving to put my best foot forward, and accepting, even enjoying, the results of my successes, and I might add, my failures. I suddenly find myself with more energy, more willing to commit to serving others, more willing put real time and effort into goals, more, more, and more...

Thanks a million. You have helped me achieve the positive attitude I have strived for years.

Thanks, Hugh Sandgathe

Dear Mike and all,

I have ordered Think Right Now for Windows, Real Self Esteem Now, Real Self Esteem for 9-13 year olds and I am Healed Now.

I am a thrice divorced single mother with a 10-year old still at home (he was only 8 when I purchased the Real Self Esteem for 9-13 for him). I receive child support on a sporadic basis. I have been working as a life and disability insurance agent for the last 5 years.

Since using your programs I have gone from "having a job" to being someone who is recognized as an expert in the health insurance field. I completed two professional designations and I am working towards a third. I went from filling an Association board seat to an active officer on the local level. I actively participate on the State level as a health insurance advocate. I participated and graduated from a Chamber leadership program last year and volunteered to co-chair two of this year's program as well as help on the committees of two additional programs. I joined a Toastmaster's Club and accepted an officer's position within the club. These endeavors have introduced me to so many wonderful people and I have gained a multitude of new friends - all of whom totally disbelieve that I was ever anything but a happy, outgoing and confident person. My daughter told me once that I was "too happy"!

What is even more telling is this ... My computer at work crashed early this summer and when the computer "doc" reloaded programs, I did not have him reload the Think Right Now for Windows program because I had the disk at home. I gradually quit using the programs as well. Interestingly enough, when it came time in the early fall to prepare for my work review; I realized that I was in a slump. I wasn't excited about my job anymore and it seemed more like "work" than fun. It was very apparent in my sales numbers as well. I took some time to think about the "why" and it didn't take me long to put two and two together. I pulled out program and the turnaround was immediate. I'm excited about my life and my customers once again.

Personality tests will indicate that I'm not good salesman material because I'm an extreme introvert. What the tests do not show is that I have always loved and enjoyed people. I do not do sales well, but I do service with enthusiasm. If there is a product or service available that I truly believe in I will tell anyone and everyone who will listen. I have recommended your products to friends, family and co-workers. My co-workers have been witness to the change in me on a day-to-day basis, and they both receive your newsletter and have purchased products. Thank you!

Kathy West, MT

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Dear Mike,

What led me to the point of trying to find a system to improve my life was that I had literally lost everything that mattered to me due to my low self esteem and it wasn't the first time. I had met the man of my dreams but he was eventually turned off because he discovered I was a pessimistic doormat who hated herself and was chronically mentally self-abusive. I lost my dream job, my lovely penthouse overlooking the ocean and was rapidly running through my savings. Finally, in a dark moment of desperation, I showed up on my best friend's doorstep, broken inside and out.

To stabilize my moods, I had to go on heavy anti-depressants because I had become clinically depressed. My former lover actually told me when he broke up with me I was the single most damaged person he had ever cared about and that he had never met someone so addicted to vicious self-perpetuated mental destruction. When he looked into my eyes and told me I didn't deserve the torture I put myself through and that I should get some help, it was like a knife plunging into my heart! That hurt to hear, much less to imagine it was something someone I loved saw in me.

Having come from an abusive childhood, it was very hard to see myself as a person of value. At 35 years old with a graduate degree, a successful career as a commercial artist, and with numerous other talents, I still cringed every time I looked in the mirror. I had tried in the past to address my complete lack of self-esteem & self-confidence but nothing seemed to work. I saw an unattractive, fat, stupid, timid woman whose only tenuous chance for happiness lay in clinging to a man who could fill the void I felt in my soul.

Because the wounds I had carried my entire life had turned me into a person with a negative outlook on life, I drew tragedy to me like a magnet. I thought about the worst and the worst would occur on cue. I knew something had to change or I would die unhappy, alone and caught up in some dreadful crisis. I realized I had to learn to like myself or I would never be able to achieve my goals. That's what led me to investigating self confidence, happiness & self esteem on the Internet. It was a lucky day when I found Think Right Now!

I had already read scores of books on the topic which although helpful did not curb my daily routine of mental abuse. I had been a member of your email newsletter for about a month, but because my new job didn't start until next month I was very low on cash. So in a bold move of generosity, my dear friend bought me the three programs I most wanted (Real Self Esteem Now, Supreme Confidence Now and Infinite Joy Now) as an early Christmas present. Needless to say I was thrilled! I awoke the first morning after listening to your "Real Self Esteem Now" program, feeling better than I had in months. It was as if a weight had been lifted from my mind and my soul's hemorrhaging has slowed if not stopped. I felt energetic and motivated, actually almost giddy. I was able to get all my Christmas shopping and present wrapping done which I had dreading because I couldn't afford to spend lavishly as I normally do. Despite my fiscal limitations, I actually enjoyed Christmas shopping more than I ever had. I sang carols in the mall and smiled at strangers - something I never ever do. I felt positively luminous!

Over the next several days, I rotated my programs and began to truly see amazing changes in myself. I felt like a new person and it felt so natural and wonderful that it was almost hard to see the connection between how I felt & how dedicated I was to playing the programs. Then something amazing happened! The man who took the time to tell me to change my life before it was too late came back telling me he missed me terribly and that he hoped we could start a new business together (we belong to the same industry) and are close friends. Although I didn't have the money to start the venture, out of the blue my brother asked if I wouldn't like to pursue my own business rather than taking the job I was waiting to start. He then offered to loan me the needed start up capital! Changes started happening minute by minute. New opportunities presented themselves and I felt like a kid in a candy store. The abundance was almost embarrassing. I started hearing from old friends who told me I was someone they always admired for my sweetness & kindness. Lots of men began to ask me out on dates. I was offered a flood of new jobs, when originally I had only one single offer of employment. And best of all, the man who helped me to see I needed to change my life through his tough love, asked if he could spend Christmas with me!

I feel like I have a brand new life and it's a life filled with opportunity instead of darkness. I feel like things will go my way instead of worrying what unwanted event I will have to "survive" next. I can't tell you how I am looking forward to the future. I can't wait to see what happens next. Thanks Mike for all that you do. You saved my life.

Nikole Johnson, NY

Dear Mike,

My three daughters and I live with my parents and sister. I am divorced after a difficult marriage, and have needed a lot of support during this transition. Recently, my sister got a few of your programs and lent me the "Real Self Esteem Now" program to listen to overnight, all night.

My little six year-old has been having a lot of problems with first grade - getting sign-ins, and even a detention. Lately, we've been having a cold snap here in Texas so she's taken to crawling in to bed with me, and I've been letting her.

While I'd been focusing on my own progress (quite a change for the better, according to my family), all I know is that I've been hitting fewer snags in my life and coming up with great new ideas for new products and inventions. I hadn't really noticed much of a difference in my daughter. That is, until I took a good look at her "take-home folder." For the past two weeks - the time period that I've been playing the program at night, and the time period of the cold snap - she hasn't had a single sign-in. In fact, she has gotten stickers for good behavior every day she's been in school!

This is amazing for a child who got a detention because she couldn't stop talking, follow directions or stay in her seat just a short time ago! And, let me say also that this past two weeks were the two weeks just before Christmas vacation - otherwise known as "hell weeks" to those of us working in public education!

I am in awe, Thank you!

Theresa Hartman, TX

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Dear Mike,

I have been using your "Real Self-Esteem Now" program for a month. The changes have been subtle and gradual, but noticeable. I have always been the type to take things personally and to rehash old wounds. I am now much more able to let things slide. I work in a fast-paced environment where my supervisors often lecture and criticize. When a supervisor lectures me now, I just take it as constructive criticism and I don't let it get to me. (Before, I would have let it ruin my whole day). I am also much more able to forgive people who have hurt me in the past. I still get frustrated occasionally, but I'm much more able to bounce back and to put things into perspective.

There have been other changes as well. Normally, when I arrive at the train station, I take the taxi home. Even though I know it's better for me to walk, I've never been motivated to do it. Today, however, I wasn't even tempted to take the taxi--I just bypassed the taxi stand and starting walking. I was really proud of myself for being able to get the exercise and to save the money. My study habits have also improved. Procrastination is still a huge problem for me, but I've been making headway. I'm much more able to break things down into small, manageable tasks. I also own the Setting and Achieving Goals Now program, but I'm going to work with Real Self-Esteem for another few weeks before I switch.

Thanks!

Tina Lee, CT

Dear Mike,

It's true, if you change the way you look at things, the things you look at change. After nearly half a decade of living more of an endurance match than a life, I feel a promise for tomorrow that is all new to me. My outlook was as grim as my abusive alcoholic and chemically dependent parents'. Turning the negativity inward, I was disapproving, harsh and unforgiving to myself. Years of seeing myself as a loser eventually began to manifest itself in ugly ways and my world began to unravel. My business was a disaster, most of my relationships were rocky and my home life was hell.

A caring person sent Real Self Esteem Now, suggesting it as an alternative to the talk therapy I was resigned to. (Counseling helps, but for me its benefits are only temporary.) I've been listening to the programs for about five weeks now and added Infinite Joy Now! three weeks ago. I put them on at bedtime plus I listen sometimes during the day. The inner peace alone is miraculous but the tangible changes are wilder than anything I could have hoped for.

My employees want to know what medication I'm on, my family doesn't know what to think and the positive energy is rubbing off on everyone. My son is suddenly acting quite mature and his grades are better. My friends spend more time around me now and there is a lot more laughter. My husband just keeps saying how incredible I am, but even better-

he seems to be going easier on himself and our relationship is the best it's been in our 23 years together. At work, there is new momentum and a dynamic shift in attitude and results. The business was dying a slow death but we've written more new business in the past month than I can ever remember.

These programs gave me new ways to think about myself and my life. They provided nurturing ideas that I'd never been exposed to or would have ever managed to formulate on my own. The future seems so different now. Whatever it brings, I think I'll handle it pretty well. Somehow I knew life did not have to be so glum but I didn't know how to change it. Then Think Right Now found me. I never imagined changing my world could be so easy or so fast. I can't wait for tomorrow.

Cindy Ritchie

My name is Dawn Whiteman and recently I was given your "Real Self Esteem Now" program. A good friend who has used your products gave it to me as a gift - and what a gift it was. I've never felt "good enough". I was raised in a very critical household and all the negativity stuck to me like glue. I grew up believing that I was the sum total of every "not so good" thing my parents told me. This belief system affected every part of my life. I always end up in dead end jobs working for critical bosses. I dated men who reinforced everything my parents told me. Even the apartment I live in is shabby and far beneath what I envisioned my home would look like.

For Christmas I received your Real Self-Esteem Now program. Now, it's February 21 and it's like I have a whole new life. The first thing that changed is that I dumped my negative boyfriend. I just couldn't tolerate being around someone who had nothing good to say - and was going nowhere. He didn't like my listening to your program and gave me an ultimatum! I chose Real Self Esteem, and sent him packing. I listened to it every night for a month starting Christmas night. Now I do a weekly tune up. I double up on my listening when I have to visit my parents. I listen to it before I go, and when I get home.

I was having lunch with a friend and she noticed a huge difference in me. She commented on it and asked what I had done differently. When I told her about your program she was very impressed. She suggested I get a resume together and give it to her. I did and she took it to her boss (a man she has always said was the nicest and fairest boss in the world). He wants to interview me for an office management/purchasing position. It's a great job and the salary is about \$4500 more than I am currently making at my dead end job.

WHEN I get this job, I am moving out of my dumpy apartment building and into a nicer neighborhood.

Most important, my relationship with my parents has totally changed. I used to dread going to see them because they'd always find something negative to say and it always brought me down. I'd often leave their home in tears. Now, it's like I am coated in Teflon. Nothing they say sticks to me. I am patient with them, but not the doormat I once was. If the atmosphere becomes too negative, I just stand up and announce that I am going home, I am not crying on the way out the door anymore. I feel sympathy for them, but what they say and how they behave just doesn't bring me down anymore.

Is this all really happening or am I dreaming? Your program is a miracle in my life. Thank you so much.

Thanks again, Mike. Your product simply changed my life.

Sincerely, Dawn Whiteman, NJ

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Dear Mr. Brescia,

I just wanted to write and thank you for the programs you created.

I feel that the one for "Real Self Esteem Now" was created just for me!

Thank you for caring enough about other people to share your knowledge!

Have a wonderful day!

Most respectfully,

Dolores G. Wix

Author, How to Survive and Thrive After a Layoff

Hello Mike,

I wish to convey much appreciation for your literature and the esteem boosting. I also purchased your program "Real Self Esteem Now". Considering my profession, they serve well to help with stress management. From reading your literature, I must say, that your life's direction is a true testimony and a magnificent example to all individuals in this area.

I must let you know that I am a 65 year old female who looks like 30. No one would ever know if I did not reveal my age. Healthy diet, exercise and spiritual integrity has helped me to maintain. There are many persons like myself, as you have also noted, who maintain their health and life.

I am truly thankful to God for my life and health, and I am continuing to maintain my life goals to remain healthy and happy for the rest of my life. I also encourage you to keep up the good work...You are indeed a great benefit to Society...

Wishing you the Best of Life and a Happy and Healthy future....

Sincerely,

E. Francis

Hello Mike,

Your book, "Today is Your Day to Win" has taught me to look at the bright side of all situations. I did not grow up in the best of families but I have done better in raising my children as a result. I believe that I gave them what I never had without giving them too much STUFF. Sometimes I need to be reminded. Your book has done that and more.

The depression that I have been in most of my life has lessened because of your program "Real Self Esteem Now". I now realize that I am worth much more than I used to believe. I have a lot of gifts to give the world.

Thank you, Elaine

Just before I purchased your programs my father passed away from a heart attack and three weeks later my husband said he wanted a divorce. At the time it was less than a week before my mid term exams in my third year at University.

I was so distraught at the time. I couldn't sleep or eat much. I dropped out of three of my courses and kept one. I saw your programs on your website and decided to give them a chance. I continued to listen even though I was feeling hopeless at the time.

The programs help change my perspective and the way I thought about myself. I was surprised to find out that I had received an A on my exam and a B+ on my paper. I continued to listen and am feeling much more hopeful and confident about the future and that I can achieve my goals.

Thanks for your help, I needed the reassurance that the programs gave and continue to listen to them every day.

Thanks again, they really work,

Jeanette Morrice, Canada

Dear Mike,

I've got almost all your programs. I've been listening: at night going to sleep; in the morning sometimes, upon waking; whenever I'm 'on a drive' in my car. I started out with "Freedom From Depression Now"; moved on to "Setting and Achieving Goals Now". I then ordered "Real Self Esteem Now" and loved it. I can't remember the one I'm listening to now, but it homed-into me even deeper than the others, more appropriate for me at this time. Like some deep, wonderful, nourishing food for my Mind and my Spirit, even for my Soul. Deeply deeply nourishing.

I've felt more and more an ability to connect at will with my subconscious mind. I've been training myself (for a very long time now) to relax consciously during the day. I've felt a greater ability to 'slow down' inside, to look and listen, to hear the voice that's currently playing in my head, to decide whether I want to be on 'autopilot' or to step off that path and be more 'choosing in the moment'. That's working for me more and more.

I'm into practicing and learning to teach others EFT (emotional freedom technique), and that's a great toolset to use with your programs. I have to tell you Mike, that I am so grateful to you for how you shared yourself so openly with us in your book.

I love your newsletters. It is as if you are talking just to me. Your thoughts were like my own. That's the power of 'releasing' with EFT, too: getting to the thoughts, and tapping and releasing the tied-up energy with them, and by doing so I release myself to Action. I don't think I'm out of the woods yet; but the dips down aren't so deep anymore, and I'm feeling truly supported by new thoughts that are seeping into and popping up into my thinking. When I don't know 'what else to do' at any moment in time, I just start listening to a Think Right Now program on my portable CD player, and I feel re-grooved and get back on track to being the person I truly want to become.

I wanted to send my heartfelt thanks and a big dose of gratitude your way for giving me access to messages that are truly powerful, empowering, and are helping me to change my life in the direction I've been wanting to for 37 years now. I've had big dreams all my life, and wondered how I was ever going to be able to realize any of them. Now I know how.

Thanks so much, Mike.
Jeff Merson

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Dear Mike,

Using the Real Self-Esteem Now and Supreme Confidence Now programs have made it possible for me to put a long-time dream into action. On the outside I look like someone who has it all together. The inside, however, was another story. My exterior success is due to a God-given ability and being willing to accept jobs that didn't challenge me.

I've always wanted to write and be a life-long learner. My mother and uncle are both published authors, so the genes run in the family. However I was so intimidated by their successes and afraid that I would be the one "failure" that I didn't even try. After listening to Supreme Confidence for about a month (all night long and also during the day) and then doing the same with Real Self-Esteem for several weeks, I ordered the copywriting course that I've been looking at, dreaming of and drooling over for months.

I haven't felt that excited about something I have done in years - and it feels so good and so right. I am happy to say that I am quickly and confidently moving through the course and learning the skills I need to succeed in my desired field. My fear and intimidation have been replaced with confidence and excitement about my future. I can't thank you enough for making these programs universally available. They can't help but make the world a better place!

Sincerely,
Marguerite G. Hartman

Good Evening Mike,

I am a mother of 3 (ages 17, 14, 12), a wife and a full-time employee for a fortune 500 company. In Sept. 2004, I made a personal decision to leave the other fortune 500 company where I had been employed for about 17 years. (I'm probably aging myself now...). I had what I thought was a wonderful opportunity to join a very small but growth oriented family owned business. You know the type...they make wonderful promises to get you in the door & then.

Since it was a small company, I believed that I could make a difference for them and they would in turn recognize and reward me for my contributions. I worked very hard for them...frequently worked late, came in early or worked on a weekend. As the husband & wife who owned the company lived & worked 6,000 miles away (Oct - May) & included

a 5-6 hr time difference my work ethic was not "visible to them". Well, as you can imagine, being rewarded & appreciated for my extra efforts was not how this situation played out.

Last August, upon return from a week long vacation, the owners told me that they had elected to eliminate my position. They asked me...did I want to quit or did I want to be laid off? Of course I elected the 2nd option. However, I was devastated and humiliated! Although I was not happy working for them, it was one of the worst experiences my life. I had been working non-stop since I was a teenager. To have been let go by an Employer felt like the ultimate failure!

My point...it was a very "dark" time for me. I was depressed and my self-esteem was "rock bottom". It was at that point that I found your website and purchased the following programs in either October or November 2005:

Unstoppable Motivation Now!
Real Self Esteem Now!
Freedom from Depression Now!
I love Exercising Now!
Dissolving Panic & Anxiety Now!

My husband asked me why I purchased so many at once & I told him that it cost less than a 45 minute session with a therapist so it was worth a try. He reluctantly agreed & said, "I hope it helps". Mike, your programs and your book have helped me so much. I look forward to getting your e-mail messages and I thank you for all the good work that you are doing on behalf of so many. It is through these notes that I have gained courage to take the next "right step". Your journey is inspirational & you communicate in such a positive & open style. I admire you and your wife Sherry for the positive results and success you have achieved through your hard-work and lifestyle changes.

I listen to the programs with headphones while going to sleep. I also rotate the CD's in my car. The following things have happened since I got the CD's and started receiving the daily e-mail notes of "Today is your day to win".

- I am happy again and I smile often
- I am a positive person
- I have more self-esteem
- I take myself less seriously
- I am exercising regularly
- I have lost 35 lbs.
- I am employed full-time and working again for a large corporation.
- My co-workers appreciate my sense of humor and my contributions.

We work hard and laugh frequently.

In conclusion....Mike, I am just another SUCCESS STORY! Thanks again for all you do!

Best regards,

Karen, ME

Dear Mike,

I've thought long and hard about sending you my story. I'm not what you would call an "instant success story" but more like the tortoise and the hare. Slow and steady win the race.

I too have struggled with depression all my life. But I am seeing progress because of your tapes. I have Freedom from Depression and Self Esteem Now and Financial Freedom and Supreme Confidence. I use them when I go to bed and night. If I wake up in the middle of the night I just hit play again and I go right back to sleep hearing the words over and over. They have really has helped build my Self Esteem and that in turn helps my depression.

My therapist has even noticed a difference in my attitude! When I told her that I actually stood up for myself and told someone that I just wasn't going to take their attitude towards me she was completely surprised. It's funny, because it felt quite natural that I should want to be treated nicely, just like everyone else, and if not it's okay to say so in a nice human way. Being able to say so gives me confidence and self esteem which helps end a cycle of depression.

I'm a work in progress. And slow and steady wins the race for me. Thanks so much for all you do for me! You are very much appreciated!

Love & Friends!

Kris Shedarowich :0) - CA

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Dear Mike,

I ordered your "Real Self Esteem Now" program whilst feeling desperately stuck in a relationship of 16 years, which had never been right. I had stayed with a man who, although not physically abusive, was cruel mentally and emotionally. I blamed myself for the lack of love and became very withdrawn and lacking in confidence. I tried leaving once but went back.

I listened to the tape in the car, whilst ironing and when I could, at night time. After only a couple of months the results were amazing, I began to have faith in myself, I've started to get back in shape, reconnect old friends and have ended the relationship! I feel like my old self again and have rediscovered a love of life. I don't feel constantly scared anymore. I am now listening to "Setting and Achieving Goals Now!" as well, and am feeling good about my future for the first time in 16 years.

I now feel I have the confidence to plan a career, in order to support myself and my kids, and to give us the means to enjoy life to the full.

Thank you.

Vicky J, United Kingdom

Hi,

My name is Kelly Smith, and I would like to tell you what a huge difference your programs have made in my life. Over the past few years, life has taken quite a few twists and turns, and while I had always had a problem with my self esteem, it was at an all time low. It really started to manifest in my singing auditions where I would freeze up, even though I would completely rock the songs in my voice lessons, or when I was practicing at home.

I ordered the Real Self Esteem Now program and started listening to it every night. After a few weeks of listening my auditions skyrocketed, I started booking a lot more jobs. My day job gave me more responsibilities, and I started to be more outgoing. I also started sticking up for myself in situations where I would normally let people walk all over me, and I started to have a more optimistic outlook on the whole.

Then, a few weeks ago I ordered the I am Organized now program and the results are even more amazing! My room, which has always been messy, ever since I was a child, within a week, has been transformed into a neat and organized haven. I always put things away after I use them, and I have found a "home" for all my things. I have also gotten rid of a bunch of things I no longer need. I feel so much more relaxed, calm and at peace in my room. I have also begun to get all of my affairs in order, financially and in my work. I can't wait to see what else is going to happen after I have listened to my new program for a few months!

Thank-you soooo much!

Kelly Smith, CA

Hi Mike, (The New me!)

I must admit I feel like I know you after reading so many of your e-mail over the past few months. More importantly I feel like I know myself. I led a pretty happy life until 5 years ago. The loss of both parents to illness in their 60's and a brother (to suicide) changed my life drastically. I became depressed and suffered from panic attacks, later to seek professional help and be diagnosed with Post Traumatic Stress. Finding my brother or what was left of him after his suicide was too much for me to deal with. Luckily with a good therapist and a wonderful husband to support me, I overcame the panic, and slowly came out of my depression.

Although I was functioning again as a mother and a person, something was not the same. I realized that I had lost my self confidence. I may not have been having panic attacks but I was still afraid. I didn't trust myself, I always worried about getting into situations or trying new things, and always afraid I would slip backwards. One night I was feeling very low again. I prayed that God would give me some guidance. I sat at my computer and typed a few words in the search bar. Your website came up. Who says God isn't high tech!

I ordered your "Real Self Esteem Now" program. I have been listening to it everyday for several months now. The changes were subtle at first, I started to attempt new things,

gradually feeling more and more at ease about doing so. More importantly I feel happier now. I relied on pills to do that for too many years now. I am almost completely off my anti-depressants now, moving slowly only because of withdrawal. I am not looking back now. I have no doubt that in just a few weeks I will never need anti-depressants again.

I have filled that need with positive thoughts and am also trying a regular exercise program with some help from your Exercising CD I received 2 weeks ago. All of those little changes in my thoughts have added up to one big positive change for me.

I like myself now! Thank you Mike, and to anyone reading this, these programs do work. You owe it to yourself to try them.

Judy, Canada

[Order Real Self-Esteem Now! or Real Self-Esteem Now! \(Ages 9-13\)](#)

Dear Mike Brescia:

Let me thank you for your programs!!! They are a godsend!!! I have ordered "Freedom from Depression Now!", "Real Self Esteem Now!" and "Financial Abundance Now!" and have been using them religiously. Wow... they are dynamite for the mind. I am a board certified hypnotherapist from New York and moved to Colorado to take my profession (game) to the next level..

I have seen major improvements in myself since utilizing your technology such as:

- a) I've eliminated blaming self and others for the lack of success and progress in my life
- b) Said good bye to the shame others game
- c) See the source of my compulsive addictive behavior and corrected it.
- d) I have increased awareness of mood swings, frustrations and fears and have made adjustments in my internal and external attitude.
- e) By increasing focus, visualization and the proper level of acceptance to financial abundance, I am able to recognize opportunities more readily and execute my plans.

Thanking you again for everything!

Sincerely yours,
Ronnie Dozier

Dear Mike,

I am 66 years old and my husband has Parkinson's disease. I am his sole caretaker, so you can imagine that I had need of "Real Self Esteem Now!" and "Freedom From Depression Now!" I purchased both of the programs and started playing them every morning before I got out of bed and every night when I went to bed.

I inevitably went to sleep and never heard the last part of the program. I believed that I was not benefiting at all because I was convinced that I HAD TO STAY AWAKE to soak in the affirmations. Weeks passed and suddenly, (and I DO mean suddenly!!!!) one morning while I was making breakfast I heard myself humming Dixie! I was shocked!

Dixie? Of all the songs for a born and bred Yankee to be humming the last one would be Dixie.

From that day on I became aware that my "attitude" was changing a little more each day. I began playing music CD's during the day and studying harder with a better level of energy. (I have been studying Currencies/Forex trading with a mentor for 3 years.) I realized that everything about my every day was different... better, more up-beat, more hopeful. I felt better about ME, about life in general, less a victim.

Then I ordered the rest of the original programs, Setting and Achieving Goals, Sales Success and Abundance. After all, I was training myself to enter into one of the most stressful and difficult of positions, that of a "Forex Currency Trader"! I started faithfully 'going to sleep' listening to these new programs. Did they make a difference? You bet they did! The only example that I can give you is that within six months I "graduated" from being a "student" of trading to having people travel in from other states to spend a day with me to learn what I could show them about the studies on the trading charts!

I then ordered and received "I Am Smoke Free Now!" and "I am Healed Now!" for a friend and my husband respectively. I do not see that the friend has stopped smoking, but I also have observed that she does NOT want to stop smoking. She gives it "lip service" mostly to keep her friends from nagging her. My husband's condition is such that he isn't going to "Be Healed", but he does reap a much more restful night's sleep from listening to the program.

Then I ordered the three Instant Inner Power programs!! Wow!!!! I have switched allegiance from my originals to the Power programs!!! They are simply great! And I don't go to sleep anymore, (well, not ALL the time anyway), because they are so "UP", so totally energizing!

These programs are the difference between, an old depressed, worn-out woman who didn't believe tomorrow even was worth waking up for, and someone who listens to music, is actively trading Forex markets (very successfully I might add), teaching other people and STILL doing all the work necessary to be a caretaker of an invalid!! I dance in my living room to music, I have lost about 32 pounds, (not because I had a CD for the express purpose but because I just like myself better and want to look as good to other people as I look to myself.)

Nancy English Vinal, NV

Dear Mike,

I have ordered five of your programs "Freedom From Depression Now", "Setting and Achieving Goals", "I love Exercising Now", "Eating For Excellent Health Now" and "Real Self Esteem Now" and I am thrilled to tell you how amazed I am at what a difference they have made. I noticed a change in the first few days. Over the years I felt that if only my thinking would change I would be able to accomplish some of the things I have always wanted to. I was always labeled as LAZY and I bought into that and believed it for many years. I am just now realizing that I'm not really lazy but was just living out of a mind set which I couldn't seem to change. Thank you, Thank you! I am now setting goals and I'm on the road to achieving them.

This e-mail is proof of the change because before I would have procrastinated and never got around to writing it. I actually cleaned my closet out yesterday and have signed up at a gym to start an exercise program. As I close I must tell you no one has ever in my lifetime told me not to overdo anything... in fact it's kind of a joke around my house that Mom will never overdo anything... but yesterday my husband actually said and he was dead serious, "Honey, don't try and do too much". When it dawned on us what he had just said we both had a good laugh.

Thanks again! I now understand the scripture in the Bible that says, "As a Man Thinks, So Is He".

Thanks again,

Chloe

[Order Real Self-Esteem Now! or Real Self-Esteem Now! \(Ages 9-13\)](#)

I own "I Love Exercising Now!"; "Eating for Excellent Health Now!"; "Real Self-Esteem Now!"; "Supreme Confidence Now!"; "Dissolving Panic & Anxiety Now!"; "Setting & Achieving Goals Now!"; "Unstoppable Motivation Now!"; "Instant Diet Power"; "Instant Workout Power"; "Win Friends & Influence People Now!" and Think Right Now! for Windows. I listen to one of the programs every night. I have "Supreme Confidence Now!" and "Unstoppable Motivation Now!" in my car and Think Right Now! for Windows at work on the computer with the info from all of the above on it.

Where do I begin??? Looking at the list above you'd think I was a mess to start with, but I think it was curiosity that sold me on the first program. I knew from education and my own studies the power of affirmations and repetition. I would wake up in the morning feeling different. My life got better and better. I kept buying more programs. But how was it better? Well, I found myself answering people with lines from different programs or, more importantly, talking to myself with lines I had heard.

I can do anything I put my mind to.
I'm worthy of praise and rewards.
If I can dream it, I can do it.

And I started to believe it. So I tried new things and little by little I found myself getting excited about getting up the next day. I was happy all the time. People would comment about how "together" I was. When my son's girlfriend was having some problems she said she wanted to be more like me so I had you send her "Real Self Esteem Now!" and "Dissolving Panic & Anxiety Now!" Anyways it is hard to be specific because it seems to come so easy. I smile more. I look at situations and know I can make a positive impact. I've lost weight. I joined a gym and a wonderful yoga class. I am happy with my life and I don't know what more any program could do. When I tell people how I listen every night, they seem skeptical. But people were skeptical of the telephone and television too at one time!

Sincerely,

Linda Czerkies, NY

Hi Mike,

I love your newsletter. You always seem to hit the nail on the head as far as my own life issues have gone, it was actually uncanny. I have bought several of your Think Right Now programs ("I Love Exercising Now"; "Eating for Excellent Health Now"; "Setting and Achieving Goals Now" and "Real Self Esteem Now") and the new 60 beat music CD's which I listen to while I am studying. I admire your life principles, and I try to incorporate the idea of asking myself ..."what can I do for this person?" into every day.

Love your newsletter and your other products! Keep doing it!!

Thank you with much love and light,
Claire Tait

My daughter was having slight anxiety going to school and worried a lot. She tends to be a worrier like me. After listening to "Real Self Esteem Now! (9-13 yrs)" nightly for 3-4 months, her self esteem improved so much it was amazing. She became stronger and more confident. It was like she was a whole new person. She wasn't as shy as she had been. I would recommend it to anyone who wants to improve their kids' self esteem.

I also used the "Dissolving Panic & Anxiety Now!" program. What a pleasure, it was such a help. I also have "Think Right Now for Windows." It helped me so much to become a stronger person.

Debbie Johnson, NY

I purchased the "Real Self-Esteem Now! (9-13 yrs)" program, and was amazed at the difference in my son. For weeks on end we could tell which nights he listened to the tapes at bed time and which nights he didn't! The program had a dramatic effect on his personality. He who usually lacked self-confidence was confident. Instead of being argumentative, he became agreeable and understanding. He worked out any frustration and agitation in a manageable way. There were dramatic effects on my son after each night he listened, and after about a month, the changes seemed more permanent! I'm very happy to have him change in such a positive way during a difficult age. I truly feel this has changed his life. From now on, he has the proper programming to deal with life's daily challenges. I am excited to have found such a gem of a program!

Theresa Jurisch, MN

About a year ago I purchased your "Real Self Esteem Now! (9-13 yrs)" My grandson was in the first grade at the time and had been having a lot of problems in school. When it came to tests, he would know the subject matter when he left home but would get most of the questions wrong when he took the test. I had him listen to the program every night for about 6 months. When he began 2nd grade last year, his reading comprehension had actually improved an entire grade level. His spelling skills improved to where he would receive 100% on his quizzes. I have purchased all of your math programs and I am

looking forward to a great year for my grandson. Thank you so very much for what you are doing to improve children's lives. Please continue the good work.

Thank you,
Delores Troope, CA

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Hi Mike,

I wanted to share my son's story with you. He is a 4th grader who worries about everything. All summer he worries about going to school in the fall. He cries thinking about how tough it is going to be. He worries about whether or not he will like his teachers, whether people will like him and whether he will be able to do the work. He goes on and on. He ends up ruining his summer. School breaks are equally difficult because the last day of the vacation, he stresses about getting back to school. Change is very difficult for my son.

My son is an average student but struggles. He always is worried that he is not as fast as everyone else in the class. He will go to sleep stressing about the fact that he is always the last one finished with his work in class. I can't tell you how many nights I have had to settle him down and encourage him to stop worrying so much about school.

I often listen to inspirational programs, but many, if not all of them are specifically geared to adults. One night when I was searching the internet for tapes for children, I found your site. In January I purchased Real Self-Esteem Now for 9-13 year olds. Now that he has been listening to your programs, he doesn't have all that negative self-talk going on in his head. He no longer spends all night worrying and will remind me to put on the CD if I accidentally forget.

In two months, this has changed his life and mine. My scared little boy isn't scared anymore! I can't thank you enough. Please let me know if you add any titles to your library for the younger age group, I'll be the first to order them.

Thanks again,
Susan Doran, NY

Dear Sherry and Mike,

I'd like to really thank you for all the improvements I am seeing around me in my life. Even my son is getting fantastic grades and is really confident now after using "Real Self Esteem Now! (9-13 yrs). Thank you very much once again. Please let me know, nay just send me any new product you develop. With Lots of Regards, Respects and a deep sense of Love,

Raghavan, India

[Order Real Self-Esteem Now! or
Real Self-Esteem Now! \(Ages 9-13\)](#)

Setting & Achieving Goals Now! Success Stories

Hi Mike and TRN Family!

Thanks for putting together a program just for me 'Setting and Achieving Goals Now'. This program has changed my perspective. I purchased the program two years ago after I was laid off and had to conduct a job search. I listened to it a few times each week when I would go to bed and usually fall asleep to it. Over the last two years I have learned to consistently take action to find my dream job. Years ago I would go to an agency and accept what ever job they threw my way. It took a while, and I did find another good job as an accountant (which I am by trade) but I never gave up on the dream job.

I was a major procrastinator. I would dwell on problems and roadblocks and fall into job paralysis...probably a symptom of being stuck in a field I didn't love. Now I map out the steps I need to take to work through the problem or project in front of me. I am an employee with a new perspective.

The planning paid off! I just gave notice to my current employer; I start my new dream job on October 11! I am so excited to start I can barely contain myself. I feel so goal-oriented, that I'm 100% certain I will succeed in my new career in sales.

Another quick point: for years I used to buy a day planner at the beginning of every year to stay organized and focused. A noble New Year's resolution, but by March it was a lost cause. I have actually used my latest planner consistently for over a year now. I'm a plan-a-holic and a goal setting machine!

I still use the program to keep me on track.

Thanks for your inspiring letters!

Richard Cruz, CA

Dear Mike,

As a school administrator and facilitator and trainer for Stephen Covey's 7 Habits of Highly Effective People, I didn't think there was much I could get from just listening to some CD on goal setting. Boy was I wrong! Without any real effort, other than turning on the CD player, in one week, I found myself completing 100% of my most important tasks. My focus increased, I completed my highest priority items daily, and I quit wasting

time beating myself up for not doing everything perfectly and instead focused more energy on what I needed to do with a positive spirit of anticipation.

My procrastination seemed to evaporate overnight. In fact after a month and a really busy time in my schedule, I realized that I was not completing as many tasks as I had been. Well sure enough, I had allowed my busy schedule to get in the way of me listening to the program. And sure enough, as soon as I got back to listening to the program I was right back on track.

Thank you so much for creating Setting and Achieving Goals! Your work has helped me create an amazing life for me, my family and the people with whom I work!

Sidra Gaines, CA

Hello Mike,

It was about a year ago, I purchased "Setting and Achieving Goals Now" because I wanted to go back to school. I wanted to change my career. Right now I am a lab technician for a University. Being around the students encouraged me to become something more, something that I could share with them, to help them grow in this world of diversity I had decided to become a cultural studies teacher. I have my associate degree in technical communication, but I needed to re-enter school and work towards my bachelor's degree.

I didn't know how to begin. I hadn't been in school for many years. I was 52 years old and thought to myself why don't I just stay in my present job and retire when the time comes. But everyday I would get the urge to want more out of life, change my future and the future of all young people. I felt as though I could contribute to the new generations to come.

I had come across the "Think Right Now" website by searching the net looking for self improvement items, stories and anything that would help me give myself a kick-start and help me accomplish what I had decided to do. The first program I purchased from the "Think Right Now" website was the instant Download of "Think Right Now" for windows. I later saw "Setting and Achieving Goals Now" and thought I would try it. I listened every night with my headphones. One night I would listen to side one, and the next night to side two. I also made a cassette without the Prompt to relax and just taped the affirmations, which I listen to whenever I am in my car. I did this for about a month and I could feel the change in my attitude about procrastination and how I stopped procrastinating and actually did something about my thoughts by putting them into action. I felt this energy and this feeling of wanting to do whatever was needed to accomplish my goals. I started with a list of things I needed to do and continued from there. Now I listen to the program whenever I think I can't make it or my enthusiasm falls

a bit.

Well, I am 54 years old now and I only have 9 more credits to go after I finish my Philosophy class. I have found the energy to work full time and take on the challenges of school. I am working towards receiving my bachelors' degree in 1 more year. I have also looked into obtaining my Masters of Science in Secondary Education. I believe that I only need to listen to my tape and to my heart.

Now I am hoping that my health holds out and to do that the doctor said, I need to exercise more. I am still not mentally ready for that... smile. Your Programs have helped my mind, to convince my spirit to soar and now I hope my body will be able to keep up.

Thank you Mike,
T Jane Doctorn, NY

[Order Setting & Achieving Goals Now!](#)

Dear Mike,

I couldn't believe the Think Right Now program "Setting and Achieving Goals Now" could work so well. Prior to using it I was very disorganized and a little restless and listless when it came to writing down and achieving goals. My bedroom was full of paper, newspapers, important documents, to do lists, receipts and I really didn't think that I had control over my own life. Tidying and filing away these papers became like a mammoth task that I would procrastinate daily.

My mother suffers from depression and she continually says things like " I don't have the mind to do it". I was beginning to feel the same away. I lost someone I loved very dearly and I was finding life very difficult without this person. I am still wanting them back beside me daily. I would wake in the morning and lie there and not get up. I had lost my get up and go and everyday seemed so painful.

I was late for everything, including work, but fortunately I was blessed with an understanding employer that let me arrive late knowing that I would make up the time in the evening. which I always did. I didn't think that I could ever get up early again or achieve any of my dreams.

Listening to your program helped me enormously. It took away that awful, depressed, panic I felt every morning about having to face the day ahead at work. I would just listen to it and suddenly I would feel myself becoming more focused and making lists in my head about all that I had to do that day. I was organizing my day and my life better and I was really enjoying being organized. I began to see myself as a project, and that things that I had to do were part of the project of my life. I began to have big dreams and think that I was worthy of receiving them.

I enjoyed being busy getting all the things that I wanted to do done and slotting in time for fun, dancing, meeting friends, writing to relatives and generally keeping in touch with those that I loved. My life is a project and I was going to do the best I could with it. While I was suffering a lot of grief I thought I could transmute this grief into caring and kind for others. So my goals included other people, I helped people out wherever I could and my hopes and dreams were for improving their lives. Each day I was doing more and more, more than I ever thought possible and was feeling really alive. I decided to work towards making my life amazing. While this doesn't take away the pain in my heart it helps me vent it, by throwing my pain and passion in to the activity at hand.

Your 'Setting and Achieving Goals Now' program helped me achieve a first class honors in my masters degree, organize myself and my finances for mortgage approval for and pass my driving test! I am also always on time for work now too.

It really does work it really relaxes you while keeping you alert and open to suggestion. You arrive at work ready of the day ahead and with goals for when you clock off work also.

I would recommend your programs to anyone, everyone needs that extra boost and I've learned that you deserve to do everything you can to help yourself.

Keep up the amazing products Mike, you changed my life and I believe you can change others too.

Best regards,
Sheila, Ireland.

Dear Mike,

"Setting and Achieving Goals Now" is a wonderful breakthrough for me. Goal setting was something I could never get organized in my thinking.

This program takes all the concerns as to the "how and what" with goal setting. Now I just plug in, relax, listen and also repeat along with the melodious voiced young lady. Before this program, I just drifted along, hoping things would get better. Of course they didn't. My goal setting was a haphazard thing, very vague and spasmodic.

I now have more direction in my life. I wake up ready to achieve my 'to do' list. I set a goal to meet new people to introduce my Network Marketing business and within two days I met three people whilst out and about who indicated they would be interested in speaking to me. Since then, two people have registered with my company and another two want more information. What a buzz! And I am continuing to build relationships

with others that will lead to more interest. (That was another goal).

I have been very tentative for many years and now I seem to have a different outlook and I guess it shows. People are attracted when your attitude is positive. Eliminating the 'blocks' side of the tape is a marvelous preparation and the positive goals on the other side have demonstrated to me how to phrase goals succinctly.

Another bonus is as I use the program before I go to sleep I am sleeping better and waking more rested. If I miss a night I notice the difference the next day.

Thank you, Mike, I am very grateful for that program.

Best regards,
Leonie

Dear Mike,

I have been using your 'Setting and Achieving Goals Now' program. I listen to the program each night when I go to bed. Before I started using the program I was not confident in my abilities. I felt I was moving backwards rather than forward in my career and unworthy of attainment. After listening to your program, I started setting goals; writing them down with timeframes. Listening to the program really helped me think positively, valuing and appreciating myself a lot more than ever before.

I now have a higher sense of self, worthiness and respect for myself. I believe in my abilities and my learning capacities so don't get threatened or anxious when confronted by a difficult task anymore, I just do it!

Last month I applied for a new position, with a higher status, in another organization. I got the job. I am so much happier within myself and have a higher belief in what I can achieve. I am continuing using think right now to achieve my goals.

Thank YOU Mike.
Neri, CT

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Hello Mike,

This is an amazing story that is totally true. Maybe I think it is amazing because it

happened to me. Five short years ago I was financially and emotionally bankrupt. I was sleeping on friend's sofa and if I had any money it was used for drinking. I was frustrated and angry that I was not getting my fair share in life. Everyone else was getting special treatment and I was being ignored.

Finally I had enough, I stopped drinking and stopped hanging out with people who did. I started reading and hanging out at the library with the likes of Ben Franklin, Thomas Edison, Eastman Kodak, Henry Ford, Andrew Carnegie and Tom Watson. I was inspired; I found a sales job and picked up a few accounts. I found an apartment and picked up a few more accounts. Found a car and picked up a few more accounts. I was then given an office.

I was researching the internet and I found your website. I bought the "Setting and Achieving Goals Now" program. I listened every night, after listening I would seek out new challenges, because I truly enjoy them. I gave away accounts, I found bigger accounts. I realized the only limits I had are the ones I have adopted on my own. Today I am a successful business owner and run my own fitness company in Tampa. I am sure I would have started this someday but your program expedited the process.

So I would like to thank you and let you know that I am your official Think Right ambassador!

Be Well,

Andrew Patrick
Prudential Fitness Training

Dear Mr. Mike Brescia,

As I am writing this, there are tears in my eyes. These messages have made such a radical impact on my daily life. Sometimes I would read the messages, get convicted and make immediate changes in my thinking and/or previous actions.

Your audio program "Setting and Achieving Goals Now" has guided my mind to positive proactive thinking. Just the positive messages alone have provided so much encouragement to me in more ways than one.

Almost everyday I learned something new about myself and how my every move affects so many others.

I offer my most heartfelt thanks and appreciation for your "rubber meets the road" hard-hitting newsletter series.

Yours Truly,
Natascha C. Bolden, LA

Dear Mike,

I gave your "Setting and Achieving Goals Now" program to my daughter who is a medical student at Tufts University in Boston. For the first time last quarter, she received 'Honors' in all her classes and I have noticed a distinctly less exam anxiety in her!

Vidula Sukhatme
Newton, MA

Dear Mike,

Listening to this program has been a pleasant and effortless way for me to move through a lot of recurring problems that I have had in achieving my goals.

I am very impressed with the program and I'm also very impressed with the customer service and responsiveness of the organization.

Thanks and best wishes,
Karen, CA

Dear Mike,

I bought two of your products, one was the "Setting and Achieving Goals Now" program and the other is your "Think Right Now for Windows" program. The "Setting and Achieving Goals Now" is really wonderful.

My thoughts about myself before I got this tape were that I was capable and inventive, but I found myself stuck. I had nothing to work for, nothing to move forward for. Mike suggested the goals program. Right now, I am unstoppable! My behavior has really changed in that I am constantly able to get myself going again, get on track and move forward again, towards completion of things.

I am currently building a number of websites for myself to create an on-line business of

selling products that I've designed myself. Some will be affiliate for web marketing and on-line business development for people, especially in the area of "newbies." Right now, my success seems to be much more in focus, and clearly doesn't seem to be any work. I can work 15-16 hours a day and not get tired. It seems I really am motivated. I guess I've had this lacking of self-esteem lurking in the background for a long, long time--even though I've done some incredible things in my lifetime. I've accomplished some things that people would only dream about.

I started using this program about eight months ago. I first made it into a 60-minute audio (I didn't need the introduction part) and I played it while sleeping. That seemed to work very well. I did put it on a timer to come on after I fell asleep and run for two-three hours. It seemed like within a month, I was becoming motivated and on target. I feel pretty confident now that I'll be able to achieve what I want because I continually get back to what I want to achieve and that keeps me on track and in focus and motivated. I got an outside job developing websites for people, which is something I didn't think I could do before getting the tapes, so I am very happy with what happened here.

If I wanted to "blame" anybody for my success, I would say it's Mike's tapes on Success!

Fred Hackensack, NJ

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Hello Mike,

My name is Maddy and I am a HUGE fan of your Think Right Now audio programs!!

My life has changed in so many ways from using your audio programs it's hard to be specific. I have yielded the benefits of using three of the programs - Freedom from Depression, Setting and Achieving Goals and I am Smoke Free Now.

I swear by the Freedom from Depression program. It has totally turned my life around and I no longer have any depression...truly a miracle, and I send you blessings for this.

Setting and Achieving Goals has really given me a boost and I am slowly, but surely moving in the direction of my dreams, and have no doubt that I will accomplish that which is my heart's deepest desires.

Now, for the hardest thing I've ever wanted to accomplish in my life, and something I never thought I could overcome - smoking! Since listening constantly to 'I Am Smoke Free Now' I am happy to tell you that I have been nicotine free for 1 month and 2 days!!!! My addiction to nicotine has been my life's worst inadequacy, and I am over the moon about having quit and staying quit. Healing this addiction is doing so much for my

life...so many changes...so many challenges...yet such an opening to healing my life in so many ways.

Mike, the work you are doing, and the miraculous effects it is having on peoples lives all over the world, well...God bless you, is all I can say...God bless you!!!!

Thank you for being so committed to your work and to your passion; I am so very grateful for all that you do!!!!

With great sincerity,
Thank you so much!!
Maddy Anderson, CANADA

Dear Mike,

I have been out of a job for the past 6 months and really haven't had clear direction since I graduated from college as to which career path I should choose. I have been thinking about a career which would require going back to school for a second degree. I have only been thinking about it for the past couple of weeks, but while I was painting someone's house, I decided to listen to the "Setting and Achieving Goals" program. As soon as I was done painting, I started ordering my transcripts from my old university. I also called the school I want to go to, to see about admissions and registering for a class! This kind of action was always stifled by thoughts such as "I don't deserve it," "You can find another career where you don't have to go back to school," "Don't waste your money", etc. This audio just cleared the path of resistance.

Thank you!
Kris Nickerson

Hi Mike,

I ordered Setting and Achieving Goals Now at the end of August and immediately noticed an increase in my personal productivity and an increase in mental focus. I loaded the CD onto my IPOD and went to Radio Shack and purchased one of those "one ear only" headphones like you use for a cell phone. The first change I noticed was that the self-defeating mental chatter preventing me from clear action was cancelled out with positive mental conditioning. I have become diligent about recording my goals and to do list, and I am constantly planning and prioritizing the next action item. The best part is

the amazing way consistent focus can cut through tasks that at first seem impossible to achieve. I am excited about achieving my long-term goals.

Eric Henderson, VA

Dear Mike,

Every time I have felt a negative thought in my head I wondered where it came from. I needed to get to the root of the problem. I've realized that for a period in my life I wasn't happy with what I was doing in terms of work, family, and personal enrichment. Years went on, and I still kept doing the same thing expecting to get different results. I even tried therapy and my therapist said nothing was really wrong with me. That was reassuring especially when after the fact; I went to my doctor and told him my symptoms. He suggested I get on Prozac. I've heard many stories of the side effects of this drug and I was not going to get involved. I've tried holistic healing, acupuncture, and meditation and these practices helped me through some tough times. I never was able to completely cure my problems. When I would feel depressed about my situation I would turn to food, shopping excessively, and drinking. These habits would hide the problem but make my situation worse.

I started listening to Setting and Achieving Goals and started repeating the statements in my head over and over again. What a miraculous change I've undergone. I've told my family and friends about the program and they're interested too. I understand now that life is something that is to be valued and that my quality of life is up to me. Thank you!

Claire Elyse Wills, CA

I ordered Setting and Achieving Goals two months ago and I can't believe the difference. I listen to the CD at night, in the car and sometimes play it at my desk at work. I've read just about every self help book imaginable, each thinking that the next one will show me the way - that it will have the answer that the others didn't and will finally get me to do what I say I'll do or what I want to do. This consumes a lot of time and keeps me thinking that "someday" I'll be able to do it. I've been doing this for years!

I am happy and relieved to say I wake up motivated, energetic and alert. I do things immediately now... I used to have list after list and each day I would recopy the items on the list onto the next day and the next day and so on... maybe getting one little task done. Now, my daily lists are all completed. I wouldn't have believed it, but my inbox at work is emptied each day. I read the periodicals and the day's mail rather than only pull out the item that is grossly overdue or about to be overdue... My productivity is higher as a

result. I used to spend so much time rewriting my lists or worrying about the things I hadn't done or just plain feeling bad about myself all the time for not being productive. This CD has changed that completely and I feel so much freer, peaceful, and accomplished. I just ordered your Self Esteem Now program yesterday because I am about to embark on a new goal in uncharted territory for me - writing a book! "Goals" coupled with "Self Esteem" will make me unstoppable. Thank you!
Maureen, CA

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Dear Mike,

I bought the Setting and Achieving Goals program in June of 2004 and listened, skipping the relaxation parts, while driving around doing my work for about two weeks. I had a change of work assignment and was at a desk for eight hours a day. I stopped listening to the program, shame on me. About three months later I started listening again and three days later, I went on vacation for two weeks. AGAIN I forgot about the program... As I was playing billiards on my own table in the cleaned out area of my cellar and listening to the Setting and Achieving Goals program, it dawned on me that I had set and achieved my goal of having my own billiard table. I had already started setting another goal and was well on the way to the fruits of that goal as well.

My point is that I was a little skeptical of any progress made because it all came so naturally. The program guided me towards the progress I was making. Mike, I hope this helps others understand that some times subtle change can be very dramatic, but because we have changed our thought processes we tend to take them with the "that's the way I played it" attitude. If I had enough time I'd tell you what a colossal undertaking it was to get and make room for this table in a cellar jammed with the junk of only 20 years. I undertook and succeeded. WOW MIKE! Thank you!

Love ya,
D. L.

Dear Mike,

I have been working part time as a handyman for the past eleven years. I wanted to improve my work habits and income, so I ordered the Setting and Achieving Goals Now program. Though I had only been using it for about two weeks, I listened to the program every time I got into my truck, and occasionally when I went to bed, and what a difference it made!

A friend of mine asked me to go to Utah (I live in Southern Calif.) to finish renovating a rental house she had just bought. She asked me to step in and finish the job. There is no question in my mind that without what I had been absorbing from the Setting and Achieving Goals Now program, I would not have worked seventy one hours the first week, and another sixty five to seventy the second week. I hired seven people for various stages of the work, and kept everything running smoothly until the job was done. What is unusual about that is that I've always been a loner, only rarely hiring day-laborers or help out with some jobs. It was my new attitudes that enabled me to lay out each day's agenda and keep going until it was accomplished.

The job was supposed to have taken six days but ended up taking two weeks because of unexpected delays. All this would have been overwhelming just a month ago, but with my new confidence, it just challenged me to find ways to get the work done in a timely manner. And though I was exhausted, I was never in the least discouraged.

Thank you for a very effective program.

Gratefully yours,
Terry

Dear Mike,

In June I started using 'Accelerated Sales Success' at night, a couple times a week, and sometimes while I worked out on the weekends. It was sporadic since I was not really sure they worked. I started to notice a more positive attitude toward prospecting and selling. I also used Think Right Now for Windows and saw a great increase in my positive attitude. I was happier and more free spirited. I did not use them for a month or two and noticed my focus slipping. Now I use them every night.

I added 'Setting and Achieving Goals' about a month ago. I let them play repeatedly through the night. When I woke up from a bad dream the other night I noticed how calming they were. I have used them every night for the last two months and now my self talk is improving. I can tell myself, I forgive myself for not making calls, and I move on quicker to more productive projects rather than dwelling on it. Then I noticed an even more amazing thing! My parents live above me and are unaware of the programs I have. I now notice my parents have been achieving goals they had previously set and never could complete.

It is amazing! I am now a believer and will consistently use the programs to improve my life. Thank You Mike and team.

Jenn, Co

Dear Mike,

It is amazing what has happened to me and I feel it can be directly attributed to your programs. The first dramatic change happened at the end of September, which was totally out of character for me. I saw an ad in the newspaper about a 5K race. I never considered running in a race like this since I thought they were for others. For some reason out of the clear blue sky, I wanted to run in this race even though I had never run before. I wanted to try. I talked to my son about it and he said that he would run with me.

I need to explain at this point that my weight was over 260 pounds and all my hobbies were sedentary. I was telling everyone else around me that they could do anything they wanted to do but I found that I was telling myself that I couldn't do anything.

The morning of the race I had visions that I would be carried off the field on a stretcher but I was determined to go forward anyway since I wanted to start living my life and be healthy. My son, Daniel ran beside me every step of the way. I felt better at the end of the race than at the beginning. I kept trying to run as much as possible.

I'll recap some of the highlights that have happened since this race because it's been amazing! I have run in four 5K races so far coming in last place in three of them. Even though I have come in last, I feel like a winner. The last race that I ran, I was able to run most of the way. I walked in 6 Volkswalks during this time, which was a brand new activity for me. All these Volkswalks were 10K. I started a walking club here and purchased blue ribbons. A blue ribbon is handed out to anyone who finishes 30 miles.

My New Year's resolution was to finish the Portland Marathon this October. My daughter has agreed to walk and run in this marathon with me. My son in Seattle has agreed to run too. In fact, to encourage my efforts, my two sons gave me running shoes, a watch that calculates time and distance, and a book on training for a marathon for Christmas.

I joined Fitness over 50 in January and have been attending consistently. My life has changed. I was worried about my health when I ordered your tapes. I kept telling myself that I couldn't do anything or accomplish my goals, which is strange since I didn't see other people as not being able to accomplish their goals. I'm a smart person and have the capacity to do amazing things but I got in a rut where I just didn't feel I could change my life. I know that your tapes have made a big difference in my life. I know these tapes would make a big difference in the lives of so many people who also feel they can't accomplish their goals.

I've been telling others for years that everyone, has unlimited potential and can accomplish any goal they want to work for. I'm grateful to Heavenly Father that I found your tapes because these tapes have helped me.

Thank you, Wendy, OR

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Dear Mike,

In the beginning, I was not a positive person, but I heard someone once say that you have to encourage yourself to overcome your weaknesses. I might have been trying very hard but still could not find a proper way to do this. People with negative thoughts might have been leading depressed lives for a long time. These attitudes towards life are not formed in a short time.

Life is a long journey, but thinking right now can motivate you and give you energy to move ahead. I decided to get the 'Setting & Achieving Goals Now!' program. I listened to it for several days. I felt as if the statements in the program were speaking directly to me. It's like a positive voice is negotiating with my negative mind.

Best regards & wishes, George - Taiwan

Hello from Australia,

I purchased the program "Dissolving Panic and Anxiety Now" back in November last year. Your program has been a god-send. It took about three weeks to kick in, but then I started to notice that I was able to take on new issues at work which had previously sent me into a tail spin. This has given me the mental framework to take the figurative "count to ten" and put it into practice.

Work can still be tough and challenging but I feel now that I can handle whatever is thrown at me.

Thanks.
Craig, Australia

Dear Mike,

I have been using the Think Right Now - 'Setting & Achieving Goals' for just under a month now, and those close to me have already started commenting on how positive my

outlook has become! Whilst I used to feel as though I needed motivation and was simply not sure of what I wanted to achieve - I have now become far more focused and positive, and feel that I can see much more clearly the steps that lead to the bigger goals and have the motivation required to follow them through.

Thank you
Jill Melbourne, Australia

Dear Mike,

I have been playing the 'Setting and Achieving Goals' tape for a little over three months now (usually 3-4 times per week). While I can't quite put my finger on it, I do seem to be more effective at work and in general. I get out of bed quicker in the morning whenever I play the tape. I still have days where laziness creeps into my work, but I feel that there has definitely been an improvement and I am confident that things will continue to improve.

Cathal,
London, England

Dear Mike,

I want to thank you for taking the time to create Laser Life Lessons. I look forward to receiving your email and find each one addresses something I am working on at that very moment. A few months ago I purchased your 'Setting and Achieving Goals Now' program. After listening to it three or four times, I lost it for a week. I found it and now listen to it every day, on my long commute to work, during my lunch hour and on the way home at night. I think the lunch hour is most effective because I always use that time for a car nap.

I have a great deal of resistance to being successful - at anything! I could list all the times I have failed but let's just say - everywhere is a perfect umbrella word. It is an old habit pattern that still exists, but what I've found listening to the tape is this - now I actually feel the resistance when I am doing it. I look forward to the day when the feeling of accomplishment has wiped out the other feelings.

All the best -
Terri

Dear Mike,

I order the Real Self-Esteem and Setting and Achieving Goals for myself and the Dissolving Panic and Anxiety tape for my daughter. I absolutely love the Setting and Achieving Goals tape. I play it constantly in the car and often times at home in the evening. I can feel my confidence growing and have actually put goals and ideas on paper (something I have resisted for years). I have even made some daily goals and achieved them because of the groundwork I've done with the tapes. Not that I haven't achieved things most days in the past, but most things weren't planned, I pretty much just play a fast game of tennis when dealing with whatever comes my way. Believe me; a lot can come your way when you're just drifting rather than being on a mission. It's kind of like a net combing the sea and catching all sorts of things!

Thank you for the great Goals tape! :)
Yvonne

[Order Setting & Achieving Goals Now!](#)

Hello Mike,

My name is Jeff and I am the proud newly published author of a book of poetry. I write this letter to thank you so much for your wonderful products. I purchased Setting and Achieving Goals many months ago and listened to it a couple of times and then put it down. For some reason it kept popping up in front of me (I don't believe in coincidences) and I would stare at it for a long second or two and then move on. Around October of last year I decided that I would give it another try. I put the CD in my player and let it play by the side of my bed all night long. Funny things started to happen. I would wake up in the morning and do things I never did before like make my bed. I then began to work out again. Most importantly, I started working seriously on what I discovered to be my life dream. Ever since I was a child I used to be able to create and tell short stories to friends. Over the years, I was encouraged to get published. I convinced myself that my work wasn't good enough so the project was placed on the back burner. I continued to write when inspired because I enjoyed writing, but I was without a purpose. About 2 years ago some things started to happen. I found out a friend that I lost touch with had published a book. I purchased it and sent a congratulatory email, she responded and we began a dialogue. I explained to her my dream of publishing my book and she informed me that she had started a publishing company. She would help me self-publish at no cost other than the expenses born by the production of the book. I embraced this opportunity and saw this as a sign that this is something that I am supposed to be doing. I picked the

project up again and decided to move forward. Again it stalled as I sabotaged it in a way that it almost appeared intentional.

Mike, I have to admit you caught me at a vulnerable moment as I am a skeptic and usually never buy things like this over the internet. I reviewed and purchased "Setting and Achieving Goals Now!" After listening it for about a month straight, it started to kick in and I wrote my friend (the publisher) who I had not spoken to in months a letter. In that letter I stated, "If you're still with me I am ready to do this". I am proud to say my book is at the printer and due back in a few weeks. I don't know how well it will do but I know that I am finally doing something that I love. Every day I meet people that want to help me move forward with this goal and it is amazing. Most importantly I have finally finished something for me, something I love and believe in.

I say all of this to thank you for the program that has helped me accomplish something so dear to me. I wish you much success in bringing your products to the masses because they really work. I now believe in the power of thought and the ability to transform one's circumstances by making things happen merely by training the mind to think in a certain direction. Add this to purpose and you have something that is potentially explosive.

Truly yours,
Jeff

Hi Mike,

My name is Stanley and I live in Alaska. Setting and Achieving Goals Now was my first experience with your programs. Since then I've made some serious changes. I'm a businessman by nature, but I've always been too nervous to really follow through with any of my plans until I found your tapes. Since I found your program, I took that huge step - with confidence- and bought into a franchise.

I'm so excited because I have not experienced the "type" of nervousness that I've experience in the past. In the past I would start out with a great idea but shortly afterwards, I would get overwhelmed with negative thoughts about the worst things. Soon after that I would forget my ideas and lose all my motivation. Using your program, I have changed my thought process.

I've been into my new franchise for about six months and have not quit. I'm still moving forward with a full head of steam and I am so happy and surprised. Thank you greatly. I feel good and as situations arise, I handle them with the most up beat attitude. Before I would've given up and talked myself down. Never again, I describe myself as the "Former Lion in the Cage". I'm free to conquer the world of business and I know I will succeed.

Thank you and God Bless...

Warmly,
Stanley Ferguson

I purchased Setting and Achieving Goals Now less than four months ago...when I was in a bad relationship and stuck in a dead end job. Due to an error in judgment I ended up in that terrible situation...I got your program and listened. Today, the goals I set for moving are just now coming to fruition...I moved to Florida with my mom temporarily. Within three weeks I got a job that I enjoy and can compete for growth within. I have been approved for an apartment 10 minutes from work which is just beautiful...I will be moving in August... I just thought you'd like to know all that has transpired. I knew I could do it thanks to your affirmations. Soon I will be ready to set more goals. I am very excited about that.

Thanks again,
Chris

Mike,

I recently purchased one of your programs "Setting & Achieving Goals Now", I am finding it very useful, along with your book Today is Your Day To Win. I have set some goals and I am making progress.

One area where I seem to have a HUGE stumbling block is in the area of love commitment. I have had this commitment and love issue for all my life. I have currently been in a relationship for the past five years and have had numerous episodes of recurring fear during this time.

It's only now after listening to your CD that I have decided to do something about it, once and for all.

Many thanks for your help,

Ken

[Order Setting & Achieving Goals Now!](#)

Dear Mike,

I purchased Real Self Esteem Now and Setting and Achieving Goals Now back in July 2004. Since I'm in front of a computer most of the working day I also bought a copy of the Windows software. I listened at night for a total span of about six weeks. I had high anticipation that this program would work on me but had no expectation on how long it would be before I would see results or how results would manifest themselves. I've had the Windows software continuously running at work.

I don't remember the exact day, but I do remember the moment that I got my first inspiration. To give you some context, I've been searching for over 17 years for my passion, a reason to be excited about getting up in the morning and a dream to pursue. I've read every book ever written (just barely an exaggeration) on finding your passion and making your dreams come true. For years I've felt hopeless in my search. In April 2003 I took a weekend experiential course that just blew me away.

What had I ever learned or studied that deeply interested me? And how could I use that interest in conjunction with my realization? The answer, completely blind to me at the time, was right inside my house and had been for a long time.

Fast forward to November 2004. While I was in automatic mode listening to the Think Right Now program day after day I had a simple thought; my first inspiration about my passion. There I was in my library of some 1500 books, doing what, I don't remember, but 'woke up' to find myself immersed in a book I'd studied 10 years earlier. And before I knew it, a complete vision of my future played out in my mind's eye. I had found the book's premise fascinating earlier, but had set it aside as unusable because, well, they were the author's ideas, not mine. And there that book sat for 10 long years.

I believe that due to some combination of the April 2003 course, the Think Right Now program, and 17 years of searching, I got the idea to start my own business and, most importantly, believed for the first time that I not only could succeed but **WOULD** succeed. I needed a catalyst - the catalyst I got from TRN. I strongly believe that by using Think Right Now, my mind was opened to receive not only the inspiration, but a complete picture of, as well as the mental tools necessary to lead an impassioned life.

I immediately and unquestionably had unequivocal confidence and self-esteem. I did not question my thoughts and I only saw myself as succeeding. Not that I had to beat down doubt because there was the complete absence of doubt in my mind. I had the "THAT's IT!" experience.

I immediately and unquestionably saw how to get clients, what goals I needed to achieve, and the people I needed to ask to help me first, on and on.

It was a complete picture; the first visualization of my future I ever had. Not a 'what if',

but a vision. I immediately knew I had found the future I was looking for. I cannot describe the relief that set in. I worked to pay the mortgage and put food on the table, and spent most nights and weekends pondering, plodding, studying, testing and studying more; and grasping for any shred of inspiration. Then in an instant, a complete picture appears. I didn't even have to polish my ideas; they were spontaneously complete. A lifetime of anguish has simply ceased.

I've noticed that I don't concentrate on HOW questions anymore. I just define the WHAT and get busy doing something, anything towards that WHAT. I'm constantly reminded of something I once read, that "He who has his Why can overcome any How".

Well Mike, I believe Think Right Now gave me exactly what I needed and I'm more than curious about what else it might prompt in me as I continue to play the CDs.

Thank you and best regards,

Chris Iannone, CA

Hi Mike,

I would like to take a moment to sincerely thank you. Let me tell you why. I got some of your Think Right Now programs and Think Right Now for Windows software. I have been listening to "Setting and Achieving Goals Now"! This stuff is great. It lit a fire under me and I just started to change. It gets better. I have your wonderful book, "Today Is Your Day To Win" and it has been an inspiration.

My attitude has greatly improved over the last few months. Now here's where I discovered the proof in the pudding. On June 9th, the brakes locked on my F-150 pickup and I had to have it repaired the next day at a cost of over \$640. That's quite a bit for a guy making less than \$50,000 per year. I took it in stride, not happy about the expense, but glad I was able to get the repair done. Meanwhile, my girlfriend, suffering from terminal cancer, died just two days later on June 12 -devastating.

Yesterday, June 20, the alternator gave up on my truck and I was BARELY able to get it home. I had to take half the day off from work today to repair it, at more expense. When I got to work after replacing the alternator myself I was feeling practically numb. All these terrible things happening beyond my control. Here's where the thanks comes in. I determined I was going to try to remain positive, though very difficult at this point. I got to work, pulled out "Today Is Your Day To Win" and began reading today's session, "Life is tough--The key is how you respond". I read the empowering quote, "Every experience that you have that doesn't kill you can make you stronger." Still in a bit of a daze from the amount and magnitude of adversity in my life in such a short period of time, my curiosity was piqued.

I was thinking. I read the empowering question, "What must I do or think to stay in the state of mind I need to be in to happily succeed today?" I have to admit, I was beginning to feel a little resentful. I was trying to do right and change my attitude, but bad things kept happening to me. I read the empowering question again, and prayed, "Okay God, I give up. YOU show me the way. At that exact instant, my eyes drifted to the page on the right and noticed how a sentence began in the middle of a paragraph. I wasn't even reading, the beginning just leapt off the page. The sentence began, "Thank God...". I knew right away what that meant. God spoke to me and said, "Thank God". I stopped right there and thanked God for a LOT of stuff, I was almost in tears. Suddenly, I truly had a thankful spirit and my burden eased up. Though not without pain, I knew God was with me, helping me THROUGH the pain. One of the things I thanked God for was your book and the work you have done.

Mike, God used you today to help someone. I just wanted to take a moment to thank you for your work.

Thank you, Mike. May God richly bless you,
Terry West

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Thank you for your book. I have gone through it twice and find that the chapters encourage me to pick myself up, dust myself off, and keep trying. I am also using some of your programs. When I start getting dragged down with all my negative thoughts, I pop the Self-Esteem program or the Goals program in and reroute my thought processes. They both serve to pull me out of the mud pit of despair and get me going again.

You have done at least one person a great service with your book and programs and you will surely be rewarded.

Stacy

Dear Mike,

I have played your 'Setting and Achieving Goals Now' program and the second set Sales programs for about a year now. My wife and I have had our own business for six years. Our business specializes in faux finishing, murals, decorative painting, trompe l'oeil, decorative textures, and customer satisfaction.

Since listening to all the programs every night my wife, who does the bids, has turned into a super salesperson. It is very rare that she misses a sale. I had worked in sales for 11 years before we started the business and was a very good salesperson myself. I had seen and been around great salespeople, but since listening to your programs every night, all the other salespersons pale in comparison to her. Our income has gone up over 30% in one year! I keep setting goals for our company and we keep going beyond them.

Robert J Grzywa

Dear Mike,

I purchased Setting & Achieving Goals Now. I believe the statements in this program help me stay focused on achieving my goals. Without any effort, I've started focusing on what I've wanted to achieve in my life whereas before it used to be a rudderless journey. I have improved confidence in myself and because of this I have developed the habit of establishing friendships with enterprising and successful people. I spend less time watching television and have joined swimming and badminton classes - placing more importance on my health. Because I have confidence in the future, I am willing to keep trying rather than simply giving up or procrastinating. I am more energetic and I can go the extra mile, I am also receiving recognition from top management at my job.

Before listening to the programs my wife and I believed that we couldn't afford to buy our own house. First, we set a target amount to start saving. Before reaching the target an opportunity to buy a home came up. It's hard to believe. Each statement on the program brings a smile to my face - it makes me feel that - yes I can do this.

We were very skeptical initially, but now we realize that these programs are an investment in our prosperity and future.

Sudesh Kaipa
New Zealand

I started listening to your "Setting and Achieving Goals" program right after 9/11. Setting and achieving goals were actually the farthest things from my mind; but I needed to focus on them. My husband had lost his job and I needed to find SOMETHING to do that could potentially carry our family of 4 (and much loved aging dog) through some dark financial (and social) times. Those were very difficult months. I'm in my 50's and had always wanted to start my own business but for whatever reasons; I just don't think I had the guts. I really had no choice at this point. I had to consider that I might have the full

responsibility as the only wage earner in the family and we had a son in college and another son who suffers from disabilities and an impaired immune system.

I began to examine those talents and abilities I had which I could bring to the table and potentially create a business out of. Worst of all, I had to start with NOTHING in terms of capital. About five years previously, we lost our home, all of our savings; my husband's retirement money (it went to legal and medical bills) and worst of all, we lost what used to be good health from an exposure to the toxic chemical Benzene. This exposure also resulted in the loss of most of our son's eyesight. He was six at the time. We tried fighting the chemical company legally; but lost and ended up with nothing.

We were just beginning to recover from that devastating and demoralizing personal disaster when our nation's worst disaster hit and it affected us all over again with extreme sorrow, job losses and a whole lot of anxiety. We began to spiral downward yet again...but I was lead to your website late one night ...probably out of desperation. Within the course of 4 days, we witnessed the terrible tragedy of 9/11, my husband lost his job (again) and the owner of the rental home gave us two weeks notice that we would have to move out because they had lost so much money in the stock market!

Your website actually gave me hope and I borrowed the money to order the cassettes. I began to listen to them and I rarely missed a day listening either in my car or on my walks with the dog.

I really don't know what came over me and I think of those times now and am really filled with a very deep sense of appreciation for what your program did for me and for my family! I ended up putting an ad in the newspaper seeking a partner to go into business with me and I couldn't believe the response~ I had so many replies, I couldn't decide on just ONE partner, so three other women in similar circumstances and I met in December, 2002 and we started our business which is a personal assistant and professional organizing business.

We struggled more than a bit at first because this was a business that people really didn't NEED during a downturn in the economy... it was more of a want; and we had to question our wisdom on more than one occasion; but probably because of your tapes, I never gave up, Mike... I kept on the pathway to what we now feel is a very successful venture.

Two of the partners left after the 1st year... one went on to pursue another career and the other; an education in the field of fitness; and the third partner eventually chose to drop out in favor of a full time job with benefits. I never gave up. Today, three years later, our little business is really thriving and I have a new partner who is infusing new life into the company. We have incorporated; formed an LLC; have been able to provide a wonderful part time employment opportunity for as many as ten great women (mostly moms) who LOVE the fact that they can work around their children's schedules.

We have maintained quality relationships with great clients; have repeat business on a

regular basis; we continue to receive letters of testimonial filled with gratitude and love (we often end up in more of a support role for a lot of our clients) and we are truly feeling blessed to be able to provide services that people really do appreciate! We were also able to create marketing materials and a website which we couldn't afford to have someone else build; so I learned how to build it myself. Now, with the help of the new programs I'm in the process of ordering; perhaps we can take our little company to the next level and provide even more moms with a very good part time income while allowing them to spend quality time with their families! That is our goal and our mission statement includes the provision of more jobs for more women who don't want to spend time away from their children.

I am very excited about the future; and things are most definitely looking far more positive and full of hope thanks to the fervent prayers I prayed non-stop in those dark and frightening days following 9/11.

I truly believe, Mike that YOU played a most significant role in the answer to prayer! You are appreciated more than mere words can express, so THANK YOU from all of us and may God bless you and your family.

Kim Condren

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Hi - my name is Sharath. I have purchased two audio programs: Setting and Achieving Goals and Dissolving Panic and Anxiety. I listened to them regularly and every morning I felt the verve it created. I developed the habit of unconsciously taking the steps that are essential to reach my goals. I definitely have less social anxiety - my mind is calmer and I have had no panic attacks. I believe that this is because of my newly found confidence and quiet, calm mind.

Thank you again,
Sharath

Dear Mike,

I am so happy to say that when I had a flu recently I put on your I Am Healed Now program, during the night and for the entire next day. I felt well enough to get out of bed and have a lively and happy day. Now when I use this program, I never get sick no matter if I am traveling or at home - even if other people are getting sick near me, I never do!

I have started playing the audio tape "Setting & Achieving Goals". I am very optimistic,

positive, and grateful that whenever I see signs of depression I will stop and write in my blessing book all the wonderful things that have happened that day.

It has become a habit now to write down all the miracles and blessings in my book. This has made me more aware of the blessings surrounding me every moment. I write goals every morning and evening, both small and large, and put a heart by each one. Then I check them off one by one in any order, whatever feels right to do. I am never bored, because there are always lots to do and I see success happening little by little every day. This is very rewarding and makes life seem so magical. I see what a "dream come true" life we can create and notice the little things that make it so fulfilling. I am very grateful to have this wonderful support.

Thanks so very much,
Mia Margaret Glattauer, Az

Dear Mike,

My name is Mary Culhane-Brown, I started listening to your 'Setting and Achieving Goals' program earlier in the year. I would listen every evening when I arrived home from work. Work had become an obstacle rather than a challenge and I began searching the web for some materials to help motivate me.

Part of my work entails finding and delivering programs to clients who need help overcoming social and emotional problems. The other part of my job is crisis driven and it is often difficult to switch from being re-active to a crisis and then pro-active when the crises have abated. Frequently, after a crisis situation I would switch off and find it difficult to switch to work of a less pressing nature.

When I found your web site I was drawn to the evidence and research that was supporting the outcomes that your programs claimed. I began listening to the programs religiously every night for about three weeks. I began to notice that the things that had been stressing me out at work and spilling over into my personal life began to change. When I reflected upon the situations and events that were stressing me out, I noticed that they were still there but I had changed the way I thought about them. I thought I was cured and stopped listening to the program and although I was still in a good frame of mind, some of my negative thoughts began to creep back.

I believe the main reason I stopped listening to the program was that I saw results and felt I did not need to continue. I recently recommenced listening to the program but this time I decided to utilize the time I spend driving to and from work each day. I omit the meditation tracks, of course.

Just after a week of recommencing the program, I have regained my motivation. I have just about completed a major project which had been put off for the past three months. I am currently very excited about embarking upon the next major project and believe my staff has also gained more enthusiasm working in a positive team environment.

The major benefits for me have been the motivation I have gained. This has helped me stay proactive rather than just waiting for a crisis and then acting upon it. Being proactive has given me a sense of pride in my work and enabled me to see achievements.

Thank you for everything.
Regards,

Mary Culhane-Brown
Australia

Hi Mike,

I have long tried to find sources of motivation for my job and my goals and stumbled upon your site. I got your book and as soon as I read the first chapter, it was unbelievable. I would reflect upon the essence of each chapter and I began to notice changes. It was after getting to the middle of your book that I finally decided to purchase three of your products: Setting and Achieving Goals Now, Financial Abundance Now, and Supreme Confidence Now.

I mainly use Setting & Achieving Goals and Supreme Confidence at night while I play all three programs during the day when I'm in my office. I have to say that they are powerful indeed. I noticed uneasiness on my part after about a week. Whenever I would be positive about issues I have with my job, my frustrations with non-accomplished goals, and my life in general, I would have stronger negative sentiments. There seemed to be a struggle within myself. I was having a hard time avoiding being sarcastic at people and pessimistic about situations.

You see Mike, I handle technical operations for my employer, and projects and people are my main responsibility. I'm sure you know, managing a diverse group of individuals never comes easy...

Now, after more than a month of listening to Supreme Confidence Now and Setting and Achieving Goals Now at night, I start my day by planning my itinerary unlike before. I make sure I greet everyone at the office good morning with a smile. In the past four critical deadlines for our projects, I did not panic and was able to manage the group to meet each and every deadline even if delays were caused by a client. I also noticed I shut-up more often now instead of criticizing people. I haven't been put down as much as before when I get chewed out by my boss. Everyday seems easier and something to be appreciated at the end of it. So far so good, I have not had any conflicts with anyone in

the office. I hope to progress a lot more as I definitely have a long way to go in improving myself. Thanks to your audio programs Mike, I am better equipped to do that. I worry a lot less than before.

I have started to save more aggressively from my salary. My wife also noticed I do a lot more chores now than I ever did before. I owe any improvements I have gone through to you Mike, and I am looking forward to more. You have proven me wrong as I went from being a disbeliever to a fan of yours.

Thank you,

Joel Bonzon ,Philippines

[Order Setting & Achieving Goals Now!](#)

Dear Mike,

I purchased Setting and Achieving Goals and I was amazed to find that after a few listens, I was energized & motivated to write goals & plans down.....and follow through! My energy level shot up and my productivity improved three-fold! When this tape first came into my house shortly before my 53rd birthday, EVERYTHING was behind schedule. My house was a mess, painting & sewing projects were piling up and I had no energy whatsoever.

As a crafter/artisan coming into my busy season, this was a disaster. I just didn't have the necessary energy to "move it forward". The tape has helped to focus my energy. For the first time in a VERY long time, I am on top of my schedule. Going into the Christmas season, my gifts are made and/or purchased and most are wrapped. Our first wave of cards are in the mail and my big bridal project is under control. The house looks wonderful! I am ecstatic!

Thank you! Estelle Combs, GA

Hello,

In the past I had tried many different self improvement programs such as tapes, seminars and books with very limited success because I would usually quit halfway before I would see any progress. I also had a lot of doubt and fear about my ability to set and achieve goals.

I was very frustrated and I needed something different that would give me momentum. When I listened to Setting & Achieving Goals Now at the beginning of this year, I noticed that my motivation and confidence increased dramatically especially after the first month. I would never quit or procrastinate and I had more positive energy and

confidence in my ability to accomplish my dreams. It also gave me the energy to consistently focus and follow up on both my short term and long term goals. Every morning and night for eleven consecutive months, I have religiously listened to your CDs in the background and this has changed my life for the better.

This past October I obtained a Bachelors degree in Information Technology. The best part about it is that I graduated Summa Cum Laude with a 4.0 GPA. It also only took me only two years and a half to complete it. I was able to finally focus on what was important to me and to make it happen without making any excuses. I now look forward to every day with optimism and enthusiasm for all my goals.

Thanks,
Bikas Patnaik, GA

Dear Mike and all others that work behind the scene,

Well, I have made it through the holidays. I normally abhor them. No money + no time = major stress. I have been consistently listening to your programs for a month now and there have been great changes.

Let me go back to the beginning. I had ordered your "Setting and Achieving Goals Now" program two years ago. I had listened to the program for, I'm guessing here, about two weeks and I was worse. I figured that there just wasn't any hope for me at all. I'd also try to diet and I'd gain 10-30 lbs. BUT I kept reading your newsletters. You had written about how sometimes our minds will get worse fighting change and that was me. You'll never know how glad I was to read that I wasn't abnormal. I ordered the Supreme Confidence Now and Unstoppable Motivation Now Program's. My next problem was which program I listen to first. I'd listen to one program for one week and then change off. Here again, your letters helped me out. A man wrote in saying how he downloaded the program into an IPOD and then listened to it anywhere he went. About two and half weeks ago, I did not have a clue to what an IPOD was, so I investigated and decided that was what I needed. So off I went, and found an inexpensive MP3 player (see, your programs are even helping me to stay current with the world). I have downloaded all three program's into it so I can now listen without bothering hubby or anyone else anywhere I go. It is great, I mainly listen to it at night while I'm falling asleep. Generally I don't hear it after the "Close your eyes" part. I am sleeping all night now and wake up ready for the new adventure of the day. In the morning, I get up and read "Today Is Your Day To Win".

The holiday still had the same amount of money to spend, the same amount of time, but I had very little stress involved. I was better organized, I had better ideas about gifts, and it was the first time that I have really enjoyed Christmas since I have become an adult. I

don't procrastinate as much as I used to either. I also have started exercising and eating healthier. Goals are such a wonderful thing to have.

I'm still a work in progress but what a wonderful progress! I have had many years of wrong thinking so it cannot change over night but the results I am seeing and feeling in myself are just wonderful. I am so very excited about this new adventure that we call life which I'm partaking in. It is a grand world that we live in.

Thank you again for making available to all of us who have thought poorly of ourselves for so many years, the right way to think and the right way to change.

Jean Stamps, TX

Hi Mike,

I was diagnosed with breast cancer on 12th Dec 2005. I am very focused on making a full recovery. I have used your programs in the past to overcome depression, panic and anxiety. I have found them to be really good in helping me to change my thinking. I listened to them every night, morning and in my car while driving on my way to work. I have been using your programs for about 2 years now.

I have suffered a lot of trauma in my life and have always found that by dealing with it on an internal level; changing my thinking and becoming refocused on the positive I can achieve my goals.

I completed my training and qualified as an NLP practitioner in 2005 and have been in the process of setting up my own business. I am now my own best client and am using your Think Right Now programs to change my thinking and help me on my spiritual healing journey to full recovery.

I intend being a better human being and a better coach to my clients at the end of this journey!

Many thanks for the great work which has been of huge benefit to me.

God Bless You

Bernie Coffey
Life On Purpose Coach
NLP Practitioner
Dublin, Ireland

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Dear Mike,

I've suffered with anxiety disorder for five years and after I got rid of it the memories would still plague me. Getting into social situations reminded me of what used to happen so I would have the same reactions all over again. Fall 2005, I had to do several class presentations and since I couldn't pass the class without doing them I decided it was time to get Dissolving Panic & Anxiety Now. As soon as I got it, I listened to it for 3 hrs straight then all night that night. I would listen to it every chance I had for about 3 days straight. I was desperate. After those three days I felt definite results. My confidence level had risen significantly. I listened to it every single night without fail and a few times in the day and 2 weeks after I got the CD I did my first presentation and I did great! NO trembling, NO anxiety, NO panic! It was one the best days of my life. I tried sharing my joy with my friends but they couldn't see what the big deal was. My only fear during my presentation was my anxiety reaction and there was absolutely none! Thank God.

I had what I would call chronic procrastination syndrome. It was very emotionally painful so I got Setting & Achieving Goals Now! I played it constantly for three days and on the second day I felt significantly better. The emotional pain was gone and it was easier for me to get the job done.

Thank you for everything,
Maren Cruickshank

I've got almost all your programs. I've been listening: at night going to sleep; in the morning sometimes, upon waking; whenever I'm 'on a drive' in my car. I started out with 'Freedom From Depression Now'; moved on to 'Setting and Achieving Goals Now'. I then ordered 'Real Self Esteem Now' and loved it. I can't remember the one I'm listening to now, but it homed-into me even deeper than the others, more appropriate for me at this time. Like some deep, wonderful, nourishing food for my Mind and my Spirit, even for my Soul. Deeply deeply nourishing.

I've felt more and more of an ability to connect at will with my subconscious mind. I've been training myself (for a very long time now) to relax consciously during the day. I've felt a greater ability to 'slow down' inside, to look and listen, to hear the voice that's currently playing in my head, to decide whether I want to be on 'autopilot' or to step off that path and be more 'choosing in the moment'. That's working for me more and more. I'm into practicing and learning to teach others EFT, and that's a great toolset to use with your CD's and programs, I find. I have to tell you Mike that I am so grateful to you for how you shared yourself so openly with us in your book.

I love your newsletters. It is as if you are talking just to me. Your thoughts were like my own. That's the power of 'releasing' with EFT, too: getting to the thoughts, and tapping and releasing the tied-up energy with them, and by doing so I release myself to Action. I don't think I'm out of the woods yet; but the dips down aren't so deep anymore, and I'm feeling truly supported by new thoughts that are seeping into and popping up into my thinking. When I don't know 'what else to do' at any moment in time, I just start listening to a TRN CD on my portable player, and I feel re-grooved and get back on track to being the person I truly want to become.

I wanted to send my heartfelt thanks and a big dose of gratitude your way for giving me access to messages that are truly powerful, empowering, and are helping me to change my life in the direction I've been wanting to for 37 years now. I've had big dreams all my life, and wondered how I was ever going to be able to realize any of them. Now I know how.

Thanks so much, Mike.
Jeff Merson

Hi Mike,

I received Setting and Achieving Goals from my uncle. My goals were to get a job and to get 6-pack abs. Getting a six-pack was simple enough - I knew I had to do crunches everyday, but I was just too lazy to do it. Getting a job was a bit harder. I just had to apply for a certain amount of jobs everyday. With working out, I could monitor the progress everyday. Once I started working out I was able to see the beginnings of a 6 pack within 2 weeks, and in 6 weeks had a nice flat stomach. I still haven't been able to find a concrete job but my rate of applications (sending out cover letters and resumes) went up from 3-8 a day to about 25 a day. I am getting calls frequently during the week from people who have received my resumes that want to want to set up an interview. I just had 3 great interviews last week and believe that I will be able to land a job shortly.

Thank you for everything.

Cheers,
Daanish Rashid

Dear Mike,

I had bought several of your programs and had one that I thought would be great for my nephew who was in grade 10 at that time. He and I are very close and I think of him as

the son I never had.

He is a very smart young man, but before he began listening to the program he had never worked very hard in school and was involved in no extra-curricular activities. He did nothing that required effort or interaction with others. He was immature and, at times, frustrating to be around because he would say and do things that were far below his capabilities. He had no goals and didn't know what he wanted after high school. He had no patience for school, teachers or even his grandmother (my mother with whom he lives.) His marks in school were just a pass.

I challenged him to listen to the CD *Setting and Achieving Goals Now!* We made a deal that he would listen to them every night for four months. We occasionally talked about the CD but I didn't pressure him and made sure he knew the choice was his.

At first I really didn't notice any changes, then slowly he began to join activities at school. He joined the wrestling team and won a silver medal in his first year. He began to eat more healthy foods and began an exercise program with a personal trainer in order to improve his wrestling and attempt to drop a weight category. His behaviour began to become more focused and he worked towards the goal of eventually entering university to study law. He won an award for the top mark in History in Grade 11.

Earlier this year, I made the mistake of pushing him to become more involved with activities at school and he quickly reminded me of all the changes he had made or was in the process of making. He was aware of and even proud of what he had accomplished. This year in grade 12 he is the Student Council Treasurer and has joined the Golden Keys Program and hopes to have one of his stories published at the university where the program is held. He tutors at the local library and is enjoying connecting with the children in the reading program. He has applied to several universities and talks of his future plans and is taking steps to make them happen.

He is a bright young man with a future that he can see now. He has set his goals and has begun working toward achieving them. I am so proud of how much he has grown with the help of *Setting and Achieving Goals Now!* He still has my CD - I don't think I will ever ask for it back.

Sincerely,

Sandra Hatch, Canada

[Order Setting & Achieving Goals Now!](#)

Hi Mike,

I began using your program "Setting and Achieving Goals Now" over the summer. I play it while I sleep and have it set to repeat through the night until I wake up. I don't play it every night, but often, especially when I feel that I could use a boost.

Since I began using the program I have found myself much more focused on the things that matter to me, and have an easier time letting go of things that aren't important or hamper my ability to make progress towards my goals. When something doesn't go right I find that I immediately begin to look for an alternate way to meet the goal or fulfill what's needed. I don't waste time with "what if" like I would have before. I just keep plugging away. Since I began using your program, I have lost about 20 lbs, completed a 100 mile / 1 day bicycling event, finished a rigorous 6 month professional training program, and made ends meet for six months while in training (no pay at this time), to name just a few of the more notable goals I've achieved. Keep up the great work!

Leila Rinehart,NY

Dear Mike,

I just wanted to thank you from the bottom of my heart for helping me through a stressful time with your program, "Dissolving Panic and Anxiety Now." I recently had to complete and defend my PHD dissertation, and the dissertation defense meeting, which was in front of 15 professors and graduate students. This was causing me much stress and sleeplessness.

After listening to your program for about a week while sleeping, I was able to clearly see what I needed to do and--instead of stressing out about it--get it done. I went into my defense meeting with complete confidence and answered all of the committee's questions easily during a 3-hr grilling session. After the defense, my main advisor told me, "That wasn't good, that was spectacular!" and I received my PHD! My new nickname is "Dr. Spectacular" and I'm still listening to your program and "Setting and Achieving Goals Now", which seems to be helping me in my new job, too.

I find that I no longer get stressed out, specifically while speaking in front of groups or at night while sleeping. Plus, I am able to plow through lists of goals with little problem now, thanks to the "Setting and Achieving Goals" program.

Thank you again!!!!

Sincerely,
Matt Schrager, PhD, MD

It's a good day because I've set Goals - on how I want to live my life and how I want it to be. One of the biggest aids that I've had in doing this is the Setting and Achieving goals program. Setting and Achieving Goals has given me the kick start and motivation I needed. Setting and Achieving Goals does exactly that and once you start, wonderful things start to happen. Thanks to everyone at Think Right Now.

Chris Dobson, England

I really benefited so much from the programs. I am a consultant and trainer. I always had problems with sales and setting goals. The first thing I did was read the affirmations. I put the program in the car and I have been playing it for the past two months. I suddenly realized that there were so many changes happening inside and now I am the best coach and trainer. Sales are easier too. I am very grateful for this product and it really liberated something within me. So, thank you Mike for giving me this opportunity to express my thanks and my satisfaction.

All the best to everybody who is using your programs.
Leah, Israel

Dear Mike,

Hi, my name is Joseph Thornton and I am a firm believer in your products. In fact, I believe I have half of your products (smile). I truly believe in what you are doing and freely share my infinite wisdom with others. Your products have changed my life.

I listen to the programs at night while we are sleeping, while I'm driving to work and on my CD player at work. My mind is constantly being bombarded with life-changing thoughts. I truly believe that by constantly listening to these programs my life is being changed forever. I have been using the products faithfully for 3 1/2 years now.

I was raised in an abusive, alcoholic environment. My parents were both alcoholics and abusive. I was constantly told I wouldn't amount to anything at all. My mother quit drinking and my father still does and even as an adult, constantly berates me. I've always taken the high road as far as insults and put-downs were concerned. I believed in myself and my abilities on the outside, but deep inside those mean things affected my persona and how I felt about myself. I guess you could say I was putting on a "good face." This up and down, emotional roller-coaster came to a head during my service in the Marine

Corps. I was diagnosed with Ulcerative Colitis and medically retired from the Marine Corps. During this difficult time, my warrant officer introduced me to Stephen Covey, (7 Habits of Highly Effective People) and The Power of Positive Thinking (Norman Vincent Peale) and I have been on a journey to improve my self-image and my belief patterns for 5 years now.

In Sept 2002, I came across your web-site, ThinkRightNow, and ordered "Setting & Achieving Goals Now!" my life has never been the same. Today I would like to comment on "I Am Healed Now!"

I was diagnosed with Ulcerative Colitis, Aug 1994. I purchased "I Am Healed Now!" in 2003. It has made a remarkable difference in my condition. Once a year I go to the doctors to get scoped for polyps, to rule out colon cancer and the doctor's have noticed a drastic improvement in my condition. At the outset of my condition I was taking 4 asacol pills to keep my condition under control. In addition, I was on prednisone (a steroid) to help reduce inflammation and flare-ups. Today, I'm on 2 pills, 2 times daily and no prednisone. That's a remarkable turnaround. I also suffered from asthma, using an inhalant 2 times daily. I no longer require an inhalant. I listened to your programs in the way I described previously and noticed results in 2 months. I owe my improved health and lifestyle choices to your products Mike and I'm eternally grateful.

Mike, all of your programs are wonderful and they have helped me in all areas of my life. My relationships with my co-workers, family, friends and church members have all improved. I'm making more money, have more friends and a better outlook on life because of your products. I don't take things personally and I don't let others dictate my outlook on life. I'm in charge of my destiny and future. Again thank you for all you do and keep up the good work.

Joseph Thornton, MD

[Order Setting & Achieving Goals Now!](#)

What a world of difference the Setting and Achieving Goals tape has made for me. I sell insurance and over the past few months I had not been doing my best. I made up a lot of excuses - the situation, the time of the year, all kinds of things, but after listening to this tape my production is now, in one week, as high as it had been for an entire month. I am so glad that I got the tape. It has made all the difference.

Thank you.
Vickie Dickinson, TX

Hi Mike:

I am a professor and I recently took your program with me on a trip to China. Given that I am not the best flyer in the world and tend to get a little stressed during turbulence, I listened to your program repeatedly and found it very helpful and relaxing. I travel to China about three times per year so I am sure it will get plenty of use!

Prayer, combined with your works, has been a powerful combination in my life and led to change from the inside out. Thank you for your programmes and your personal testimony. I am confident that not just in mine, but in many other lives as well it has led to greater freedom and joy.

Dr. C. Roe Goddard

Think Right Now has become a family affair for us. My 15 year-old son is listening to "Setting and Achieving Goals Now" and it's been amazing. He's gone from an unmotivated youth in just 30 days to creating concrete goals that are realistic. Saving his money for a car, got the job and everything. It's amazing. Some things just turn my head back around.

My husband is listening to "Freedom from Depression" and in less than 30 days, he's no longer immobilized for the entire day. He's able to bounce back within hours. He doesn't beat himself up repeatedly over mistakes, and he's able to enjoy his life more and more as we go on.

I'm currently listening to "Eating Healthy" and that has also been pretty amazing. The things that have bound me in the past, it's like a bail coming up and I'm able to detach myself from food and be able to just make conscience decisions, but not have it become the focus of my entire life.

This is an AWESOME way to cure problems without beating yourself up entirely as you go through it. I have recommended it to my daughters, to my mother, to anybody that I can possibly talk to. I think it's the most awesome thing in the world because our brains are constantly recording things. I would consider any other type of information that came through Think Right Now and would also consider using them at a later date.

Shay Freeman, MO

Your Instant Inner power programs are just fantastic. I bought the one named "Instant Invincibility" and later, "Unstoppable Motivation" which are presented in a similar style, with a guided fantasy (visualization) helping you through getting rid of all the negative things in your mind that block us from achieving success, then replacing it with motivating thoughts and correct thinking if one is to accomplish something.

I also bought your program "Setting and Achieving Goals Now", which consists of affirmations. Having the programs presented in two different types of styles and having that variety of presentation, both of which were excellent, I believe was a helpful thing for me because this variety stimulated my brain in different ways and from different angles in terms of learning. I feel that they complemented each other and all three programs combined had an even more powerful effect than one alone, although, the first one alone did have a very powerful effect in itself.

I listened to your programs only in my car during my three hour round-trip commute to and from work, since I don't have much time. I found that listening to them repeatedly was important because I started to memorize some of the principles of success stated, and they started to become part of my thoughts while I was at work or doing anything throughout the day. I shared a sample of it with friends.

I liked the affirmations because it put everything in order. The program on goal setting clearly stated all the principles necessary to successfully create and carry out goals. Everything was very clear and comprehensive (complete). I was able to memorize most of these principles and incorporate them into my activities at work, which helped me feel more confident, eliminated a lot of fear of certain challenges, and helped me to accomplish more.

I was brought up to feel inferior and lacking in ability. Even though I always knew this was not true and that I had some great talents, this upbringing gave me many doubts and made me interpret any failures as proof that I was less intelligent and talented than others, even though I have much proof to the contrary. Those doubts have really held me back in life. Now as a result of "brainwashing" with different (opposite) ideas from your programs (especially the guided fantasy ones), I am accomplishing one goal after another. I present myself better to the public and navigate through difficulties and come out with many little successes that really add up. I have been able to become more organized and disciplined, and it feels easier and more natural to do. I definitely feel changes within myself. Other people have noticed and commented that there is a big change in me. I am accomplishing so much; I am handling conflict with others very well in a win-win style, and I am not letting people take advantage of me as had happened many times in the past. I am suddenly skilled in standing up for myself, and I think it's because I know how valuable and worthy I am after listening to these programs. They also make me feel that so much is possible.

One example of a goal I am achieving is to learn to play the violin late in life. I was studying recently with someone who was a pretty good teacher, then had to stop for

almost two years because of a finger injury then right after that a shoulder injury. It is very hard to find a teacher so excellent that could teach an older adult well enough that the student can become an accomplished violinist. It is usually necessary to start studying at a young age. However, I was lucky enough (or mentally prepared enough that opportunities will now present themselves) to find (after going back when my injuries were better) one of the greatest teachers who had studied with the greatest violinists in Russia. Many have studied there in the best schools, but not everyone is as talented as this man was. After a couple of months of lessons he died. But this did not stop me. I now study with his son. The techniques taught to me by these new teachers have been so great that for the first time I really feel comfortable with the instrument. I have now played in an orchestra, and get paid for it! I have played solo performances and get paid for them! Everyone says that my sound and intonation (playing in tune, one of the difficult challenges of a stringed instrument that has no frets) is beautiful.

I never would have dreamed to actually achieve these goals, although I have wanted them all my life. It's a scary thing to do. Many people had told me I am wasting time trying to take on an impossible goal and should be focusing on just working at my office job, making money, and taking care of the kids. But my children have benefited from my pie-in-the-sky impractical dream, encourage me on it, and learn from it that you have to pursue what you love and even the most difficult challenge is worth pursuing.

The programs made by your company gave me "unstoppable" confidence to forge ahead, and I am going to keep going and see how far it takes me. If not for your programs I would not have had the stamina and motivation, certainly not the confidence to accomplish what I did with the violin.

The advantage of your programs is that they are convenient and it is very easy and effortless to just sit back and listen. I felt I had a personal friend guiding and mentoring me, something I needed. You cannot always find this in life, and there it is, available, at an affordable price. I am really grateful for the opportunity to have this information easily available; it has completely changed my life.

I also let my husband listen to the one about "Invincibility" before going on a job that he was very afraid to do. He plays trombone, and performs but has not had much teaching experience. He had to make a one hour presentation to an auditorium of school children, teachers, and principal; he had to play the trombone, improvise, and explain. Because it was not planned and not structured, he was concerned he would not know what to do when he got there. It turned out to be a major success. He would not have been able to go and have the confidence to present himself if he had not listened to that program. He said it helped him a lot. It reduced the panic and enabled him to concentrate on doing a good job.

I am very impressed with the quality of the work Mike produces, where he seems to have a focus of caring to help people, more than making a ton of money, yet he should be selling a lot because the products are great, and that's what makes them great.

Sincerely,
Susan,

[Order Setting & Achieving Goals Now!](#)

Just before I purchased your programs my father passed away from a heart attack and three weeks later my husband said he wanted a divorce. At the time it was less than a week before my mid term exams in my third year at University.

I was so distraught at the time. I couldn't sleep or eat much. I dropped out of three of my courses and kept one. I saw your programs on your website and decided to give them a chance. I continued to listen even though I was feeling hopeless at the time.

The programs help change my perspective and the way I thought about myself. I was surprised to find out that I had received an A on my exam and a B+ on my paper. I continued to listen and am feeling much more hopeful and confident about the future and that I can achieve my goals.

Thanks for your help, I needed the reassurance that the programs gave and continue to listen to them every day.

Thanks again, they really work,

Jeanette Morrice, Canada

Hi Mike,

I am writing you because I have never felt so compelled by another product. Let me start by saying nothing I have used has ever given me results before like I am getting now with Unstoppable Motivation and Setting and Achieving Goals. I have been an amateur musician for fifteen years. In that time I have never written a single song. I have always secretly wanted to be a prodigious writer, but every attempt left me frustrated and I resigned myself to being a side musician.

Well, for the past three weeks I have been using Unstoppable Motivation and Setting and Achieving Goals as a powerful cocktail while I am at work, listening at least once through per day, often twice. I not-so-secretly hate my corporate job and have always longed to fulfill my dreams of supporting myself and my family as an artist. Well, after fifteen years of not-writing a single song, I have written nine in the past three weeks.

NINE! And there damnably clever if I do say so myself. I carry my lyric notebook everywhere and I feel compelled to write on lunch, when I get home, when I wake up in the morning...even doodled some waiting for the elevator this morning. Any moment I can. I am so tapped into the muse right now. I hope it never goes away. I've recorded them on my PC and this weekend my band mates and I will begin tracking them in the studio.

Not only that but I have submitted several poems in the past week to various publications and I am twenty thousand words into writing a novel. I just find myself compelled to create now like I never felt before. I can't thank you enough for providing a product to help me tap my greatest potential. Talk about Unstoppable Motivation!

I just received your new release, I Am Organized Now, and I am listening to it as I write this. I am bursting with energy to create right now. Thank you so much, Mike! Keep it real!

James, NY

Hey Mike,

Wow! Where do I begin, well first of all, going to your site and believing that it fit in perfectly I decided to give it a go. I ordered Financial Abundance Now and Setting and Achieving Goals Now. I was blown away. I have run a successful health clinic for the past 10 years. I just felt something was missing. I wasn't happy. I had a great wife, two great kids, and a baby on the way. In October I started the programs. November 2005, was my BEST month in productions and collection in over a year, then I followed I up again in December and January. No slowing down!! I know make lists and am very detailed oriented. My wife gets made at me because I always have to have a plan, I am no longer spontaneous. (Good and Bad I guess).

Now I have started with Win Friends and Influence People Now in conjunction with Financial Abundance Now. I purchased an IPOD and downloaded all of them. I listen day at work, while not treating patients, and fall asleep with them on every night, including holidays, camping trips, etc. I truly believe they have changed my life. I now need to continue and stay focused!

God Bless You!!!

My wife is from Waterloo NY and I am from long Island.
We now live a fulfilled life in NC.

Thanks again,
Joe Alaimo, NC

What a world of difference you're "Setting and Achieving Goals Now" program has made for me. I sell insurance and over the past few months I had not been doing my best. I made up a lot of excuses, the situation; the time of the year, all kinds of things, but after listening to this tape my production is now, in one week, as much as it had been for an entire month. I am so glad that I got your program.

Vickie Dickinson, TX

Dear Mike,

The product that has made the biggest difference in my life is "Setting and Achieving Goals Now" program. At first I procrastinated about everything and I didn't have a firm plan in place to accomplish any of my long term goals. Now, I believe in my unlimited and untapped potential and I know that I'll be successful in life because I totally believe in myself. I no longer put off important projects, operating in the here and now, achieve numerous goals. I read the entire bible, put a financial plan in place, just overall doing things in the today and now, not waiting until tomorrow. I have a more positive mindset about doing things in the "now". Things seem so much easier and effortless now. I've had this problem for at least 10 years.

I listen to the program while I'm sleeping and relaxing and sometimes listen once early in the morning. It took approximately two months before I saw any results and now I feel that there is no goal that I can't achieve and I'm on my way to the top.

I just wanted to thank you all for making that positive in my life.

Joseph Thornton Bowie, MD

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Listening to this program has been a pleasant and effortless way me to move through a lot of recalcitrant problems that I have had in achieving my goals. I am very impressed with the program and I'm also very impressed with the customer service and responsiveness of the organization.

Karren Carpenterier, CA

Dear Mike,

I received your "Setting and Achieving Goals Now" program a few weeks ago. My background is in clinical psychology, and I have been exposed to the NLP (Neuro Linguistic Programming). knowing what to do and applying it are two different things. What I found with this tape, only after a few weeks of listening to it, is that the incongruence between my actions, and the things that I know I need to do now bugs the heck out of me. I now find myself very uncomfortable if I'm engaged in a non productive activity, if I'm sitting on a computer reading email, instead of making phone calls.

I have a group of about fifty people that work under me; all of them are independent contractors. I think that this will be an excellent tool for helping them put what they know in action. I am the world's greatest procrastinator.

I've always been the world's greatest procrastinator. I've never sat down and made lists, wrote goals, listing steps on how to achieve my goals, and now I find myself actually doing those things because I'm uncomfortable not doing it.

After only a few weeks exposure to your stuff, I'm deeply impressed and am recommending it to all of my people. I love your programs.

I'm also finding too is that when I'm listening to the tapes, while I'm awake there is such an absolute contrast to some of the behaviors of what I know I should do and statements on the tape this really ticks me off and makes me a little bit angry which actually spurs me to change.

I love your programs. Thank you.

Elmer, AR

I purchased the Accelerate Sales Success Now and Setting and Achieving Goals Now programs. They have made a big impact on my life in the business within a fairly short time, approximately two weeks. I've noticed a big difference and now I've achieved some small goals that I've set and I feel more focused and more confident, mainly now on achieving sales success.

Bob -Ventura, CA

Your programs are my favorite. They make affirmations so easy. No more cards that I need to be responsible for reading. I've actually written my goals, something that I couldn't seem to get around to before. With the calming music playing, I really am more relaxed at my computer and I think the huge gain is that my business has increased about 20-25%. I am really glad that I made the investment in your materials, and I expect to have more results.

Judy, Anderson, IN

I have been using the "Setting and Achieving Goals Now" program for about a month. I listen to it every night. Sometimes I'll wake up in the middle of the night and I'll turn it on again and it's certainly very soothing.

My 'belief system' before I started using this program was that I didn't need to write down my goals (even though I've read all the books that tell me I should) and every time I tried to, I just never could figure out just what my goals were. I really think that stems from a lack of belief in myself.

Since using the program I find myself really, really thinking about goals a lot more now. They're becoming clearer and clearer to me now in my mind and I'm guessing that's going to be the first step to the point where I can start writing them down and hitting them. I like the program, and am looking forward to seeing and trying some other programs.

Kathy Panis- IL

I bought your "Setting and Achieving Goals Now" program and aside from anything else, what I really noticed was during the day I thought "oh yeah, I'm going to pay attention to my thoughts and I'm going to do what's right and I'll have a more positive attitude." Where it really showed up was in my dreams. My dreams have gotten much more positive, and I wake up feeling a lot better than I had ever dreamed I would possibly do from a goal setting tape. Good dreams from a goal setting tape? That's great!! I'm really enjoying the positive dreams. Thank you for the programs.

Star Pitcock- CO

I started with your "Setting and Achieving Goals Now" program about four months ago. I had hit a strong place in my life where I just ran into every wall I could think of. I couldn't make goals and I couldn't get started and I just felt totally stuck. I really was beating myself up and I just couldn't go on. Through listening (and I started out listening two or three times a day--sometimes in the morning, at noon and at night) for about two months and then I went back to just listening in the morning for another couple of months and then occasionally I would do it at night and now occasionally I'll listen to it in the morning whenever I don't feel very good. It took a while, and the results were kind of slow for me because I was so stuck. I really began to forgive myself and I began to give a lot of faith back into myself. I don't feel like such a hostage to my thoughts and what's going on inside of me today. I'm feeling a lot easier with myself again. It's really changed me at a very deep level and I appreciate it a lot.

Elaine, WA

[Order Setting & Achieving Goals Now!](#)

Dear Mike,

About two months ago, I ordered three of your Think Right Now audio programs. "Setting and Achieving Goals Now", "Accelerate Sales Success Now" and "I am Healed Now". The one I like the most is Setting and Achieving Goals Now.

I have always been motivated to achieve my goals, the biggest difference I've noticed after I've been listening to these tapes--for almost two months--every day is that I am much happier than before. I work hard all day, but now I feel totally motivated and light-hearted while I am enjoying the process. I feel THAT is something that money cannot buy. I love the product, and I use it every day. I recommend it to everyone I know. I think everyone can benefit from these products.

Thanks! Jim Tan

It's a good day because I set Goals based on how I want to live my life and how I want it to be. Setting and Achieving goals has given me the kick start and motivation I needed to set goals. Setting and Achieving goals does exactly that and once you do that, things start to happen. Thanks to everyone at Think Right Now.

Chris Dobson Cambridge England

I really have benefited so much from your Accelerated Sales Success Now and Setting and Achieving Goals Now programs. I am a consultant and trainer. I had problems with sales and setting goals. I first read the affirmations, put the program in the car, I have been playing it for the past two months.

I suddenly realized that there were so many changes happening in me and now I am the best coach and trainer and sales are easier. I am very, grateful for this and it really liberated something within me.

All the best to everybody who is using your programs.

Leah Telaviv, Israel

My name is Steve and I purchased your "Setting and Achieving Goals Now" program. I have listened to it regularly since I purchased it. I first started using it as I went to bed and amazingly I was going to sleep within minutes. I now listen in the car and when I go walking. I have always been reluctant to set goals and I mean reluctant - I never even thought about them. Since I began listening to the tapes I have an inner desire to start setting goals and I know that with your help, I will achieve them.

Thanks, Steve

"Setting and Achieving Goals Now" is a wonderful breakthrough for me. Goal setting was something I could never get organised in my thinking. Now I just plug in, relax and listen and repeat along with the young lady. Before this tape I just drifted along, hoping things would get better. Of course they didn't. My goal setting was a haphazard thing, very vague and spasmodic. Now I have more direction in my life. I wake up ready to achieve my 'to do' list.

I set a goal to meet new people to introduce my Network Marketing business and within two days I met three people who indicated they would be interested in hearing more about my business. Since then, two people have registered with my company and another two want more information. What a buzz! I am also continuing to build relationships with others that will lead to prospective clients. I have been very tentative for many years and now I seem to have a different outlook. I guess it shows. People are attracted by others who have positive attitudes. "Eliminating the Blocks" side of the tape is a marvelous

preparation and the "Positive Goals" on the other side have demonstrated to me how to phrase goals succinctly.

Another bonus is that since I listen to the tape before I go to sleep I am sleeping better and waking up more rested. If I miss a night I notice the difference the next day. Thank you, Mike, I am very grateful for that programme.

Best regards,
Leonie, Australia.

Hello, My name is Joseph M. Thornton, Jr.

Thanks for all you've done in my life. I'm setting and achieving Goals like never before. Everything to me has become a goal and I love it. Again, thanks for changing my life.

Joseph Thornton
Bowie, Md.

Dear Mike,

In the beginning, I was not a positive person. Someone once said you have to encourage yourself to overcome your weaknesses. We might have been trying very hard but still could not find a way out.

I decided to get your Think Right Now audio program "Setting & Achieving Goals Now". Think Right Now offers good programs to people who want to change themselves and I encourage them to give them a try!

Best regards & wishes,
George, Taiwan

[Order Setting & Achieving Goals Now!](#)

I have a few of your programs. The one that I keep going back to is "Setting & Achieving Goals"

My job is very busy. I was often overwhelmed by it. Not any more. Often in the middle

of some crisis the messages would just come to me and help me through (I transcend deadlines; I do the most important task on my list first).

I listen to the audios whenever I can and it is like plugging into a friend. They clear my brain and stop my thoughts flying all over the place. The advice is so common sense and practical. Keep up the good work!

Kind regards, Eileen Mann

I started listening to Think Right Now's Setting and Achieving Goals program when I went to bed. I set a target that month to do \$30,000 in sales volume by the end of the month. I woke up energized and eager to go to work on achieving my goal... which I did!

I attribute my success to a combination of purpose, prayer and technology (courtesy of Think Right Now!)."

Regards,
Robert Vanden Heuvel

I started using your "Setting and Achieving Goals Now" program and then decided to order your Think Right Now for Windows Software. I've started using both the audio program and the computer software and am feeling really keen about things after only a couple of days. I am planning to get other programs in the near future for myself and my family.

Ellen Bilous,
Ontario, Canada.

I have been using the Think Right Now - 'Setting & Achieving Goals' for just under a month now, and those close to me have already started commenting on how positive my outlook has become!

Whilst I used to feel as though I needed motivation and simply was not sure of what I wanted to achieve I have now become far more focused and positive. I also feel that I can see much more clearly the steps that lead to the bigger goals and have the motivation required to follow them through.

Thank you,

Jill Eskdale, Australia

I have been playing your "Setting Goals and Achieving Targets" program for a little over three months now (usually 3-4 times per week).

I am more effective at work and in general. I get out of bed quicker in the morning ready for the day. I feel that there has definitely been a change for the better.

Thank you,
Cathal Sheehy, London

Mike,

Last week I faced a serious deadline of taking and passing four difficult tests to retain my licenses. I was very uptight and full of anxiety, thus my study was not producing good results. I changed my expectations from getting by to getting over 90% in the tests. I looked in a mirror into my eyes and repeated some of the affirmations I have listened to in your programs and went into the last two tests with a changed attitude. When the Test Monitor pulled up my test results, my marks were both 92's.

What a happy ending to a stress filled few days. The results make me believe that I can and will apply the same strategy to my sales career with equally good results.

Your Friend,
Jim Howarth

Dear Mike,

I returned to school to finish my bachelor's degree last year, and have been doing quite well grade-wise, maintaining a high-B average - while working full-time at the University. During that time I purchased your Think Right Now for Windows software and installed on my home and work computers at the beginning of my spring term of school. My grades soared from B+ to A's in both high level courses (Philosophy & Spanish). I was amazed! I've always considered myself intelligent, but it seemed that I was unable to get beyond the B range. I found that my understanding of the concepts in my classes was deeper and richer.

Your program is running at all times when I'm at my computer screen. I am also using your program "Setting and Achieving Goals Now" audio program during the night.

I just wanted to send a hearty thank you for your sharing with the world. It has truly been a god-send to me. I will be completing my bachelor's degree summer 2005, and will go on to graduate school - all this at the age of 45!

Thanks again, Mike. My thoughts and prayers for success for you and for everyone are constant. Take care and God bless...

Lois Douglass

[Order Setting & Achieving Goals Now!](#)

Hi Mike,

My name is Stanley Ferguson...I live in Anchorage Alaska. I have your "Setting and Achieving Goals Now" and "Financial Abundance Now" programs. Your "Setting and Achieving Goals Now" was my first experience with your program. Since then I've made some serious changes. I'm a business man by nature, but I've always been too nervous to really follow through with any of my plans until I found your tapes. Since I've found your program, I took that huge step - with confidence- and bought into a franchise. I'm so excited because I have not experienced the "type" of nervousness that I've experienced in the past.

In the past I would start out with a great idea but shortly after-wards, I would get overwhelmed with negative thoughts. Soon after that I would drop the idea. But with your program I'm still moving forward with a full head of steam. I've been in my franchise for about six months and I am so happy. I have not quit. I feel good and as situations arise I handle them with the most upbeat attitude. Before I would've given up and talked down to myself. But never again. I describe myself as the "Former Lion in the Cage" - I'm free to conquer. I will succeed.

Thank you and God Bless...

Warmly, Stanley Ferguson

I purchased your "Setting and Achieving Goals Now" program about four months ago. I was in a bad relationship and stuck in a dead end job. I received your program and believe me - it works. The goal I set for moving has come to fruition...I'm living in Florida. Within three weeks I got a job that I enjoy and can compete for growth within

the company. I was approved for an apartment ten minutes from my job which is just beautiful.

I just thought you'd like to know all that has transpired as a result of this wonderful program. I knew I could do it thanks to your affirmations. Soon I will be ready to set more goals....I am very excited about that.

Thanks again,
Chris

As I am writing this, there are tears in my eyes. These newsletters have made such a radical impact on my daily life. Your audio program on "Setting and Achieving Goals Now" has guided my mind to positive proactive thinking. Just the positive messages alone have provided so much encouragement to me in more ways than one. Almost everyday I learned something new about myself and how my every move affects so many others.

I offer my most heartfelt thanks and appreciation for your "rubber meets the road" hard-hitting newsletter series.

Yours Truly,

Natascha C. Bolden, LA

Mike,

I recently purchased one of your programs on Setting & Achieving Goals and I am finding it very useful, along with your book 'Today is Your Day to Win'.

I have set some goals and I am making progress. One area where I seem to have a HUGE stumbling block is in the area of love commitment. I have had this issue all my life. I am currently in a 5 year relationship and have had numerous episodes of recurring fear during this time. It's only now after listening to your program that I have decided to do something about it, once and for all. Thank you for helping me come to terms with this issue.

Many thanks for your help,
Ken Tormey

Mike, I purchased Real Self Esteem Now and Setting and Achieving Goals Now back in July 2004. I had high anticipation that this program would work but had no expectation as to how long it would be before I would see results or how results would manifest themselves. I've been searching for over 17 years for my passion, a reason to be excited about getting up in the morning and a dream to pursue. I've read every book ever written (just barely an exaggeration) on finding your passion and making your dreams come true. For years I've felt hopeless in my search, more times than I care to remember.

While I was listening to the Think Right Now program day after day, I had a simple thought, my first inspiration about my passion. Before I knew it, a complete vision of my future played out in my mind's eye. I believe that due to the Think Right Now program, and 17 years of searching, I got the idea to start my business and, most importantly, believed for the first time that I not only could succeed but would succeed. A catalyst was needed; and I got that from TRN. I strongly believe that in using Think Right Now my mind was opened to receive not simply an inspiration, but a complete picture of- and the mental tools necessary to lead an impassioned life. I immediately knew I had found the future I was looking for. I cannot describe the relief that set in. A lifetime of anguish has simply ceased. I've noticed that I don't concentrate on HOW questions anymore. I just define the WHAT and get busy doing something, anything towards that WHAT. I'm constantly reminded of something I once read, that "He who has his Why can overcome any How".

Well Mike, I want to thank you more than I could ever express in words. I believe TRN gave me exactly what I needed and I'm more than curious what else it might prompt in me as I continue playing the CDs.

Best Regards,

Chris Iannone, CA

[Order Setting & Achieving Goals Now!](#)

Hi Mike,

My grateful thanks to you for your programs and the wonderful work you have done putting them together, truly excellent.

What I like especially is that you have worded the statements in such a way that the dissolving part of the process covers numerous problems, some of which one is conscious of and others that are buried and forgotten. Every time I listen to your programs "Accelerated Sales" or "Setting and Achieving Goals" I am consciously agreeing with

them. This goes a long way to transcending and eliminating any buried and forgotten negatives that were previously programmed.

Great stuff! I applaud you!

I love you too!

Elane Towers,
Australia

Hi Mike,

Thank you very much for your excellent book. This is what I have noticed since beginning to read your book and to listen to your programs (Goal Setting, Real Self-Esteem, and Conquering Fear & Anxiety).

Similar to many people, I lead a busy life and know that if I want to achieve my goals I need to keep my thoughts, behaviors, and actions focused on what I want...and that has always been my problem.

An example from my life is as follows:

I come home from a long, hectic day in the office and have the choice either to flop in front of the television for 3 hours and 'relax' or achieve my goals and go for a quick run, catch up on a little reading...then relax.

I was constantly frustrated that I wasn't achieving what I wanted to achieve - so (before reading your book or listening to your CDs) I set up a daily self-scoring system for to keep tabs on myself. For example, on Monday, if I went running, I'd give myself a tick in the box. If I read for an hour of a book I'd been meaning to read, I'd give myself a tick in the box. If I stayed away from junk food that day...again, I'd give myself a tick in the box. My target was 100 ticks in box per month. Here are my results before, and then after, reading your book.

2005 Jan: 42, Feb: 64, Mar: 73, Apr: 36, May: 50, Jun: 34, Jul: 35, Aug: 59, Sep: 59, Oct: 48, Nov: 37

After beginning to read your book and listen to your CDs:

2005 Dec: 94, 2006 Jan: 102, Feb 92, Mar (so far) 85

In short, before I was averaging 48 (i.e. achieving 48% of my goals), after it is over 94%.

Whatever your products do, they do it well. I cannot thank you enough.

Regards, Alistair - Bahrain

When I first heard about your Think Right Now program I already knew I needed some help changing my thinking patterns, but I didn't know how. I had a bad habit of talking myself out of things and telling myself all the ways I couldn't do something. I was really good at it and consequently never got anything done because I always talked myself out of it.

Your program was recommended by a close friend and I bought "Setting and Achieving Goals". I received it in April 2005 and immediately began listening once in the day and once at night. Within a week I felt different. I noticed that I was catching myself when I began using negative self talk. Then I began to correct myself mentally and quickly thereafter I replaced the self defeating conversation with motivating uplifting thoughts that yes I could do it!

My immediate goal was to find not just a teaching job but the right teaching job at the right school with the right principal and the right team; and to settle for nothing less. By May 2005 I was interviewed by a school. Right away I knew that it was the right place and was thrilled they offered me a teaching position.

I have been there almost a year and when times have gotten tough and stressful, I play my CD to calm myself down and reassure myself that I can get it all done! It works every time. I truly feel that this program is a blessing. Now I automatically know I can do something or get something done because (almost) all my negative self talk has been replaced. On those rare occasions when I slip back into an old thought pattern, I quickly catch myself and am able to get back to the positive self talk. I know it has helped me during my first year of teaching which can be very stressful but was manageable due to my own positive encouragement I know provide myself!

I have purchased a few more programs but don't know which one to listen to next! But, I can't wait to see what other great things I can accomplish when my mind is in the right place!

Thanks for this awesome program! If only everyone were willing to give it a try they would be amazed at the results. How better their life could be!

Sincerely,
Maureen Guzman, TX

Hi Mike,

I have been going back and forth between listening to Win Friends and Influence People and Setting and Achieving Goals at night for the past two weeks. At first I found that I was VERY tired and I wrote in and was told by support that this can be normal due to the changes that you're trying to make and your subconscious not totally accepting them at first. That helped me deal with it a little better. Actually, I just found out that I had an ear infection, so it could've been my body just getting tired and run down because of that.

Aside from the tired feeling, whichever the cause, I have been feeling more motivated to do things and write things down to do them and I've found myself doing things that I've been putting off (I'm a big procrastinator) a lot easier, too. I've also found a new energy and being able to wake up easier in the mornings, when I am NOT a morning person. It's been slowly getting easier, and I'm sure that will continue to improve even more. I've been very stressed lately as my plate is very full, balancing a full-time job, going to school full-time and caring for my 4-yr. old son at night, being a single mom, and trying to enjoy a social life and dating. After being so burnt out, these programs have me starting to feel more renewed and refreshed and it's happening naturally. I'm taking a break from school and taking the summer off because I need it, but I think that by the time classes start back up in the fall, I'll be fully ready and energized. I'm also going to take better care of myself and plan on getting a lot of things and projects done during the summer that I've put off.

The best thing is, I just pop the program in the CD player at night, it goes through the relaxation part, and soon after I fall asleep. I know that it doesn't matter that I fall asleep, as the subconscious mind still hears everything that is said, so I don't have to worry about that, either. I just relax and let the words do their magic naturally! Thanks so much!

Michelle
Smithton, IL

[Order Setting & Achieving Goals Now!](#)

Dear Mike!

I wanted to let others know that by using your program I got rid of depression totally, of medication completely!

The software is a pearl. After some time I picked the words and statements that mostly when thinking of them made me get my head up (like a rose, when put in water) from all programs. "Setting & Achieving Goals Now!" helped me to hold the focus and pushed

me to stay on using the program, the statements are just great! Then I made a list of words that mostly upset me and brought me down or left me without energy. So I connected them, in a nut shell (a problem - solution).

After some time thinking of one negative word automatically made me think of the empowered word or statement. Soon enough there were just strong ones! And it got me out of mud. Now I even walk with my shoulders straight, head up and a smile! If there is no smile my face is loose without contraction. A lot of people told me that I look so different; like I reprogrammed my thoughts! And with it life is different, I used this for a full year and the results are so liberating!

Helen

Dear Mr. Brescia,

Just a very quick note to thank you soooo very much for your programs!!! I have been looking for these half my life!!! They are awesome. I have to tell you since using "Setting & Achieving Goals Now!", "Accelerated Sales Success Now!", "Freedom From Depression Now!" & the Think Right Now! for Windows, something has definitely kicked in and I'm zooming! My energy level is back, my business has picked up to the point my computer has to be replaced; it can't keep up! I've paid off large debt, my house is straighter than it's been in years and I'm well on my way to getting my life back in order! I can't thank you enough!!

Another fabulous point I'd like to make is my normal schedule of 14-17 hour days will soon be history as the "Setting & Achieving Goals Now!" program is pulling all my thoughts together so well it seems I'm instinctively becoming far more proficient in every area of my life! Thank you!!!

I wish you Godspeed and blessings over your entire life!

Sincerely,

Cecilia "Ciel" Barbee-Poole

I have a few of your programs (Setting and Achieving Goals Now, Accelerated Sales Success Now) that have helped me tremendously. I have been talking negatively about myself most of my life and I have been working really hard to change my stinking thinking! Your programs have helped me do that. Even on the first night of listening to your program, the next day I felt like I could take on the world. I thought wow, this is weird! Thanks Soooo Much! I love your products so much that I wanted to pass on the

information to other people. I'm building a web site for spiritual and personal growth and I would just love to include your products on my web site and share them with the people I know who may benefit from your program. Thanks again and I look forward to seeing you in email!

A Whole New Me!
Heidi Richardson

Dear Mike,

I have ordered five of your programs "Freedom From Depression Now", "Setting and Achieving Goals", "I love Exercising Now", "Eating For Excellent Health Now" and "Real Self Esteem Now" and I am thrilled to tell you how amazed I am at what a difference they have made. I noticed a change in the first few days. Over the years I felt that if only my thinking would change I would be able to accomplish some of the things I have always wanted to. I was always labeled as LAZY and I bought into that and believed it for many years. I am just now realizing that I'm not really lazy but was just living out of a mind set which I couldn't seem to change. Thank you, Thank you! I am now setting goals and I'm on the road to achieving them.

This e-mail is proof of the change because before I would have procrastinated and never got around to writing it. I actually cleaned my closet out yesterday and have signed up at a gym to start an exercise program. As I close I must tell you no one has ever in my lifetime told me not to overdo anything... in fact it's kind of a joke around my house that Mom will never overdo anything... but yesterday my husband actually said and he was dead serious, "Honey, don't try and do too much". When it dawned on us what he had just said we both had a good laugh.

Thanks again! I now understand the scripture in the Bible that says, "As a Man Thinks, So Is He".

Thanks again,
Chloe

Your stuff is awesome. I have "Setting & Achieving Goals Now!"; "Accelerated Sales Success Now!" and "Dissolving Panic & Anxiety Now!" I am rotating around the programs and listen to them as I am going to sleep (very powerful to do that); in my car; when I am working out/walking the dog. For example: the "Accelerated Sales Success Now!" program says, "I am committed to learning all I can from the masters of the selling profession" and other supportive affirmations that help to open up the attitude for learning. God knows I wish I could literally plug everyone I have EVER signed up into

being an 'open learner/student'!!!!

I am feeling TONS better because my THOUGHTS are improving and my improved action is building in the wake of the shift. I have nine new customers and one new distributor -this month - I feel bullet proof, strong and confident - I AM BACK!!!! :)

Laura

[Order Setting & Achieving Goals Now!](#)

Hello Think Right Now,

I just wanted to say that I am very impressed with your Think Right Now for Windows; "Dissolving Panic & Anxiety Now"; "I Love Exercising Now!" and "Setting & Achieving Goals Now!" programs. When I first bought your product I had had decades (20+ years) of pain and ill-health due to anxiety. Your programs cured me (along with a very peculiar diet I am doing-the Primal Diet). I had tried subliminal self-hypnosis tapes before and they were useless. Once I realized your tapes were inspired by Lozanov I was a lot more convinced of the science behind it, especially when I read that they were not subliminal.

Anyway I have always been a skeptic for most of my life regarding non-mainstream stuff and I only turned to you out of desperation, really. I was VERY surprised indeed to find that they actually worked. One thing though, you did not specify clearly how long one should use the tapes. I realize that each person has different needs etc., but still. Anyway, I used your tapes for 11 months every single day before going to sleep and felt a lot better but still seemed to be not quite "on the ball". Once I started using the programs only a few times a week, my concentration levels soared and I am now cured. I guess I just needed to give my brain a bit of a rest. I realize you are not exactly a charity, but you certainly seem to be doing a lot of good for us fellow humans.

Geoff Purcell

I own "I Love Exercising Now!"; "Eating for Excellent Health Now!"; "Real Self-Esteem Now!"; "Supreme Confidence Now!"; "Dissolving Panic & Anxiety Now!"; "Setting & Achieving Goals Now!"; "Unstoppable Motivation Now!"; "Instant Diet Power"; "Instant Workout Power"; "Win Friends & Influence People Now!" and Think Right Now! for Windows. I listen to one of the programs every night. I have "Supreme Confidence Now!" and "Unstoppable Motivation Now!" in my car and Think Right Now! for Windows at work on the computer with the info from all of the above on it.

Where do I begin??? Looking at the list above you'd think I was a mess to start with, but I think it was curiosity that sold me on the first program. I knew from education and my own studies the power of affirmations and repetition. I would wake up in the morning feeling different. My life got better and better. I kept buying more programs. But how was it better? Well, I found myself answering people with lines from different programs or, more importantly, talking to myself with lines I had heard.

I can do anything I put my mind to.
I'm worthy of praise and rewards.
If I can dream it, I can do it.

And I started to believe it. So I tried new things and little by little I found myself getting excited about getting up the next day. I was happy all the time. People would comment about how "together" I was. When my son's girlfriend was having some problems she said she wanted to be more like me so I had you send her "Real Self Esteem Now!" and "Dissolving Panic & Anxiety Now!" Anyways it is hard to be specific because it seems to come so easy. I smile more. I look at situations and know I can make a positive impact. I've lost weight. I joined a gym and a wonderful yoga class.

I am happy with my life and I don't know what more any program could do. When I tell people how I listen every night, they seem skeptical. But people were skeptical of the telephone and television too at one time!

Sincerely,

Linda Czerkies, NY

Hi Mike,

I love your newsletter. You always seem to hit the nail on the head as far as my own life issues have gone, it was actually uncanny. I have bought several of your Think Right Now programs ("I Love Exercising Now"; "Eating for Excellent Health Now"; "Setting and Achieving Goals Now" and "Real Self Esteem Now") and the new 60 beat music CD's which I listen to while I am studying. I admire your life principles, and I try to incorporate the idea of asking myself ..."what can I do for this person?" into every day.

Love your newsletter and your other products! Keep doing it!!

Thank you with much love and light,
Claire Tait

Hello Mike,

I wanted to provide you with an "unusual" and wonderful experience I have had as a result of using your programs.

As a result of experiencing a severe mental/emotional disturbance about 10 years ago I have been seriously undertaking self help processes in an attempt to bring myself back to "life." Help for mental illness is virtually non existent in Australia unless you are filthy rich and can afford the \$100 to \$200 per hour charged by psychologists and higher for psychiatrists. My experience is that mental illness usually coincides with a bout of financial drought at the same time. Funny about that! I had been very successful in business until this episode occurred. The money disappeared very quickly after that.

I eventually came to understand that my thoughts were creating my life and therefore were creating my problem. Unfortunately, mental illness creates (or is caused by) a constant barrage of very negative, self critical, non conscious thoughts 24/7. No matter what I tried to do - meditation, chanting, visualizing, writing goals, subliminal training, hypnosis, etc, etc, etc - nothing could stop these thoughts constantly pounding my brain with their negative message.

Happily, I recently found your web site and everything has now changed for the better. I started with "Setting & Achieving Goals Now." Then I went to "Supreme Confidence" & "Dissolving Panic & Anxiety, Now." I used these programs for 1 or 2 months each and now I use them all together in "mix and match" mode throughout the day (I have a lot of free time) and cycle them one at a time each night. I am definitely feeling much better and I have been able to get myself back into "active" mode by teaching computer skills courses for seniors as a volunteer. I have also successfully commenced an investment program that I can run over the internet. The "Inner Critic" has been reduced to a dull roar and I can now consciously intervene when it gets too tough or won't shut up. I have found that in stressful situations, which I had to walk away from before, I now have a calmer voice to call on and I feel a lot more balanced and less inclined to have a brain storm of going over and over the conversations and all the possible variants in my head. In the past, these episodes could last for 3 days without a letup. This is good, but read on for the big leap forward!

About 4 week's ago I ordered and received "Win Friends & Influence People, Now." Within 2 weeks, my "old" girlfriend (in both senses of the word "old" as I am 65 and she is 55.) has come rocking back into my life. This happened after a break of more than 12 months and I thought our relationship was well and truly over for good. We are now deep in the process of enjoying the most loving and perfect relationship you could ever imagine. It is pure bliss.

The point I would want to make: Major changes can occur in unexpected ways and sometimes in an area of life that we may not immediately be looking at improving. I started my journey to improve the quality of my life in material as well as emotional terms. Although the material side is improving more slowly - a work in progress - the emotional side of my life has taken this great and wonderful leap forward. I accept this aspect as an indication of major success as a result of using your material. There is not a doubt in mind (and there was until this wonderful outcome) that the other things that I am working on to further improve my life are definitely "happening" albeit more slowly than my "critic" would want.

To those who are also dealing with the demons of an incessant Inner Critic I would say, "Keep pushing the 'play' button just like Mike says. It may take time, sometimes years, but it really works."

I have a carousal cd player and I play all my cds mentioned above for all of the day that I am home as well as playing one only during the night.

Thank you Mike and best wishes.
Stuart, Australia

[Order Setting & Achieving Goals Now!](#)

Supreme Confidence Now! Success Stories

Hi Mike,

I initially tried to find sources of motivation for my job and my goals and stumbled upon your site. I simply subscribed to your book and as soon as I read the first chapter, it was unbelievable. I was so enthusiastic about reading the rest of it and I couldn't wait to get the next few chapters. I decided to follow the instructions though to read it a day at a time and reflect upon the essence of each chapter. I noticed changes. Guess how I absolutely knew there was a change in me? I started reading the affirmations below each chapter aloud which I considered extremely funny and stupid at first. Yet here I was myself doing something I abhorred doing before.

I'll be honest though, it was only after getting to the middle of your book that I finally decided to purchase three of your products: Setting and Achieving Goals Now, Financial Abundance Now, and Supreme Confidence Now. I mainly use Setting & Achieving Goals and Supreme Confidence at night while I play all 3 programs during the day when I'm in my office. I have to say that they are powerful indeed.

I noticed uneasiness on my part after about a week. Whenever I would be positive about issues I have with my job, my frustrations with non-accomplished goals, and my life in general, I would have stronger negative sentiments. There seemed to be a struggle within myself. I was having a harder time avoiding being sarcastic at people and pessimistic about situations. You see Mike, I handle technical operations for my employer and projects and people are my main responsibility. I'm sure you know, managing a diverse group of individuals never comes easy... much more trying to maximize productivity from all of them.

Now, after more than a month of listening to Supreme Confidence Now and Setting and Achieving Goals Now at night, I start my day by planning my itinerary unlike before. I make sure I greet everyone at the office good morning with a smile. In the past four

critical deadlines for our projects, I did not panic and was able to manage the group to meet each and every one even if the delay was caused by our client. I also noticed I shut-up more often now instead of criticizing people. I haven't been put down as much as before when I get my ass chewed from my boss.

Everyday seems easier and something to be appreciated at the end of it. So far so good as I have not had any conflicts with anyone in the office. I hope it would progress a lot more as I definitely have a long way to go in improving myself. But thanks to your audio programs Mike, I am better equipped to do that.

I now worry a lot less than before. I have started to save more aggressively from my salary. My wife also noticed I do a lot more chores now than I did before. To you Mike, I owe any improvements I have gone through and I am looking forward to more. You have proven me wrong from a disbeliever to now a fan of yours.

More power to you.

Joel Bonzon, Philippines

Hello,

I use "Supreme Confidence Now!" and "Accelerated Sales Success Now!" every day. I start with the confidence program and then the 2 sales programs. I know they are working for me.

The first week after I started listening to the programs we had to give a tour to 2 people from another company. They are existing customers who were looking to dramatically increase their business with us if we could meet their needs. My boss and I gave the tour. During one point in his presentation, my boss went blank and I could see him faltering. All of a sudden I felt a surge of confidence and took over for my boss. I had thought, I know this stuff just as well if not better than him anyway and finished that part of the presentation for him. I am not sure how to explain it, but the words from the "Supreme Confidence Now!" program flashed through my brain and I just KNEW I could finish for him. In fact, the worse he got the more the confident I had become. I did very well in the presentation and he flashed me a grateful look and also thanked me personally after they were gone. He said he just froze up and could not think. (We also got the new business volume!)

I also recruit for my home business at night and I am having much better success due to both programs. I am much more confident on the phone and I am connecting with my prospects better. I have been using the programs for approximately one month now.

Thanks,
Mark Potes, MI

Dear Mike,

I got into a bad relationship two years ago where my partner was a heavy drug user. Over two years I slowly watched myself use drugs for recreation. Then it became a daily habit.

My work suffered as I fell increasingly behind and started to miss important deadlines and meetings as I could not remember things. I also became very apathetic and I stopped taking courses that I used to enjoy to help advance my career. I have broken up and gotten back together with this man several times and each time is a vicious, drug-binge session and a blow to my self-image and ego. I became isolated and desperate but on the outside I still managed to maintain the impression that I was okay.

This is when I decided I needed to help myself. I sought out counseling but began to dislike the process. So, I decided to try something new. I had always received your newsletters and found them inspiring and insightful. So I thought if I built back my confidence and restore my motivation that my pursuit to be a better person would conquer my current lifestyle and habits. I was right...

I have been listening to your programs and making a conscious effort to take the process seriously. I have grown more as a person in the last month than I have in the last 2 years and I now see the light at the end of the tunnel. I feel my confidence and my old-self returning and I feel incredible.

You have saved me by helping me save myself and I will always be eternally grateful. The power of words is far reaching and I hope others have the opportunity to discover how such a simple and effective program can improve the quality of life.

Thank you from the bottom of my heart,
Nadia, Canada

[Order Supreme Confidence Now!](#)

Dear Mike Brescia & Think Right Now,

I received the "Supreme Confidence Now" program about three weeks ago, and I've been playing it every night while I sleep. The other day I noticed something interesting. Somehow, something feels different, deep down where it really counts. I mean, there is a difference between intellectually understanding something and emotionally

understanding it. The latter is when we make real changes. I believe your programs cause a deep down emotional change, not just on an intellectual level. I've grown up a shy introverted person, and I've always known that I could use more confidence. I've listened to programs before on increasing confidence, but with no real noticeable differences taking place. Since I've started listening to the confidence program every night, only three weeks ago, I've noticed that I interact with people on a day-to-day basis in a much more confident way!

The main thing I notice is that I feel a lot more centered and strongly rooted in my being when I am in social interactions. It is amazing because I really feel changed, and I almost can't believe it! It's like something in my personality has really been strengthened below my conscious awareness, and in such a good way.

There's another amazing thing I'm seeing take place as well. My girlfriend and I live together, and although having the CD player going all night was something that bothered her at first, I'm seeing her act in more confident ways as well! She didn't even really know what I was putting on when I played the CD at first, but it must be seeping in to her subconscious as well, because she is more outgoing now, stands up for herself very strongly, and has even begun setting goals and getting excited about taking on new challenges! Let me just note that she never took any action to set goals before in her life.

Too much is improving in our lives for there not to be a connection to your programs. I'm going to keep listening to the Supreme Confidence Now program every night, and I can't wait to see what else changes in the months to come. If it's anything like the last three weeks then I'm in for some pleasant surprises.

Thank you for producing such outstanding products. It is such a small investment to make for such powerful results. You really are the man. Thanks again, and keep up the incredibly outstanding work!!!

Cheers,
Mani

Wow Mike! I am so happy that I came across your website!! It was the end of October when I came across it and I ordered "Supreme Confidence Now!" Confidence has been lacking in my life for as long as I can remember. The program arrived and I played it that night when I went to bed. I continued to play it for the next two months every single night as I went to sleep. I am amazed at the difference in the way I feel and the way that I live my life. I no longer take the major antidepressant that I have been on for 12 years. Even though I am severely obese I like and am smiling at the person in the mirror.

It is no longer a pain or hassle to do things that I need to do to take care of myself. I am starting to exercise and I am leaving food on the plate at the end of meals. I have even

started in a Yoga class! All of this has been effortless. I find myself wanting to do things like jigsaw puzzles, games, talking to friends and reading rather than spend hours watching mindless TV and eating. I have energy now. Not as much as I hope to have as the weight comes off, but more energy than I remember ever having.

I have since purchased "Infinite Joy Now!" I find myself much more positive and feeling happy again than I have in decades literally. Thank you so much for what you do and continue creating the wonderful work that you produce.

With deepest gratitude,
Connie Butterworth, Iowa

After being laid off for two years, I got another job. I worked hard and I finally got a promotion. After my promotion, my new supervisor noticed that I had no confidence with customers, and I felt overwhelmed. The new position was nothing like I was used to doing. I have never had any confidence but I did manage to do my line of work well. I ordered your CD, Supreme Confidence and have listened for a week.

I noticed a growing confidence as I talked with my customers and felt that I could help them solve their problems. I also started feeling less negative in other areas of my life. The best moment of all was when I walked across the parking lot today. I was actually looking forward to going in to work! I "knew" that I could do a good job and that I could handle any problem that came my way.

Linda Dietrick, WA

I'm Mr. Skeptical when it comes to things like this but I can't believe the quick changes happening in me. A couple of weeks ago my wife was telling me about people learning and retaining information better through music. She had some "mouse test" story to tell me. My response was something like...we're not mice. Anyway, the next day I was going through some e-mails and saw your e-mail. I get it all the time but sorry to say I rarely read it. I glanced through and read something about confidence. The Bible says in Proverbs 23:7 that as a man thinketh, so is he. There is lots of stinking thinking out there. To make a long story longer, I started listening and from the first day I noticed a desire to get things done. I'm flying around at work looking for things to accomplish with great confidence. I'm the general manager of the business and lately I had lost my drive, my confidence, and my ambition. I'm getting it back and then some. I'm relaxing with that sweet ladies voice, that leads you through the tape and it gets me ready to take on the day. It's an awesome change in my mind. It's just what the doctor ordered and yet I don't have to pay a doctor! Yeah!!!

I do need to lose some weight so I think my next cd should be about losing weight. I don't recall all the titles that you carry but I'm sure you'll send some to me eventually by e-mail.

P.S. I'm heading to Atlanta for a seminar for my company and if I get a chance I'll be recommending your company to those that I come in contact with.

I guess thanks is in order!

Tom Richardson, Mo

[Order Supreme Confidence Now!](#)

Dear Mike,

I ordered Supreme Confidence Now just about as soon as it came out and was so excited about it since I had recently realized I did not like myself. I had just lost a job I have always wanted after only two weeks, took another test and failed it, was yelled at work - you name it. I knew this program was what I needed and I listened to it whenever I could.

A few days ago a miracle started to happen. I realized I still have some talents that I had before and that I had stopped using them. I've also realized that I let what others think influence me too much. Last night I accepted that I am a worthwhile person who is good and fun to know and be around! I have not felt that way in years! My sweet sister told me today on the phone that I am sounding like the old fun Karen. It made me tingle inside.

I am coming back. I felt dead for so long and am coming back saying a big "YES!!!" I have a long way to go but I am so excited I can do it now! I just ordered the Motivation program and I am so excited about getting it! Thank you so much!

Karen Deem, Utah

Hi Mike and Team!

I would like to express my thanks for the Supreme Confidence CD. THANKS!!!! I have been making it a part of my life ever since I have received it (2 weeks ago) and finally feel confident at my work and have the numbers to prove it!!!

I work for a major shipper where the number of pieces I process are determined every

day. I received my precious package on Saturday and by Monday (my first day of the week) I made the company's goal!!! Until Supreme Confidence, I had been trying really hard doing my best, but knew the numbers were falling short due to this and that. Now I am much happier because having more confidence helped me tweak the way I do my job more effectively and now - voila! I am making the numbers without working any harder and NO ADDITIONAL STRESS!!!!!!

At the same time, my husband was preparing for a classical guitar concert and giving a Master Class at his old alma mater. This was a very big deal!!! While he teaches many hours per day (9-5 usually straight), there was not much time for him to practice (10 pm - 2 am) as he would like. He would listen at the same time (wink) and I am so happy to report that his trip was successful. I am so relieved because he felt happy with his achievement. This is the FIRST time in the 24 years of marriage that my husband came away from giving a concert and actually felt happy and satisfied about his achievement. For me - this is a huge leap of welcomed change!!!

Thanks Mike for doing what you do - keep on keeping on!!!

All the best!!!

Sincerely confidently yours,

Laureen Zisa

p.s. Just the yesterday, I was talking to my friend who works a different shift. As we were saying our goodbyes she said, "Have a good day!" My instantaneous reply was, "Oh! I am confident I will have a very good day!!!" I heard myself say this and smiled - this was not part of my vocabulary before S.C. Now for the next step.....!!!!

Mike:

I am 63, and until last year, had suffered for about 40 years from shame, guilt and fear. Recently, I purchased your Supreme Confidence tape with the idea that it might teach me a better attitude. Bingo. I have hit pay dirt because I am now replacing negative attitudes with those that will support me in achieving my goals.

I am getting there and see nothing but a rosy future. This is quite different than a year ago. I am so much more confident now versus not being able to get out of my hole of shame, guilt, fears, and inferiority.

Thanks for your help.

Daryl Corbett

Dear Mike,

I've been listening to your program now for the past 17 days. I have your Think Right Now for Windows program on the computer, and I fall asleep every night listening to the Supreme Confidence program. I have also printed out 15 of the affirmations to read daily. The biggest transformation so far stems from the particular affirmation: "I can now make difficult and important decisions with ease."

I've been in a long term, long distance relationship now for 2 1/2 years and I had to come to terms with the fact that she was never going to make the final decision to move to Vegas to be with me. Your Supreme Confidence Now program gave me the strength to face the truth and make the difficult decision to end a non-supportive relationship. Not only does my decision free me financially, but also emotionally to move on to the possibility of a better relationship in the future.

Thank you for helping me have the supreme confidence to make good & wise decisions.

Rod Greene

[Order Supreme Confidence Now!](#)

Mike,

When you recently offered "Supreme Self-Confidence" at an introductory price, I decided to give it a try. I'll tell you about my results a little later but first I have to give a small bit of history.

Several years ago a series of catastrophic events in my life completely defeated me. I went from being a pretty "up" guy to being flat on the floor. I eventually left my job of thirteen years because I could no longer handle the stress associated with working. As I say I was pretty defeated. I tried self-employment but failed miserably since I couldn't bring myself to really get out and visit prospective customers. Forget cold calling on the phone. Naturally, my self-esteem got lower with each defeat. Then that little self-talk guy in my head started using terms like "loser", "worthless", "nobody" and worse. I hated feeling defeated like this but there was no use in telling the self-talk guy to shut up because based on my performance it seemed like he was right. Even my bootstraps broke after pulling myself up so many times. But then, once again, I would find myself back on the floor.

I am not a quitter and yet I found myself wanting to give up. But, I started reading a lot of different kinds of self-help books. Most of the books are still on my shelf and I dust them off from time to time. Don't get me wrong though, they are very good books or else I wouldn't have kept them. The problem was not with the book, it was with me. I didn't usually remember what I had read, and for that reason most of what I read just didn't get

applied. In your book 'Today is Your Day to Win' I read recently that most self-help books go unread or unused. When I read that statement I turned and looked at the library of self-help books just behind my desk and the reality of that statement hit me square in the face. A few of them were unread and most I couldn't remember what they had suggested I do. Each time I bought one of those books my sincere intent was to read it, apply it and get back to my life. They did help me keep plugging along but I never quite got over the hump. Did I mention I have a short memory?

OK, back to the here and now. To be honest when I ordered your program, I was really expecting just another self-help "rah-rah, you can do it" program. You know - one I could listen to, get an uplifting feeling for a while, and then set it down next to the other dust collectors in my library. Boy was I wrong.

When your program arrived, I put it in my office CD player and went back to writing my reports. The first section, of course, is the relaxation session so I stopped what I was doing and allowed myself to relax for those few minutes and clear my mind. It was a nice break. When the statements began, I went back to my reports and allowed the CD to play in the background. I figured I would just "check it out" and then actually "listen" to it later when I could pay better attention. I liked what I heard. It was very non-intrusive and calming. No Rah-Rah stuff that elevates your mood, only to be deflated later, just calm. I also was not expecting such great production quality. The music and the smooth non-invasive voice speaking such positive things were great. It was enjoyable, very painless and it is great having it play in the background.

When I finally went back and actually read your how to e-mail I realized I didn't need to pay better attention. So...that night I put the CD in the player in my bedroom and let it play softly while I drifted off to sleep. I repeated it the next night. I slept very well both nights. My wife liked it too but in order for both of us to hear it I had to turn it up too loud. Now I am getting pillow speakers so we can listen to it every night.

It has only been a very short period of time but I am so impressed that I invested in more sets of CD's. They should arrive any day. My mood has changed dramatically. It used to take days or sometimes weeks to get back on track after something or someone got me down. Now it takes much less time, sometimes even just minutes. I really didn't expect that kind of result. I find I am much more positive. And more importantly, that self-talk guy in my head still talks from time to time but he is much easier to silence now. I am not sure how this actually happened, but I am now confident I can reprogram my brain away from the irrational subconscious thoughts.

I must tell you I didn't think this would work or be anything different than I had experienced before. In some ways I didn't want to think of my brain as a computer. That would mean there are things that I simply don't have complete control over. But...I realize now my brain is a computer of sorts and it is very mucked up with a lot of negative self-talk garbage. Outwardly, I seem a very positive guy but inside there is a tape recorder running with some very negative messages. It is time to clean up the hard drives and upgrade the software. With your program I am positive I can do that. This is no rah-rah

feel good program. It seems to just work in the background and it is amazing. Sort of like Anti-Virus and a firewall for the brain.

Here are some of my immediate results. After a few days listening and feeling much better I spent an entire weekend going through the house from top to bottom putting things back in order. Things were looking pretty bad and now it looks great. Since then I have kept up on everything and it still looks great. I got out my procrastination file in my office (it was big) and sorted, worked and filed everything. I am more than caught up now and can actually relax a little when doing my job. I went through all the magazines I had been throwing in a pile unread, read what I was interested in and tossed the rest. I am now making plans for some additional projects to start. I really don't know why building confidence caused this result but it most certainly did. There was nothing on the CD that said "You will be more productive" but that certainly happened. But here is the biggest short term result. I just pick up the phone now and speak authoritatively without fear. For the first time in my life actually, I speak with confidence. I find myself looking people in the eye and I am not as intimidated. I am still baffled by this. I don't even think consciously about this. It just happens. I still hate to think that I need to be reprogrammed but hey...if this is the result...OK!

I still have a long way to go. I certainly don't want to make it sound like a few weeks with your product and I am there. I'm not. But do we ever reach the point that we couldn't improve on something? Your software now runs 24/7 on my computer. I edited my own file called "Scott's Emphasis". When I discover a personal weak point I throw a positive statement in that file and let it play on my screen along with the others. I printed them and read these statements to myself out loud as well. One of my emphasis points is "I read Today is Your Day to Win every day". And I do. I also created a "Things to Do Every Day" list for my physical desktop. I review this list every morning when I start my day. I keep adding to it but when it is complete I am going to laminate it so I can check things off with a grease pencil. Did I mention I have a short memory?

Well that's my story. I haven't yet received my new order but it should arrive any day. I am truly looking forward to the results as I continue to reprogram my self-talk. I won't quit until that self-talk guy has a couple layers of duct tape across his mouth. Again all I can say is thanks Mike! It really works. I don't know how...but it works.

Respectfully,
Scott Haas - OR

[Order Supreme Confidence Now!](#)

Hi Mike!

Here's my story "so far". I've been listening to the Supreme Confidence program for the last week or so while I sleep and here's what I've noticed. I notice I'm sleeping better. I was waking up every two hours or so throughout the night. I'm not doing that any more. I

might wake up once or twice now. I have also noticed that I'm not so uptight either. I'm a worry wart and worry about everything and everybody. I have been housebound for the past two years. I had a lot of fear. Anyway, I'm out of the house working part time doing something totally new. Freaking me out? You bet it is, but I'm dealing with it.

I use to be an out going person way back. That was before I met my second husband who turned me into (let me rephrase that) who I let turn me into a recluse. That was a very emotionally abusive relationship. So because of it, I have carried some messy baggage into my now marriage. Your program is doing something for me, I can tell! I can't put my finger on it just yet however. I feel less stressed and I'm gaining some self control. I use to yell and get really frustrated when someone or something upset me. Not so now... Thanks so much!

Sincerely,
Robyn, OR

Dear Mike,

I'm very excited to share my success story with you! The Real Self-Esteem Now and Supreme Confidence Now programs have made it possible for me to put a long-time dream into action. On the outside I look like someone who has it all together. The inside, however, was another story. My exterior success is due to a God-given ability and being willing to accept jobs that didn't challenge me.

I've always wanted to write and be a life-long learner. My mother and uncle are both published authors, so the genes run in the family. However I was so intimidated by their successes and afraid that I would be the one "failure" that I didn't even try. After listening to Supreme Confidence for about a month (all night long and also during the day) and then doing the same with Real Self-Esteem for several weeks, I ordered the copywriting course that I've been looking at, dreaming of and drooling over for months.

I haven't felt that excited about something I have done in years - and it feels so good and so right. I am happy to say that I am quickly and confidently moving through the course and learning the skills I need to succeed in my desired field. My fear and intimidation have been replaced with confidence and excitement about my future. I can't thank you enough for making these programs universally available. They can't help but make the world a better place!

Sincerely,
Marguerite G. Hartman

Dear Mike,

What led me to the point of trying to find a system to improve my life was that I had literally lost everything that mattered to me due to my low self esteem and it wasn't the first time. I had met the man of my dreams but he was eventually turned off because he discovered I was a pessimistic doormat who hated herself and was chronically mentally self-abusive. I lost my dream job, my lovely penthouse overlooking the ocean and was rapidly running through my savings. Finally, in a dark moment of desperation, I showed up on my best friend's doorstep, broken inside and out. To stabilize my moods, I had to go on heavy anti-depressants because I had become clinically depressed.

My former lover actually told me when he broke up with me I was the single most damaged person he had ever cared about and that he had never met someone so addicted to vicious self-perpetuated mental destruction. When he looked into my eyes and told me I didn't deserve the torture I put myself through and that I should get some help, it was like a knife plunging into my heart! That hurt to hear, much less to imagine it was something someone I loved saw in me.

Having come from an abusive childhood, it was very hard to see myself as a person of value. At 35 years old with a graduate degree, a successful career as a commercial artist, and with numerous other talents, I still cringed every time I looked in the mirror. I had tried in the past to address my complete lack of self-esteem & self-confidence but nothing seemed to work. I saw an unattractive, fat, stupid, timid woman whose only tenuous chance for happiness lay in clinging to a man who could fill the void I felt in my soul.

Because the wounds I had carried my entire life had turned me into a person with a negative outlook on life, I drew tragedy to me like a magnet. I thought about the worst and the worst would occur on cue. I knew something had to change or I would die unhappy, alone and caught up in some dreadful crisis. I realized I had to learn to like myself or I would never be able to achieve my goals. That's what led me to investigating self confidence, happiness & self esteem on the Internet. It was a lucky day when I found Think Right Now!

I had already read scores of books on the topic which although helpful did not curb my daily routine of mental abuse. I had been a member of your email newsletter for about a month, but because my new job didn't start until next month I was very low on cash. So in a bold move of generosity, my dear friend bought me the three programs I most wanted (Real Self Esteem Now, Supreme Confidence Now and Infinite Joy Now) as an early Christmas present. Needless to say I was thrilled!

I awoke the first morning after listening to your "Real Self Esteem Now" program, feeling better than I had in months. It was as if a weight had been lifted from my mind and my soul's hemorrhaging has slowed if not stopped. I felt energetic and motivated,

actually almost giddy. I was able to get all my Christmas shopping & present wrapping done which I had dreading because I couldn't afford to spend lavishly as I normally do. Despite my fiscal limitations, I actually enjoyed Christmas shopping more than I ever had. I sang carols in the mall and smiled at strangers - something I never ever do. I felt positively luminous!

Over the next several days, I rotated my programs and began to truly see amazing changes in myself. I felt like a new person and it felt so natural and wonderful that it was almost hard to see the connection between how I felt & how dedicated I was to playing the programs. Then something amazing happened! The man who took the time to tell me to change my life before it was too late came back telling me he missed me terribly and that he hoped we could start a new business together (we belong to the same industry) and are close friends.

Although I didn't have the money to start the venture, out of the blue my brother asked if I wouldn't like to pursue my own business rather than taking the job I was waiting to start. He then offered to loan me the needed start up capital! Changes started happening minute by minute. New opportunities presented themselves and I felt like a kid in a candy store. The abundance was almost embarrassing. I started hearing from old friends who told me I was someone they always admired for my sweetness & kindness. Lots of men began to ask me out on dates. I was offered a flood of new jobs, when originally I had only one single offer of employment. And best of all, the man who helped me to see I needed to change my life through his tough love, asked if he could spend Christmas with me!

I feel like I have a brand new life and it's a life filled with opportunity instead of darkness. I feel like things will go my way instead of worrying what unwanted event I will have to "survive" next. I can't tell you how I am looking forward to the future. I can't wait to see what happens next.

Thanks Mike for all that you do. You saved my life.

Nikole Johnson, NY

[Order Supreme Confidence Now!](#)

Greetings Mike!

On November 6th 2005 I purchased your program "Supreme Confidence Now".

What I was really interested in at the time was your "Dissolving Panic and Anxiety Now" program, but the "Supreme Confidence Now" program was being offered at a sale price and the description mentioned some anxiety relief benefits so I thought I'd try the cheaper one first... just in case it didn't work. The fact is that I have had anxiety disorder for just

over five years. I have gotten progressively/slowly better over the last two years using cognitive therapy, prayer, and repeated positive affirmation, but I still had a lot of problems with being easily overwhelmed, especially in social situations. Of course my self-confidence and confidence about life in general has really suffered after all the years of not being myself, and living with the limitations anxiety disorder can impose on one's life.

The program was shipped to me much faster than I had expected (a pleasant surprise since I was eager to give it a try), and from that day, each and every night at bedtime (without fail) I have played this program for about six weeks so far.

I have to tell you, after only a week or so of listening to that program, my reactions to life began to change for the better!!! It began that I was feeling a bit more confident in general and a little less anxious in public/social situations. Then after a couple more weeks of listening, the changes became more pronounced. I started feeling adventurous and got the travel bug! I haven't traveled in years so this was a huge improvement. We are now planning a trip to Missouri next month! I have also become more confident with my decision-making. I don't get overwhelmed over the details like I have for so long... Oh man - how do you spell relief? I don't get all tied in a knot over "have to do's" anymore, and I have more follow-through. Well I'm going to continue to listen to this program, I Love It!!! I plan to buy a few more in the future. I now expect and look forward to more positive changes the more I LISTEN!

To tell you the truth I didn't expect all of these changes... I didn't expect anything at all, BUT I was still hopeful. So, to my pleasant and amazed surprised I SEE in myself that your products really do work... and it has been effortless! I can't really explain to you in words how much these changes really mean to me, but I can send you a heartfelt THANK YOU for all your wonderful work in creating this product! And oh, I also wanted to mention that the woman's voice on the program is very pleasant and easy to listen to, and I do hope you will continue to include her in the creation of your future programs!

Namaste and Best Wishes,

Sundee Bourret, AZ

Dear Mike,

I came across your website while I was doing an internet search at work a couple of months ago. I was suffering from serious depression at the time. I had not been diagnosed by a doctor, because I didn't see the point in being given a load of potentially dangerous drugs to take, to ease my symptoms but create other problems. At least I had that much sense! I think the main root of my depression was a sense of purposelessness. It's not that

I didn't believe I was valuable as a person but I felt like I had been stuck in a rut for years. I was frustrated. All the jobs I had done since graduation I hated and I felt like I was running out of options fast. I didn't know what else I could try and I got to the point where I felt like I was on the brink of a nervous breakdown.

I must admit that I was a bit dubious of your products to start with, so I just subscribed to your newsletter. At the same time, I started doing what I could to sort out the depression. I cut out all the extra things, aside from my work, which I felt were draining me or ultimately weren't helping me: activities I was involved in, not because I wanted to be, but because I felt "obliged" out of a false sense of duty, and even some relationships. I went back to reading the gospels on a daily basis. I also signed up for a few classes which I will start in the new year (acting and creative writing) to give myself a creative outlet to counter the boredom that I had lapsed into in my everyday life.

At this point, I started feeling more optimistic about life and my place in it, even though I was still much drained. I ordered "Supreme Confidence Now!" as I felt that lack of confidence was probably one of the reasons I'd got stuck in a rut in the first place. I've been listening to it most nights at bedtime for something like 3-4 weeks now and, over that period of time, I have seen my mental attitude and moods lift quite dramatically. I've started to get my personality back. My husband has noticed that I'm more playful and "have a spark in my eyes". I believe your programme has played a major part in helping me to trust myself and my ability to make decisions about my life. Before, I used to make decisions and then, because I was afraid of making mistakes, question them until I confused myself into a state of mental paralysis. Now I feel empowered to recognise and dismiss unhelpful thoughts instead of being a victim. I've become less of a perfectionist. I've also started being happier at work and, although I ultimately don't want to work in an office job, I've been taking things a lot less seriously and have been enjoying interacting with work colleagues and thinking about others rather than just myself.

I got so excited about the changes and the possibilities of using your programmes that I have already ordered and received "Infinite Joy Now!" because I want to get as far away from the depression mindset as I can get. I will also be ordering "Win Friends and Influence People" and "Dissolving Panic and Anxiety Now" - for a friend of mine. Many thanks for you're putting these programmes together in a way that makes it so easy to assimilate. Learning has never been so easy!

Merry Christmas!
Nicola Packett, UK

[Order Supreme Confidence Now!](#)

Dear Mike,

I purchased the Supreme Confidence CD. My 84 yr old aunt is staying with us, she has Alzheimer's. She didn't want to get out of bed, didn't want to eat much, and didn't want to watch TV or listen to the radio. She just wanted to lay there. She complained about everything. She looked stressed out all the time, worried, thinking about bad thoughts. It was a chore to get her to come down stairs to eat with us, but she would.

I thought I would try an experiment and played your program for her overnight. Well, the oddest thing - she woke up early, came down and was talking to us like she was almost normal again. She was talkative, joking, smiling, and asking questions. It was unbelievable to see the change in her.

Thank you,
Nancy Santiago

Mike!

Hi, I am so excited!! I am a self-employed sales person in the direct selling industry. Just a few short months ago, my life was very different. In October I was sending out resumes to go work for someone else. The past year was terrible. Low sales, low recruiting, and I was making a car payment on a car that was supposed to be free (I was not making quotas, so had to pay!). My husband, understandably so, was sick of me and my business. My self esteem and value was at an all time low. The last few days of October I was going through some emails and ran across your information in another newsletter. I clicked on it, listened to some of the "You're Telling Me" and decided to order. What did I have to lose at this point? If I didn't like what I heard, I could send it back and get a refund. I ordered Accelerated Sales Success Now! And Supreme Confidence Now! As soon as they came I listened to them all night with a pillow speaker. The first couple of nights I didn't fall asleep right away, but after that I would fall right to sleep and so they just played all night while my head was on the pillow. I was amazed at what happened to me. In November, I sold over \$2,000 in one week and also made my quota for my company car (yeah, no car payment!). In December I only had 2 weeks to work since I was going out of town - in those 2 weeks I sold over \$3100. The great part is that I make 1/2 of what I sell!!!

When I came home from my vacation I could not believe all of the wonderful things that were happening to me. It was one miracle after another! My commission check in January (for building a team) was over \$1,800, it had been running around \$300-\$500. I am thinking differently - I expect success & great things to happen to me every day of my life!!! Thank you for all of the time and effort you put into researching for all of your Think Right Now Programs. I'm grateful & I'm building my library of programs!!! This stuff is invaluable!

Janet Stevens, MO

Dear Mike,

I have always been an extremely shy person and some personal tragedies made me even more shy. I was excellent in my studies, but I was afraid of going in front of the students in my class. I would get very nervous for my seminars and job interviews were very hard to face. Then one day I was searching and I found your web site. I hesitated on ordering because friends had told me that the internet was filled with deceitful people that I shouldn't trust. But I closed my eyes and posted the order.

I received your Supreme Confidence Now program. I started listening to your program at night before sleep and I not only noticed its effect but my friends did too. They said that I WAS changing because I started looking people in the eye when I talk to them. I am able to endure criticism. My tension and inner anxiety have gone.

My general hesitation has gone, and my nervous habits of shivering and rubbing my hands have disappeared. I can feel myself becoming the most confident person in my country.

Mike, you helped me a lot. I have gotten a good job as a Network Engineer at a Pakistani bank. This site is the best and I love your products. I feel like rock - hurrah, I am the most confident person! I have also purchased Win Friends and Influence People Now. Thank you.

M. Ismail Khan, Pakistan

I use your programs in a variety of ways - I use them at night when I go to bed, sometimes allowing the program to quietly repeat throughout the night. I also enjoy using the Think Right Now Programs when I am washing dishes or doing other general housework while playing the programs on a standard CD player and alternately sometimes using a Walkman CD player and headphones as I move throughout my home. I carry my pack of CD's when I leave the house and play them in my car as I drive or on my laptop computer when I'm at Starbucks or Borders. I have even used the headphone/Walkman options while taking long walks or shopping.

Initially I started with your "Freedom From Depression Now" program, the changes were subtle but undeniable. Just being able to awaken early in the morning with a desire to greet the day was a stunning change, as I related in a previous e-mail..

But by the time I ordered the Unstoppable Motivation Now! , Financial Abundance Now! , and Supreme Confidence Now! programs, I was in need of much more.

Early last summer, I had over \$2,000, credit cards, and car keys stolen from me. Checks bounced, creditors called, and I was struggling to keep an older vehicle running while looking for a way to miraculously produce \$1,300 to replace the keys and security system to my newer vehicle. Boy was I overwhelmed. It was hard to think straight and figure out what to do. Who to pay first? So much to take care of, so little to go around. I began to stick my head in the ground so to speak and do nothing. Day after day past, as I accomplished little to nothing, and the money problems mounted.

I am happy to report, that I am well on my way to digging out of my deep, dark pit. By listening to your programs, I have actually been able to grasp that I CAN accomplish great things, one step at a time. I DO have the time and energy to keep putting one step in front of the other and to keep making progress. I am no longer a victim of my circumstances, but am in control of my own destiny. It's a great feeling to think that when I look back at all that I've been through, I'll be able to recognize that I'm the one who used my own God-given talents and abilities to make good decisions and turn my circumstances around. Everything I've needed has been at my disposal all along.

I am still digging out of the financial pit, but the worst is behind me. I was able to save my home from foreclosure and am moving forward to pay down the other bills, create new sources of income, and judiciously spend the money I already have.

I sometimes am able to listen to 2-3 different programs per day. Sometimes I pick one program and listen to it twice a day every other day. I don't have a set program, other than that I'm certain to continue my exposure to this positive and motivating material on a regular basis. I find that the programs overlap tremendously - each program is effective in lifting the fog of depression. Making strides financially provides tremendous levels of motivation and confidence.

I was particularly concerned at one point, because I some my daughters begin to mimic my behaviors - sleep patterns, lack of focus and motivation in caring for self or surroundings, disregard for deadlines and requests. I wanted to make changes in me so that I could be a better example and an encouragement to them. Thanks for making this possible.

Regards,
Annette Yunker, Virginia

[Order Supreme Confidence Now!](#)

Hi,

My name is Mark and I am writing you today because I would like to share my story with you. I have been suffering from anxiety/depression for most of my teenage and adult life. It was after I was in very serious car accident (that left me in a month long coma) when most of my issues took hold. I struggled everyday with suicidal thoughts and depression. It was by chance that I am still alive today.

My wife started listening to your programs about 6 months ago. She plays them every night as we both sleep. At first I thought she had lost her mind (and was taking mine with her) by playing them all the time. Now, however I am becoming a believer that they really can help anyone (even those who don't consciously choose to listen... :)

Now that I have been listening to Supreme Confidence every night I am starting to feel the benefits. My mood is improving and I am feeling better about my overall self. I notice that I am happier at my job and I am not as easily annoyed (for lack of a better term).

I have noticed my self esteem rising. After the accident, I had a lot of guilt about what had happened (my best friend was killed along with another friend being seriously injured). I really did not feel like I was supposed to live or really should be allowed to live and that really took a toll on my sense of self. After listening to the statements on the program, I am now beginning to see that I do still matter in this world and I have a purpose to be here (even though I still don't fully know why some days).

I feel a little better everyday now that I hear the statements over and over. I don't think I could have ever made myself think the positive thoughts that I hear on the program just by reading a book or a piece of paper. One example of how I have improved is that I used to have major mood swings (so much so that the doctor wanted to put me on serious mind altering medication). Now though, my wife has noticed that I am happier and more "even" throughout the day and I even get more things done. I used to want to sleep the day away. Now I feel more energized to get up and get on with it. I plan to use your programs for the rest of my life and I would not be in this place without my wife or without your help! I know I am still on earth for a reason and maybe someday it will all make sense.

I hope to continue on my path to wellness. Thank you for giving us all a second chance at life. You have helped a lot of people I am sure!

Thanks
Mark

Hi Mike,

I have long tried to find sources of motivation for my job and my goals and stumbled

upon your site. I got your book and as soon as I read the first chapter, it was unbelievable. I would reflect upon the essence of each chapter and I began to notice changes.

It was after getting to the middle of your book that I finally decided to purchase three of your products: Setting and Achieving Goals Now, Financial Abundance Now, and Supreme Confidence Now.

I mainly use Setting & Achieving Goals and Supreme Confidence at night while I play all three programs during the day when I'm in my office. I have to say that they are powerful indeed. I noticed uneasiness on my part after about a week. Whenever I would be positive about issues I have with my job, my frustrations with non-accomplished goals, and my life in general, I would have stronger negative sentiments. There seemed to be a struggle within myself. I was having a hard time avoiding being sarcastic at people and pessimistic about situations.

You see Mike, I handle technical operations for my employer, and projects and people are my main responsibility. I'm sure you know, managing a diverse group of individuals never comes easy...

Now, after more than a month of listening to Supreme Confidence Now and Setting and Achieving Goals Now at night, I start my day by planning my itinerary unlike before. I make sure I greet everyone at the office good morning with a smile. In the past four critical deadlines for our projects, I did not panic and was able to manage the group to meet each and every deadline even if delays were caused by a client. I also noticed I shut-up more often now instead of criticizing people. I haven't been put down as much as before when I get chewed out by my boss. Everyday seems easier and something to be appreciated at the end of it. So far so good, I have not had any conflicts with anyone in the office. I hope to progress a lot more as I definitely have a long way to go in improving myself. Thanks to your audio programs Mike, I am better equipped to do that. I worry a lot less than before.

I have started to save more aggressively from my salary. My wife also noticed I do a lot more chores now than I ever did before. I owe any improvements I have gone through to you Mike, and I am looking forward to more. You have proven me wrong as I went from being a disbeliever to a fan of yours.

Thank you,
Joel Bonzon -Philippines

Greetings Mike!

Just wanted to let you know what an outstanding program Supreme Confidence Now! is

and how it's putting me on the fast track to success.

First of all, even though I have experienced tremendously positive results with your Think Right Now programs in the past, I must confess, I felt a bit let down when I first read the script for Supreme Confidence Now! "Everyone doesn't like me and I'm OK with that"? What happened to "I'm 10 feet tall and bullet proof"? Well it took me less than two weeks to realize that your solid foundation of practical, yet powerful winner's traits beats the hocus pocus wishy washiness hand over fist!

I received your program on February 4 and listened to it that night as I slept. I continued a program of daily listening during my commute to and from work, my lunch hour and any other time I could listen discreetly in the background, and of course, at night as I slept. In addition, I had the script penetrating my subconscious mind visually via Think Right Now for windows.

Prior to working with Supreme Confidence Now, I found it almost impossible to make eye contact with most people I came in contact with. My performance at work was becoming progressively lackluster at work, to the point where I felt like I was in a rut that would never be able to break free of. After about two weeks of listening, I started to notice small, subtle changes in my behavior. My energy level increased. I picked up after myself and became more meticulous about my personal surroundings. I smiled much more often. I engaged people in conversation. So many more "little" things. And I noticed distinct changes in how people reacted to me! I continued my program, and my personal and work life continued to flourish.

Fast forward to March 8th. This particular day was a company luncheon celebrating my boss's 25th anniversary with the company. When we arrive at the luncheon, instinctively I sit at the table with my boss, her direct boss, and the president of our company, whom I had only met once before. Two months ago, I would have automatically found my way to a table with the rest of the 'underlings'. They even joked about me sitting at the grownup's table.

To make a long story short, I was confident, self assured and engaged, and inspired by the accomplishments of my boss and the greatness of my company. Not even a week later, my boss offered me a promotion, my first in over two years with the company! Needless to say, I'm on cloud nine and excited to continue my ever improving, ever evolving work in progress.

Thank you so much Mike, and everyone at Think Right Now International for all you have done.

Warm regards,

Marcus Jerkins, DC

[Order Supreme Confidence Now!](#)

I listen each night when falling asleep. Since I've received "Supreme Confidence Now" I've set my timer to continuously loop the CD program for two hours each night. I listen to the affirmations while I get ready for work in the morning. I've been using these programs for several months. I've used "Eating For Excellent Health Now!" and "Freedom From Depression Now!" off and on and felt some improvement, but I had a hard time really committing to them. (Serious depression makes it hard to do what you need to do). I've been listening to "Supreme Confidence Now!" since it came in the past few weeks and the changes have been unbelievable!

The benefits are astounding. I've had more energy. I've had more motivation. I've been calmer. I've had very little trouble sticking to my healthy eating goals, and have seen my binge eating nearly disappear despite a stressful work project. My mood has improved so dramatically that I'm scheduling a doctor's appointment to go off of my anti-depressant. I've been sleeping less and still have oodles of energy. I've had a HUGE project at work to complete in too little time and I've taken it in stride. In fact, I am very proud of the results. I've exceeded my expectations and my boss's expectations of what we could accomplish. I've spent more time on my appearance. I've gotten some exercise every day (most days after a full work day). Then in the evenings I've been a whirlwind of activity at home. It is so amazing!!! At first I didn't attribute the changes to the program. I figured I was having a couple of good days. But now that it has been every day, I've realized it is the program. The changes are absolutely fantastic. I can't wait to see how much better and better my life becomes as I continue playing this program. Thank you for your hard work!!!

Thank you and many blessings to you!
Lori Manning, TX

I own "I Love Exercising Now!"; "Eating for Excellent Health Now!"; "Real Self-Esteem Now!"; "Supreme Confidence Now!"; "Dissolving Panic & Anxiety Now!"; "Setting & Achieving Goals Now!"; "Unstoppable Motivation Now!"; "Instant Diet Power"; "Instant Workout Power"; "Win Friends & Influence People Now!" and Think Right Now! for Windows. I listen to one of the programs every night. I have "Supreme Confidence Now!" and "Unstoppable Motivation Now!" in my car and Think Right Now! for Windows at work on the computer with the info from all of the above on it.

Where do I begin??? Looking at the list above you'd think I was a mess to start with, but I think it was curiosity that sold me on the first program. I knew from education and my own studies the power of affirmations and repetition. I would wake up in the morning

feeling different. My life got better and better. I kept buying more programs. But how was it better? Well, I found myself answering people with lines from different programs or, more importantly, talking to myself with lines I had heard.

I can do anything I put my mind to.
I'm worthy of praise and rewards.
If I can dream it, I can do it.

And I started to believe it. So I tried new things and little by little I found myself getting excited about getting up the next day. I was happy all the time. People would comment about how "together" I was. When my son's girlfriend was having some problems she said she wanted to be more like me so I had you send her "Real Self Esteem Now!" and "Dissolving Panic & Anxiety Now!" Anyways it is hard to be specific because it seems to come so easy. I smile more. I look at situations and know I can make a positive impact. I've lost weight. I joined a gym and a wonderful yoga class.

I am happy with my life and I don't know what more any program could do. When I tell people how I listen every night, they seem skeptical. But people were skeptical of the telephone and television too at one time!
Sincerely,

Linda Czerkies, NY

Hello Mike and Others,

I wanted to provide you with an "unusual" and wonderful experience I have had as a result of using your programs.

As a result of experiencing a severe mental/emotional disturbance about 10 years ago I have been seriously undertaking self help processes in an attempt to bring myself back to "life." Help for mental illness is virtually non existent in Australia unless you are filthy rich and can afford the \$100 to \$200 per hour charged by psychologists and higher for psychiatrists. My experience is that mental illness usually coincides with a bout of financial drought at the same time. Funny about that! I had been very successful in business until this episode occurred. The money disappeared very quickly after that.

I eventually came to understand that my thoughts were creating my life and therefore were creating my problem. Unfortunately, mental illness creates (or is caused by) a constant barrage of very negative, self critical, non conscious thoughts 24/7. No matter what I tried to do - meditation, chanting, visualizing, writing goals, subliminal training, hypnosis, etc, etc, etc - nothing could stop these thoughts constantly pounding my brain with their negative message.

Happily, I recently found your web site and everything has now changed for the better. I started with "Setting & Achieving Goals Now." Then I went to "Supreme Confidence" & "Dissolving Panic & Anxiety, Now." I used these programs for 1 or 2 months each and now I use them all together in "mix and match" mode throughout the day (I have a lot of free time) and cycle them one at a time each night. I am definitely feeling much better and I have been able to get myself back into "active" mode by teaching computer skills courses for seniors as a volunteer. I have also successfully commenced an investment program that I can run over the internet. The "Inner Critic" has been reduced to a dull roar and I can now consciously intervene when it gets too tough or won't shut up. I have found that in stressful situations, which I had to walk away from before, I now have a calmer voice to call on and I feel a lot more balanced and less inclined to have a brain storm of going over and over the conversations and all the possible variants in my head. In the past, these episodes could last for 3 days without a letup. This is good, but read on for the big leap forward!

About 4 week's ago I ordered and received "Win Friends & Influence People, Now." Within 2 weeks, my "old" girlfriend (in both senses of the word "old" as I am 65 and she is 55.) has come rocking back into my life. This happened after a break of more than 12 months and I thought our relationship was well and truly over for good. We are now deep in the process of enjoying the most loving and perfect relationship you could ever imagine. It is pure bliss.

The point I would want to make: Major changes can occur in unexpected ways and sometimes in an area of life that we may not immediately be looking at improving. I started my journey to improve the quality of my life in material as well as emotional terms. Although the material side is improving more slowly - a work in progress - the emotional side of my life has taken this great and wonderful leap forward. I accept this aspect as an indication of major success as a result of using your material. There is not a doubt in mind (and there was until this wonderful outcome) that the other things that I am working on to further improve my life are definitely "happening" albeit more slowly than my "critic" would want.

To those who are also dealing with the demons of an incessant Inner Critic I would say, "Keep pushing the 'play' button just like Mike says. It may take time, sometimes years, but it really works."

I have a carousal cd player and I play all my cds mentioned above for all of the day that I am home as well as playing one only during the night.

Thank you Mike and best wishes.

Stuart, Australia

[Order Supreme Confidence Now!](#)

Unstoppable Motivation Now! Success Stories

Dear Mike,

The Unstoppable Motivation program is amazing! I am currently in my last semester of law school. As you probably imagine, this can be a pretty stressful time in and of itself, but I was letting life get me down. Over the last three months, I began to feel overwhelmed. I was going through a breakup of a long distance relationship, and I felt like I had more work than would ever be possible to finish in time for my final exams. I felt like I was drowning in grief over the loss of the person I loved and a huge workload. What was worse was that I thought so much about this girl that it was impossible to do ANY work, let alone the pretty big amount that I was committed to. Or so I thought.

I was checking my e-mail one day and I saw your web page advertised as a banner. I looked it over - some of the claims seemed pretty outrageous... but I decided that I could risk the discounted price for Unstoppable Motivation. I decided to get overnight shipping. When the program arrived I was so happy that I immediately put on some headphones and pressed play! That was six days ago. Since then I have listened to the program at least once every day before going to sleep and sometimes twice or three times.

In the six days since last Friday A LOT has happened. Believe it or not, I am caught up on my school work! I am feeling great in class every day. A smile is almost permanently glued to my face, and the world is full of opportunity and FUN - compare that to seven days ago when I was worried that I might actually cry in class because of my lost love! Oh, and on the subject of my lost love, I love her - unconditionally - and whether or not she ever appears in my life again that is just perfectly fine! Every time I start to feel that pain, I just radiate unconditional love to her. And the pain just vanishes and is replaced with the most incredible warm feeling. My friends are reappearing in my life - I guess they had been getting pretty sick of my SOB story ... and I am having so much fun that I can't believe it. Studying is fun, school is fun, work is fun, exercise is fun, and hanging out with my friends is fun. I have been getting up early to read and study, and going to bed on time. I feel great, Mike, AND IT HAS ONLY BEEN SIX DAYS!!!!!!

Erik Olsen , WI

Hi Mike,

Unstoppable Motivation really works!

My name is Leslie Gunterson; I have been using the "Unstoppable Motivation Now!"

program for only a week now. I first received the affirmations and began reading them over the Thanksgiving Holiday, then when the program arrived I took a rest on Saturday afternoon and tried listening, and then again before bed. I listen every night and try to listen either in the morning, as I get ready for the day, or at a nap time or in the car. So I get twice a day in.

I am currently separated from my husband, for the last month, who is addicted to rage. I had been on an emotional roller coaster as you can imagine. Some days I don't even want to get out of bed. I have four boys and have not worked full time in the last 13 years (only part-time), so I am of course concerned how to support myself and my kids. My youngest son is 10, and is not taking the fighting and separation well at all, and is in counseling. My 13 year old sleeps most of the day, just depressed. I have been getting the newsletter for a few months now and liked the idea of Unstoppable Motivation, because I get ideas and then get depressed and shut down. I ordered Unstoppable Motivation to help me overcome the de-motivation of the emotional aspects of my life right now.

Since listening only for a week, I have come up with several ideas to use my talents to help others and to give me a new income, teaching Ladies Self Defense. Also, I have begun writing a book that was just a little speck of an idea and is already gaining momentum. I already have most of the first chapter written. Also, I am so enthusiastic about these ideas; people are coming out of the woodwork to help me get into the local colleges to teach this course.

My son, who is having much difficulty sometimes, sleeps in my room with me. I said he could, but he would have to listen to the program too. I asked in the morning if it bothered him and he said, "No mom, in fact, I think it helps me!"

I have a much more even emotional temperament now, even when my husband is around and begins his angry tirades, I am able to just walk away, and not let it get me down. Before I would go to bed and not want to get out again. Even during the day, I find myself re-thinking an automatic thought, and replacing it with one from the program.

One reason the program is working so fast for me is that basically everything on it is true to my core values, the negative influences in my life are not true to my values, yet get a foothold in my conscience due to outside circumstances. This program refocuses my mind on my core values. Anyone who can read the affirmations and realize the truth of them to their core values will have rapid success with this program.

Thanks for a great product.
Leslie Gunterson, CA

Hi Mike,

Just a quick email to say a big THANK YOU for helping me get some fun back in my

life. Over the past few years I have let my work encompass my life as it was the "safe" thing to do. My mode of thinking was that there was no time to get involved in a relationship that may go wrong if I am too busy with work. I didn't realize how bad it had gotten until a client once asked me what my hobbies were. I couldn't think of anything I did that didn't involve work (apart from grocery shopping which really doesn't count does it?)

At that point I knew it was time to do something. I was sitting at my computer thinking "where do I start" when I saw an email from you. I had been getting your emails for a little while and had not really been putting much effort into reading them so I decided that would be the start off doing something that wasn't work related. I would spend a few minutes reading your updates and stories. And what a great decision THAT was!

After a week of reading back on your emails I thought "I can do this too" and sent away for your "Unstoppable Motivation Now" program and have been listening to it at night as I go to sleep. It has only been a few weeks since I started this and all I can say now is that I feel great! I have begun a life outside work (which I must say I am enjoying immensely.) My productivity at work has increased - I am not working harder I am just working smarter now! My mind is clearer and I am definitely more focused and productive.

Best of all though I am having fun for the first time in ages and I am not held back by fears of being hurt or failing! I understand that the failures are a learning experience and I can use them rather than have them defeat me. I feel like a kid in a candy shop with so many opportunities open to me now. Things I could have done before but just never did.

Thank you so much! I was speaking to my Mum on the phone over the weekend and she asked me what had changed because I sounded so happy and had something other than work to talk about. I finally feel like I am LIVING my life instead of surviving it.

I wish you and your family and friends a fabulously Merry Christmas and a fun filled year ahead!

Love and hugs!
A very grateful Tracey, MO

[Order Unstoppable Motivation Now!](#)

Hi Mike,

It is a pleasure to inform you of my success with the Unstoppable Motivation Now audio program. I have played the program just about every night while drifting off to sleep for approximately a month now and I am quite surprised by the very notable change in my thinking that has taken place.

I have always been productive at work but I had frequently been frustrated by a lack of motivation to get projects done at home. After the first few nights of listening to the program I noted an immediate feeling of increased energy and focus towards getting more things done...this intensified more after a few weeks. I've been working on projects until they are done instead of just beginning them and then dropping them soon thereafter. Now I can hardly wait for spring to get going on my outdoor projects.

I was skeptical that my change in thinking would be so dramatic. At first glance, your website seemed to me to promise more than could possibly be delivered by your products. Well, I admit, I was wrong. Affirmations work and their use in your product work very, very well. My motivation level was increased immediately and I perceive that it continues to do so. Whatever was holding me back is fading away fast.

Going forward, I plan to get an I Pod and load the program onto it and listen while I am working out. Also, it looks like I'll be participating in my first triathlon much sooner than expected. I'm more motivated to prepare for one and I'm getting my other projects done so I have more time to exercise.

Mike, thanks for developing an excellent product that truly delivers much more value than its price. I have had the opportunity to attend some excellent seminars taught by some of the "greats" that discussed motivation. Seminars are interesting and often end with attendees feeling empowered...but the power fades with time. Continuing to listen to your CD results in a feeling of empowerment that continues to grow.

Good luck to you and thanks again.
James M, St. Louis

Hi Mike and co-workers,

I have to tell you this as it is so sad but joyful at the same time, and it relates to your program "Unstoppable Motivation". I purchased the program a little while ago, as I wanted most of the audio's that you had on offer but I thought that this general one would be a great place to start.

Since purchasing it, my brother contacted me out of the blue and let me know that he has inoperable cancer of the throat. I had been experiencing some changes in my thought processes as a result of listening to your CD regularly and my brother needed something to lift him, as a death sentence of three to six months does not make one happy.

I started playing the CD in the background on our visits and at first my brother did not have any reactions, however after about three visits, he commented that he felt much more calm and relaxed after our visits and as he knew why I was listening to messages,

he did not bother about them being on in the background.

Later on, he and I started to record the messages that are at the bottom of the daily chapters. I selfishly wanted to hear his voice and he thought that he could use a project to keep himself busy that he would pick up and put down as he had the energy. I later found out that he was listening to these tapes each night whilst he slept. I have given him copies of the ones that I recorded and I have copies of the ones he recorded. In the last month I have seen a remarkable breakthrough in his manner and acceptance of his terrible disease.

He is no longer angry about the unfairness of life, which you might say is a general acceptance of the inevitable, and would have happened anyway. However there is more to it than that. He is almost the cherubic boy I grew up with. Not the angry young man who rebelled against the world. His paranoia, which he suffered from for over twenty years, seems to have abated and he sees the good in people that he never saw before. Together, we are looking at getting his affairs in order and this task which should be such a sad one, is allowing us to explore the depths of our family's relationships and for my brother to forgive, where once he would have walked a thousand miles before doing any such thing.

I am also far more calm, accepting and tolerant of everyone. I have made huge inroads to organizing my life better and being a happier healthier person. I recently had a minor car accident and instead of being anxious at the roadside in 35 degree Celsius heat, I sat in the car with the air conditioning on listening to my CD and not worrying.

I also lost a small amount of money - less than \$20.00 and usually this would have had me frantic with worry (I am a bit obsessive / compulsive in some areas) and this time I said, the money is such a small amount, I don't need to expend the energy searching and worrying.

My diet is healthier and I have written an exercise program and stuck it to the fridge, to assist me in getting fitter. These are things that I always talked about but never did. All of this seems to be baby steps, but we all know that a journey of a thousand miles starts with one step.

I will keep up the motivation for me and assist my brother in any way I can, as I know that his peace of mind can assist us all at this time.

Keep up the good work.

Elizabeth Jones, Queensland -Australia

Hi Mike!

I am very excited to report my improvements since listening to "Unstoppable Motivation Now!" I have been getting your newsletters for over a year and found them very helpful. You sent an e-mail talking about the program and it really motivated me to purchase it! Kudos to your writing skills!

I have been with a direct marketing company for 9 years. It truly is the career I want to have. I've had grand dreams of making it big for most of this time. I've planed on building my own unit and motivating others to succeed and being able to achieve more personal freedom. I have gone up and down with sales and not been very consistent. To be honest, I didn't really feel as though I could or deserved to achieve what I wanted. The first phrase on the CD really hit home! It says I do deserve the best life has to offer. You know what??!! I really do!!

I've been using "Unstoppable Motivation Now!" since November. I listen to the program while I am at my day job. So many of the phrases pop into my head during the day! There are times I don't feel like going home after working my day job and contacting my clients or doing something I know I should. There is a phrase on the CD that covers this too. So now, if I even think of procrastinating, I hear this little phrase in my head. The company I am working my way up in sets challenges for us to help us move up in our business. One challenge has been offered many times and I have never completed it. I've gotten excited and made a halfhearted attempt but never came close. We had to get 10 new appointments by a certain time. I DID IT!! (And with 1 extra!) The most exciting thing is, I didn't freak out and stop once I accomplished it! I've kept going.

I had been listening to 'Unstoppable Motivation Now' for a few days during the week. I felt a difference right away at home too. I accomplished so many things I'd wanted to do. Usually I make this huge list to accomplish on the weekends, get overwhelmed and don't bother to do even half of it! It felt great to get everything done. I didn't have to try to catch up during the week.

There is also a phrase on the CD speaking about making any job bearable. It makes me laugh - it's almost as if you knew my day job is wearing me down! That little phrase helps remind me I am a positive person. After all, I don't have to be in this spot forever!

The phrases in this program have made such a difference. I feel different. I work harder and don't have to push myself so hard to do what I know I should. Getting out of my day job should be enough of a motivator but I was really feeling stuck in a rut! I was starting to think about my age and being stuck in a job I'm not appreciated at for the rest of my life! It really was wearing me down. Thanks for helping me get out of my rut! I don't know that I've really conveyed how MUCH this program has helped me. It has made such a difference in the way I think. It really is a mindset-and such an easy way to get rid of problem areas! I am so happy I got it!

Carrie Brettingen - Onalaska, WI

[Order Unstoppable Motivation Now!](#)

Hello Mike,

I began using the "Unstoppable Motivation Now!" program 6 weeks ago. To say that I'm satisfied with the purchase would be an understatement. I was a little skeptical before making the purchase and even more skeptical after I received it and listened to it the first couple of times. But things started to change quickly. Stressful situations started being easier to deal with. My desk stayed clean because the To Do list was getting done. My confidence level and belief in my ability to succeed has risen as well. The key for me has been the constant listening. I go to bed with this CD every night. It burns the right beliefs into my brain until it becomes second nature. I think this product would benefit anyone. Highly recommended!

Thanks,
Greg Mitchell, TX

Hi Mike,

I recently ordered your "Unstoppable Motivation Now!" I listened to it a few times and had a hard time staying with it as I am not comfortable sleeping with headphones on. So I put it in my car CD player but had to be careful since it seems to be geared towards meditation, and of course I had to be alert while driving. I was able to listen to it at lunch though, with my car parked in a local park.

I honestly didn't think it would work that well for me. I didn't like the 3 repetitions of the affirmations even though I agreed with almost all of them in theory. Even with my negative attitude, in less than one week I found myself confronting my husband on something that had been bothering me for some time and we had a good positive discussion! Also, taking action at work to correct a form that had several typos and the author was not correcting it and getting quotes from a new cleaning company since our old one's quality has been slipping despite repeated requests to correct issues. In addition, I've taken action to fix some damaged carpet that my boss had asked me to have repaired or replaced 2 months ago. I've also modified my exercise program to something that would not cause me PAIN. Lastly, I have finished a correspondence course I was working on.

Mary Tisland
Holland, MI

Dear Mike,

Your programs are just fantastic. I bought "Instant Invincibility" and later "Unstoppable Motivation" and Setting and Achieving Goals.

I listened to the CD's only in my car during my 3 hour round-trip commute to and from work, since I don't have much free time. I found that listening to them repeatedly was important because I started to memorize some of the stated principles of success and they started to become part of my thought process. I liked the affirmations because they put everything in order. The CD on goal setting clearly stated all the principles necessary to successfully create and carry out goals. Everything was very clear and comprehensive. I was able to memorize most of these principles and incorporate them into my activities at work, which helped me feel more confident, eliminated a lot of fear of certain challenges, and helped me to accomplish more.

I was brought up to feel inferior and lacking in ability. Even though I always knew this was not true and that I had some great talents, this upbringing gave me many doubts and made me interpret any failures as proof that I was less intelligent and talented than others, even though I have much proof to the contrary. Those doubts have really held me back in life. Now as a result of your programs, I am accomplishing one goal after another. I present myself better to the public, navigate through difficulties and come out with many little successes that really add up. I have been able to become more organized and disciplined, and it feels natural. I definitely feel the changes within myself. Other people have noticed and commented that there has been a big change within me. I am accomplishing so much; I am handling conflict with others very well in a win-win style, and I am not letting people take advantage of me as had happened many times in the past. I am suddenly able to stand up for myself, and I think it's because I know how valuable and worthy I am after listening to these CD's. They also make me feel that so much is possible.

One example of a goal I am achieving is to learn to play the violin late in life. I was studying recently with someone who was a pretty good teacher, then had to stop for almost 2 years because of a finger injury then right after that a shoulder injury. It is very hard to find a teacher so talented that they're able to teach an older adult well enough that the student can become an accomplished violinist. It is usually necessary to start studying at a young age. However, I was lucky enough (or mentally prepared enough that opportunities will now present themselves) to find (after going back when my injuries were better) one of the greatest teachers who had studied with the greatest violinists in Russia. Many have studied there in the best schools, but not everyone is as talented as this man was. After a couple of months of lessons he died. But this did not stop me. I now study with his son. The techniques taught to me by these new teachers have been so great that for the first time I really feel comfortable with the instrument. I have now played in an orchestra, and get paid for it! I have played solo performances and get paid for them! Everyone says that my sound and intonation is beautiful.

I never would have dreamed to actually achieve these goals, although I have wanted them all my life. It's a scary thing to do. Many people have told me I was wasting my time trying to take on an impossible goal and should be focusing on just working at my office job, making money, and taking care of the kids. My children have benefited from my "pie-in-the-sky" impractical dream; they encourage me on it, and have learned that you have to pursue what you love and that even the most difficult challenge is worth pursuing.

The CD's made by your company gave me the "unstoppable" confidence to forge ahead, and I am going to keep going and see how far it takes me. If not for your CD's I would not have had the stamina and motivation, certainly not the confidence to accomplish what I did with the violin.

The CD's are convenient and it is very easy and effortless to just sit back and listen. I felt I had a personal friend guiding and mentoring me, which is something I needed. You cannot always find this in life, and there it was - available, at an affordable price. I am really grateful for the opportunity to have this information easily available; it has completely changed my life.

I also let my husband listen to "Instant Invincibility" before going on a job that he was very afraid to do. He plays trombone, and performs but has not had much teaching experience. He had to make a one hour presentation to an auditorium of school children, teachers, and principal. He was very concerned he would not know what to do when he got there. It turned out to be a major success. He would not have been able to go and have the confidence to present himself if he had not listened to that CD. He said it helped him a lot. It reduced the panic and enabled him to concentrate on doing a good job. I will be buying more CD's. It worked out best, as you advised, to work on only one CD at a time, or no more than 2. Sometimes I listened to one on the way to work and the other on the way home. For me, 2 months was a good amount of time to spend on each one. I am very impressed with the quality of the work Mike Brescia produces. He really cares more about people than making a ton of money.

Sincerely,
Jamie

[Order Unstoppable Motivation Now!](#)

Hi Mike,

I've been listening to your Unstoppable Motivation Now! CD for 8 days. Here's some feedback. I usually find it difficult to go to sleep with music on. Therefore, an hour before I turn in at night, I settle down in my favorite chair, put the headphones

on, close my eyes, relax and listen to the CD. I also listen to it twice more during the day while at work with headphones on. I make no effort to pay attention to the affirmations or agree with them at any time.

Right from the time you emailed the affirmations to me, I read the entire set out loud thrice daily. I've also copy-pasted them into Think Right Now for Windows, and set the messages to flash every 4 seconds.

Here's some of what I've experienced so far.

I always had to struggle with procrastination and general lack of discipline. I did get work done, but only by gritting my teeth and forcing myself to do one thing after another. Result - I usually achieve much less than I know I can, with a lot of stress as a bonus.

In contrast, work seems to go much smoother now. There's a certain flow to it which was missing earlier. It's as if I'm doing all the right things at the right time, automatically.

Here's a simple example. Earlier, if I had completed a task at my desk and had 5 - 10 minutes of spare time before I had to get up and go elsewhere, I would usually waste those minutes aimlessly surfing the net or flipping through a newspaper.

Now, I use the time to actually get something done, even if it is only a very small portion of a project. The best thing is this happens without any struggle on my part. And this is just one out of several different ways my productivity has gone up.

I don't think I can describe all the improvements adequately, but it's a HUGE change for me. I've always wanted to be able to work effectively, but never could, till now.

My feelings about work have changed. I used to think about work with a sense of distaste. It's different now. I'm sure I have a long way to go still, but now I feel more positive when thinking about work.

Every now and then, I would get headaches while working. Perhaps it had to do with my internal struggle to get myself to work. Anyway, since I started listening to your CD, I have been headache-free.

Here's something I noticed last Sunday as I strolled along the beach. Normally, on such occasions, I would brood over problems related to work. I'd think about how I would enjoy life if only I could earn more, how I shouldn't have made a wrong decision regarding something, etc.

The net result was that I would mentally shut out my surroundings and not really enjoy the walk.

This time, in total contrast, I stood and drank in the sunset. No thoughts about past or present problems. Felt the wind, the sand and the water. I even smiled at a few strangers.

This will probably sound silly to most folks, but for me, it represents a very positive change.

I notice that I'm making more eye contact with people now. Don't know how your CD managed to have this effect, but it did.

The really amazing thing is I've been listening to your CD for only 8 days. Wonder what's going to happen when I listen for 3 straight months? What will happen to my outlook and output? And further, what will happen over the next year when I will have ordered and listened to many more CDs from you? I think I better start setting some big goals because I will actually achieve them!

It's as if a lifetime of junk is being blasted away and replaced by stuff so positive, it seems to have a life of its own. I feel better now than I did at anytime since I was a teenager!

A BIG thank you to you and your team!

Best regards,
Sanjeev Nair, India

Dear Mike,

I got into a bad relationship two years ago where my partner was a heavy drug user. Over two years I slowly watched myself use drugs for recreation. Then it became a daily habit.

My work suffered as I fell increasingly behind and started to miss important deadlines and meetings as I could not remember things. I also became very apathetic and I stopped taking courses that I used to enjoy to help advance my career. I have broken up and gotten back together with this man several times and each time is a vicious, drug-binge session and a blow to my self-image and ego. I became isolated and desperate but on the outside I still managed to maintain the impression that I was okay.

This is when I decided I needed to help myself. I sought out counseling but began to dislike the process. So, I decided to try something new. I had always received your newsletters and found them inspiring and insightful. So I thought if I built back my confidence and restored my motivation that my pursuit to be a better person would conquer my current lifestyle and habits. I was right...

I have been listening to your programs and making a conscious effort to take the process seriously. I have grown more as a person in the last month than I have in the last 2 years and I now see the light at the end of the tunnel. I feel my confidence and my old-self returning and I feel incredible.

You have saved me by helping me save myself and I will always be eternally grateful. The power of words is far reaching and I hope others have the opportunity to discover how such a simple and effective program can improve the quality of life.

Thank you from the bottom of my heart.
Nadia, Canada

Dear Mike and all others that work behind the scene,

Well, I have made it through the holidays. I normally abhor them. No money + no time = major stress. I have been consistently listening to your programs for a month now and there have been great changes.

Let me go back to the beginning. I had ordered your "Setting and Achieving Goals Now" program two years ago. I had listened to the program for, I'm guessing here, about two weeks and I was worse. I figured that there just wasn't any hope for me at all. I'd also try to diet and I'd gain 10-30 lbs. BUT I kept reading your newsletters. You had written about how sometimes our minds will get worse fighting change and that was me. You'll never know how glad I was to read that I wasn't abnormal. I ordered the Supreme Confidence Now! and Unstoppable Motivation Now! Programs. My next problem was which program to listen to first. I'd listen to one program for one week and then change off. Here again, your letters helped me out. A man wrote in saying how he downloaded the program into an IPOD and then listened to it anywhere he went. About two and half weeks ago, I did not have a clue to what an IPOD was, so I investigated and decided that was what I needed. So off I went, and found an inexpensive MP3 player (see, your programs are even helping me to stay current with the world). I have downloaded all three programs into it so I can now listen without bothering hubby or anyone else anywhere I go. It is great; I mainly listen to it at night while I'm falling asleep. Generally I don't hear it after the "Close your eyes" part. I am sleeping all night now and wake up ready for the new adventure of the day. In the morning, I get up and read 'Today Is Your Day to Win'.

The holiday still had the same amount of money to spend, the same amount of time, but I had very little stress involved. I was better organized, I had better ideas about gifts, and it was the first time that I have really enjoyed Christmas since I have become an adult. I don't procrastinate as much as I used to either. I also started exercising and eating healthier. Goals are such a wonderful thing to have.

I'm still a work in progress but what a wonderful progress! I have had many years of wrong thinking so it cannot change over night but the results I am seeing and feeling in myself are just wonderful. I am so very excited about this new adventure that we call life

which I'm partaking in. It is a grand world that we live in.

Thank you again for making available to all of us who have thought poorly of ourselves for so many years, the right way to think and the right way to change.

Jean Stamps
TX

[Order Unstoppable Motivation Now!](#)

Hi Mike,

I have been reading your newsletter daily for some time now with all of your success stories and I thought it was about time I shared my story with you. Firstly I will start off by saying I cherish the day I stumbled across your website while surfing the Internet. The automatic changes in my attitude and life direction have been amazing. I will bring us back 7 months ago - I had a problem with drugs. The main problem was with the abuse of anabolic steroids and I believe that all of the other problems grew off this one (4 year long) bad habit. I put so much worth on my physical appearance that I was abusing my mind and body, and worse the people around me including the ones I loved. It all came to a crashing halt when I was so emotionally shattered that I sold everything I owned and ran off to Amsterdam. After a week of taking drugs and a month of starvation I was deported. Shortly after my return, I came across Think Right Now and the web page convinced me to give it a go. I ordered I Love Exercising Now. At first I was a bit skeptical that the program was designed only for those looking to lose weight but after a week of listening to the tape every night I realised I was back in the gym every day, automatically without fail! I really enjoyed lifting weights naturally, and I had not been worried about my appearance or dreaming of a quick fix. My health was my first priority and persistence and patience seemed to be so natural.

Two months later I was doing so well with 'I Love Exercising Now' I had to grab hold of your new title 'Unstoppable Motivation Now' - The results were INSTANT and before I knew it my new goals were my life blood, my attitude and direction now seem so clear. I Will Not Fail!! All from just listening to, sorry not even listening to - just playing these tapes my life has taken such a turn for the better.

I'm physically and mentally in the best shape I have ever been, and I have to pass on my most sincere and gracious THANK YOU to Mr. Mike Brescia and the team at ThinkRightNow.com. Thank you for allowing me to share my story with you. As Mike would say I love you all.

Sayed Abdalla

Dear Mike,

I use your programs in a variety of ways - I use them at night when I go to bed, sometimes allowing the program to quietly repeat throughout the night. I also enjoy using the Think Right Now Programs when I am washing dishes or doing other general housework. I do this by playing the programs on a standard CD player and alternately using a Walkman CD player and headphones as I move throughout my home. I carry my pack of CD's when I leave the house and play them in my car as I drive or on my laptop computer when I'm at Starbucks or Borders. I have even used the headphone/Walkman options while taking long walks or shopping.

Initially I started with your "Freedom from Depression Now" program; the changes were subtle but undeniable. Just being able to awaken early in the morning with a desire to greet the day was a stunning change.

By the time I ordered the Unstoppable Motivation Now! , Financial Abundance Now! , and Supreme Confidence Now! programs, I was in need of much more.

Early last summer, I had over \$2,000, credit cards, and car keys stolen from me. Checks bounced, creditors called, and I was struggling to keep an older vehicle running while looking for a way to miraculously produce \$1,300 to replace the keys and security system to my newer vehicle. Boy was I overwhelmed. It was hard to think straight and figure out what to do. Who to pay first? So much to take care of, so little to go around. I began to stick my head in the ground so to speak and do nothing. Day after day passed, as I accomplished little to nothing, and the money problems mounted.

I am happy to report, that I am well on my way to digging out of my deep, dark pit. By listening to your programs, I have actually been able to grasp that I CAN accomplish great things, one step at a time. I DO have the time and energy to keep putting one step in front of the other and to keep making progress. I'm no longer a victim of my circumstances, but am in control of my own destiny. It's a great feeling to think that when I look back at all that I've been through, I'll be able to recognize that I'm the one who used my own God-given talents and abilities to make good decisions and turn my circumstances around. Everything I've needed has been at my disposal all along.

I am still digging out of the financial pit, but the worst is behind me. I was able to save my home from foreclosure and am moving forward to pay down the other bills, create new sources of income, and judiciously spend the money I already have.

I sometimes am able to listen to 2-3 different programs per day. Sometimes I pick one program and listen to it twice a day every other day. I don't have a set program, other than that I'm certain to continue my exposure to this positive and motivating material on a

regular basis. Making strides financially provides tremendous levels of motivation and confidence.

I was particularly concerned at one point, because some of my daughters begin to mimic my behaviors - sleep patterns, lack of focus and motivation in caring for self or surroundings, disregard for deadlines and requests. I wanted to make changes in me so that I could be a better example and an encouragement to them. Thanks for making this possible.

Regards,
Annette Yunker, VA

Mike,

Your book and audio program have most certainly had a huge impact on my life and for that I am grateful. I was once a shy, self-conscious and angry person. I used to blame my problems on the world, God, everyone else but myself. In fact, I used to believe that I was "cursed." Not to say that I am 100% cured, but I definitely have a whole new perspective on life.

I no longer stay down when I fall. I get up and attempt again. I am no longer angry, I accept the things I cannot change and take the necessary steps to change what I can. My patience for other people has grown which has allowed me to strengthen and renew my relationships with my family and my fiancé. I have even restarted a company that I formed in 2004 which failed. Not that it's out of the woods yet but it is performing much better than it did the first time around and the outlook is positive. I'm not sure if I would have had the courage, the grit, the audacity to attempt self-employment again after being unsuccessful the first time. Even if I did, I'm not so sure I would handle the problems and failures as well as I have.

You've taught me to handle the problems as challenges. You've taught me to handle failures as stepping stones and not as rationale for giving up. The other day I was thinking about the major turning points in my life and I have to say that I ranked October 21, 2005, the day I received chapters 1 - 10 of your e-book, as the greatest turning point in my life. Mike, you have helped me improve every single area of my life. You have given me so much hope for the future. You have helped me define my purpose in life which is huge because I thought I had no purpose before. I have found my purpose in life and I love living it each and every day.

Thank you a million times for what you do and please continue with your great work. I have read all 99 chapters, most of them more than once. I will continue to read the chapters and listen to your tapes. I will be on the lookout for any new products you produce and I will be your biggest promoter. Thanks again for all you do.

I love you too,
Joe Harker

[Order Unstoppable Motivation Now!](#)

Hi Mike,

I am writing this because I have never felt so compelled to by another product. Let me start by saying nothing I have used has ever given me results before like I am getting now with 'Unstoppable Motivation' and 'Setting and Achieving Goals'. I have been an amateur musician for fifteen years. In that time I have never written a single song. I have always secretly wanted to be a prodigious writer, but every attempt left me frustrated and I resigned myself to being a side musician.

Well, for the past three weeks I have been using Unstoppable Motivation and Setting and Achieving Goals as a powerful cocktail while I am at work, listening at least once through per day, often twice. I not-so-secretly hate my corporate job and have always longed to fulfill my dreams of supporting myself and my family as an artist. Well, after fifteen years of not-writing a single song, I have written nine in the past three weeks. NINE! And they're damnably clever if I do say so myself. I carry my lyric notebook everywhere and I feel compelled to write on lunch, when I get home, when I wake up in the morning...even doodled some waiting for the elevator this morning. Any moment I can. I am so tapped into the muse right now. I hope it never goes away. I've recorded them on my PC and this weekend my band mates and I will begin tracking them in the studio.

Not only that but I have submitted several poems in the past week to various publications and I am twenty thousand words into writing a novel. I just find myself compelled to create now like I never felt before. I can't thank you enough for providing a product to help me tap my greatest potential. Talk about Unstoppable Motivation!

I just received your new release, I Am Organized Now, and I am listening to it as I write this. I am bursting with energy to create right now. Thank you so much, Mike! Keep it real!

Charles, NY

Hi Mike:

I've purposely waited to contact you. I wanted to let the process unfold naturally without looking for things to share. When I came across your site my gut said try this. I've tried a

lot of stuff and my main challenge has been to stay motivated - across time and across whatever challenges that inevitably come up.

My field is psychology and I have spent a lot of time trying to figure out my thought processes and "motivations". Usually feeling like a puppy chasing its tail - going 'round and 'round. My inspiration or new idea would fade very quickly and I'd be back where I started from - I couldn't keep myself motivated, no matter what I did. Nothing really worked to take me to the level of what I want to achieve. If I can't do it for myself, how can I have true credibility with my clients? I ordered your programs. One of the ones I purchased was 'Unstoppable Motivation, Now'.

I've been listening to your program for over four weeks now. I listened in the morning and at bedtime, as well as during the day as much as possible. At first I did not notice a difference but then I noticed that I was developing more backbone - I didn't allow myself to slack off (I'm starting a new business - fulfilling my purpose and passion - had to compose brochure, letters of intro, my CV, etc). Before my attention span was short and I could always find other things to do that were more "important". I now keep to a schedule and ask myself "Is what I am doing bringing me closer to my goal?" I have pretty purple post-it notes everywhere with your sayings on them. What works especially well for me is "Nothing Works until I Do". I've also noticed that when doubts come in or I feel a little discouraged or overwhelmed, one of the affirmations from 'Unstoppable Motivation, Now' kicks in, almost automatically.

Example: I placed an ad in the paper for the services I offer. I haven't gotten the response I would like. In the past I would feel very discouraged and want to give up and say negative things to myself. Now I say "All I need is one call". "The more calls I get will lead me to the one call I want". "The more no's I get, the I closer I am to a yes". I also changed the wording of the ad the following week with help from a pro.

I seem to be able to deflect negativity from other people much more easily; I no longer take negative comments to heart - that's their opinion, not mine. Not much fazes me. I just keep going toward my goal like the energizer bunny. Please believe me when I say I am not exaggerating - this is a miracle for me. I feel much lighter and no longer feel as though I am carrying all the weight of my world on my shoulders. I have stopped worrying and know that I can deal with whatever comes up.

My tendency to give up quickly and let negative thoughts take over has changed. I can almost feel my mental processes stop now when the choice comes up for me - do I think positively or negatively about this? It almost feels like a millisecond, and I take the positive thinking pathway, not really a choice, it feels like it's the natural, normal path. I plan on putting your site information on my website. I forward your website whenever I can. I also can't wait to read the next E-book Chapter each day. It's so wonderful to open an e-mail and know that I will be reading only positive stuff.

My heartfelt thanks to you,
Bless you and your family.

Rae Barclay, Canada

Mike,

I cannot thank you enough for the work that you are doing. You have chosen to take responsibility for counter-acting all of the negative, self-defeating beliefs that so many of us play over and over in our minds that lead ultimately to being far less than what we were made to be. This stuff is so essential, and I appreciate that you have not only seen that, but chose to do something about it as well.

I have been listening to your Unstoppable Motivation Now! Disc on and off for about 3 months now. As a 27 year old with ADD, I have struggled all my life with getting myself going. Whether it's just getting up in the morning when I intended to or all the way to really getting clear and engaging with a consistent life-course. Due to so many self-reinforced cycles of effort-failure-depression-crisis-effort, I had built up a massive and powerful body of beliefs that I would never become the person I have known I could be.

When I first listened to the disc, I must admit I was pretty turned off by the barrage of what seemed to me overly-rosy sentiments and beliefs and I used it less than I had planned. Fortunately, your daily emails kept coming nonetheless and I could only hear so many amazing stories before I had to face the fact that the problem was probably not with the disc!

I then uploaded the disc to my iPod and set up a "Great Night's Sleep" play list that included the Unstoppable Motivation Now! tracks several times, mixed in with some Hemi-Sync tracks designed to put the brain into a relaxed and receptive state. My wife and I have been listening to this play list while we sleep for just about two months now, and already we have begun to notice some amazing changes.

First off, we wake up more refreshed and clear, often with interesting dreams to report to one another. We have also begun to see success in our work-lives that we had been struggling to achieve before. It seemed that some invisible barriers to progress in those areas just seemed to fall away! For a long time, we had complained about the disorder in our home and it had just seemed like an overwhelming task. Since we began our nighttime listening, we have begun to see organizing our home not as one gigantic monster, but as small, incremental tasks that we can easily address and conquer. Just the way we walk and encounter each day feels different- life feels clearer and more inviting, and we are becoming more and more active in many areas instead of just reacting to life.

One last major area that opened up recently, was our decision to move to Korea in August to teach English! Since we met over three years ago, we have always talked about finding a way to get out of debt and move abroad. We came up with several plans, but

always found a way to put it off or find reasons it wouldn't work. Often, we felt crushed by our debts and began to believe we would just get stuck living the less-than-ordinary life of which we have always dreamed. But just in the last three weeks, armed with our new, empowered perspective and increased energy, we have hatched and set in motion a realistic plan to get out of debt and depart- far sooner than we had ever dreamed we could! We are working through the TEFL certification course that we'll need to teach and have established some strong contacts over there that are helping us with job placement making more than we make now. Amazing. We feel like we have life by the horns for the first time, and it feels really good. Like an artist, we ARE making today (and the today's that follow) our greatest masterpiece!

Can't thank you enough,
J. Adam, TN

[Order Unstoppable Motivation Now!](#)

Mike,

I was waiting for big things to happen for me before writing you but decided instead to proclaim the victory path I'm on.

This past winter I was becoming despondent and praying daily for relief. I was not enjoying my job; I wasn't being considered for advertised positions; and I did not see any way out. I have eight years to go for a comfortable government retirement but knew I could not last another year in my cubicle.

I stumbled across your web site and ordered your program "Unstoppable Motivation Now" in the hopes of recovering my deteriorating confidence. I listened to it on the drive back and forth to work, (and still do).

Your program has helped clean out all the garbage in my head about being a loser. Now four months later, I am still in the same job, still not enjoying it, but something has changed. I have set a new course in my life and am studying for my real estate license. I have met with a local broker and set a course for a new, exciting career. I now have hope and am excited about the future.

Thanks for believing in me, Mike. Thanks for your daily encouragement.

Dick G, WA

Mike,

The testimonies on your website seemed extraordinary, but plausible...not over the top. So finally, I bought a CD, courtesy of post-birthday money.

If memory serves me right, shipping took only a few days. I opened the CD, and listened to it that night, before retiring for bed. What I had expected to hear was Mike's voice on the CD. What I experienced instead was captivating instrumentals, melodic undertones, and a soothing female voice. The voiced phrases were not rapid-fire, but didactic sentences, with excellent enunciation and conversational rhythm. Each phrase was repeated thrice, having slightly different enunciation for comprehensive understanding.

I found myself agreeing with each motivation, and feeling, "yes, that is what I want to do!" This is what I found most helpful--that as I listened (and continue to listen) repeatedly, the phrases find more and more constructive agreement with my conscience. That week, my self-talk changed. I could hear myself re-uttering the phrases I'd been hearing on 'Unstoppable Motivation'. Each phrase seemed to sink in deeper and deeper.

Each time my mind retrieved the motivations, it would steel my determination to finish a project phase that I've been involved in for several months. While I can't say that I've become a multimillionaire by listening to the CD, I am a richer person. The deadlines are easier to meet, as I find myself motivated to collect my thoughts, focused on the task at hand "at any time and at any place." I meet with other like-minded individuals who are motivated to similar ends. I am not distracted by people who want me to finish lesser-important tasks. I am working at getting better on "finish everything I start". These are all phrases that I now see constructively incorporated into my life.

My best method has been to "immerse" myself in the recordings when first received, and then periodically dose myself during the week with either track 1 or 2. I don't listen to the "relaxation" tracks while driving, as I've already found them quite effective to induce sleep. I've put tracks 1 and 2 on MP3, and listen occasionally while running.

Thanks, Mike!

Regards,
Mark Abraham, In

I own "I Love Exercising Now!"; "Eating for Excellent Health Now!"; "Real Self-Esteem Now!"; "Supreme Confidence Now!"; "Dissolving Panic & Anxiety Now!"; "Setting & Achieving Goals Now!"; "Unstoppable Motivation Now!"; "Instant Diet Power"; "Instant Workout Power"; "Win Friends & Influence People Now!" and Think Right Now! for Windows. I listen to one of the programs every night. I have "Supreme Confidence Now!" and "Unstoppable Motivation Now!" in my car and Think Right Now! for Windows at work on the computer with the info from all of the above on it.

Where do I begin??? Looking at the list above you'd think I was a mess to start with, but I think it was curiosity that sold me on the first program. I knew from education and my own studies the power of affirmations and repetition. I would wake up in the morning feeling different. My life got better and better. I kept buying more programs. But how was it better? Well, I found myself answering people with lines from different programs or, more importantly, talking to myself with lines I had heard.

I can do anything I put my mind to.
I'm worthy of praise and rewards.
If I can dream it, I can do it.

And I started to believe it. So I tried new things and little by little I found myself getting excited about getting up the next day. I was happy all the time. People would comment about how "together" I was. When my son's girlfriend was having some problems she said she wanted to be more like me so I had you send her "Real Self Esteem Now!" and "Dissolving Panic & Anxiety Now!" Anyways it is hard to be specific because it seems to come so easy. I smile more. I look at situations and know I can make a positive impact. I've lost weight. I joined a gym and a wonderful yoga class.

I am happy with my life and I don't know what more any program could do. When I tell people how I listen every night, they seem skeptical. But people were skeptical of the telephone and television too at one time!

Sincerely,

Linda Czerkies, NY

Dear Mike,

I have been a faithful user of your programs since 2002. I sent you my original story which is shown on the front page of your home page. I listened to "Eating for Excellent Health Now!" so much I wore it out. I have every single program you have.

When I am feeling down, I listen to "Infinite Joy Now!" When I need motivation, "Unstoppable Motivation Now!" I listen at night and CANNOT go to sleep without listening to a program. I was having some infection problems and listened to "I Am Healed Now!" and that alone sets me on the road to recovery.

I have lost weight; I have more abundance, gratitude, joy, money and peace since listening to your programs. I have referred people to your programs and they too have found success.

I am thoroughly convinced that working from the inside out approach is the way to success in life for any issue anyone may be dealing with. We start with number one and then push it into reality. Your programs are the instruments that till the fallow ground and make it ready to receive the good seed that produces good fruit in lives.

There are a lot of programs out there right now, but thinkrightnow.com is the way to work on those core beliefs that are not serving you. It gives you the material to challenge those negative aspects of ourselves and produce the positive thought patterns that will help all of us become the creative force of our own lives.

All the best,

Candice J. Kirts, SD

[Order Unstoppable Motivation Now!](#)

Win Friends & Influence People Now! Success Stories

Dear Mike,

An interesting change is taking place in my life. For years I have been afraid of people for good reason. This state of fear prevented me from feeling comfortable in myself and in the company of others. Being hard on myself I fell into a self critical cycle that exacerbated the problem.

I listen to your "Make Friends" cd at least once a night as I fall asleep. Beginning a few weeks ago I noticed a change in my comfort level both in myself and with people in my life. This is quite an improvement. I have been very concerned that my past discomfort limited my networking ability to find work, and also my daughter's social life. This week she received two party invitations, and I have received and accepted invitations to events at which I enjoyed myself instead of just feeling anxious.

Thank you, Eve, MA

Hey There,

My name is Michael Murah and I wanted to tell you how much I appreciated your Audio Program 'Win Friends and Influence People Now'. I lost my job recently and I must say that it has been a traumatic experience. There was a period of shock followed by a lot of self doubt, anxiety and frustration over my predicament.

I received your programs and listened to them every so often at first. I was admittedly skeptical but I did notice I felt better and able to find something solid in my life. Over the past few weeks I have been listening to the Program several times daily. The programs helped to get me out of the powerless state of mind which had me in a choke hold. Gradually, I have been able to channel those energies I wasted on depression and negativity towards the task of solving the problems that lay before me. I have always thought of myself as a resourceful person but it seemed that in the period before I started using your Program all my facilities had abandoned me. The Audio Program helped me to find that which I had lost.

My wife has commented that she "sees the light back in my eyes which she was beginning to think was lost forever". I have finally begun to get perspective on the self-sabotaging behaviors I have had since early childhood. I look back into my past now and see where opportunity was screaming at me while I saw only hopelessness. Let me tell you, coming to the realization that I have been my own worst enemy for a long time is both deeply disturbing and empowering. I have come to see success in life as getting the tools we need to live healthy and productive lives. Thanks to your program I feel that I finally have something to place in my toolbox.

Mike, Thanks for all you do,
Mike Murah, GA

Good Afternoon,

I have been pondering taking the time out to let you know how effective your products have been to me. However, I'm challenged to consider whether the ways that your products have helped me are similar to others that you've heard from.

The first series that I purchased was Accelerated Sales Success. This broke a shell within me due to the fact that it partly targeted rejection, which is something that has been paramount in my life since childhood. After rehearsing these programs into my mind over a time period of 1-2 months, I found myself being humored by a blind-date not turning out in my favor.

I began to revisit a possibility that I've been pondering over for a few years now: that my problems are very rooted and embedded, and that I needed to tackle them head-on in order to move forward. I needed to truly know where I stand with the issues that your products addressed, and confront them. I needed to acknowledge the things that were really "killing me" emotionally, so that I'd be able to release them and move forward.

At that point, I went back into the Think Right Now catalog and picked out 3 more items: Unstoppable Motivation, Setting & Achieving Goals, and Win Friends & Influence People. I started off with Unstoppable Motivation and Setting & Achieving Goals. When

I began to listen to these programs they gave me targeted ideas of where my problems were.

That was just the tip of the iceberg.

I then went home and went to bed listening to Win Friends & Influence People. I mean this in a positive way: That program immediately made me very uncomfortable, upset, and disturbed. At first, all I heard was 'some lady speaking to me about a bunch of things that couldn't be farther from the truth.' Being that I already knew that true problems are dealt with when these programs make you uncomfortable, I knew that THIS right here was where I needed the most help.

I personally felt that I'd be able to better-improve myself if I used this series as a template to find out how I truly felt about several things in my life. I went back into my E-Mail and pulled up the transcript for this program. I then pasted that transcript into a Word document and created spaces in between each line. What I did at that point was simply type the first thing that came to mind when I read each sentence.

A total of 172 questions later, I was finished. I reviewed it a few times to reflect. This was my head - raw and unedited. I discovered that I was very angry; not at anyone in particular, but at people in general. I knew why, too. I was the nerd in school. I was the bullied kid amongst the football players. Throughout my adulthood, career, and even in my interactions with people throughout the entirety of my personal life, the people that I have befriended have been great people with great upbringings with excellent people skills; yet directly in relation to me, they've been a strong source of deep disappointment.

If someone were to stop me and ask me "Juliano, how do you feel about people?" I'd literally have nothing very good to say at all. Let me explain.

One of my problems is that I think too much. And sometimes I like to talk about my thoughts. The problem in that is, amidst everyone that I know on a level personal enough to discuss these things with, none of those people know how to truly relate to what I'm going through. This is because none of them have experienced what I have experienced. In numerous cases, my claims have been undermined, and I've been accused of over-reacting. I was simply told to relax. And because of this, I've pushed most of the people I've met - away.

From that, what ultimately happened is that I stopped discussing things with people, and all of these deep issues dropped roots and festered within me for such a long period of time (10+ years), that it adapted its way into my day-to-day way of life, and I soon forgot that it was even there. Another thing came to mind about how I could use your products to really tackle my buried issues.

One thing that my Monsignor said while I was growing up is that "Open confession is good for the soul." So, I decided to test that out as well. I went into my Outlook and I pulled up a total of 20 people that I know - whether we were close or not. I simply put the

Word document as an attachment with a quick introduction, and sent it out. I then realized that I didn't care whether or not they read the whole thing, either. I just needed a way to get all of this "raw data" off my chest.

After I sent that E-Mail, I got into my car and proceeded to head out and get something to eat. I was driving away from my house and heading to the front gate of my housing community, and literally for the first time in my life - I experienced that proverbial "weight lifting off of my shoulders." I never knew what that felt like until that day.

Since then, I have been confronted by the same social scenarios. But none of these things affect my stress levels anymore. I still have the same job-related stress, especially since I'm now preparing for my layoff on April 25th. And my patience levels were strongly tested by a lady in the checkout line at Wal-Mart the other day. It didn't affect me in the least.

Numerous times people have tried to give me advice by saying things such as, "Don't let people get to you," or "You have to learn to let things roll off your back." I've never known how to do any of those things in any point in my life. Those sentences never made logical (or even grammatical) sense to me, until now. I've learned that the act of 'not letting something get to you,' or 'letting something roll off your back' is something that happens naturally. There's no real 'procedure' to it. And you can't do it while carrying unresolved issues. Unresolved issues create emotional 'clutter.' And being that I've had so much emotional clutter within me that has accumulated over the years, the new offenses have had nowhere to 'roll to,' except to roll 'on top' of all of the other baggage that I had been carrying.

It is something new and exciting that I have to now become accustomed to: being put through things that normally create stress and emotional anguish for me - that now do not create anything for me at all. It just goes to show how not only do your products themselves work; but in my case, your products have acted as a template for me to be able to confront, acknowledge, and tackle the true roots of the evils of my emotions of which I would not have otherwise been able to identify myself. It took an added dosage of "acknowledgment," and "open confession."

As I move forward, I've given myself a task of putting myself through the same "assessment" with Setting & Achieving Goals, and Unstoppable Motivation. I'll then move back to Accelerated Sales Success, because I'm now glad to learn that my problems blocking my sales success aren't related to the sales profession itself; instead, they're related to my issues with people... people that I need for success in sales.

Regards,
Juliano Ramos, FL

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I own "I Love Exercising Now!"; "Eating for Excellent Health Now!"; "Real Self-Esteem Now!"; "Supreme Confidence Now!"; "Dissolving Panic & Anxiety Now!"; "Setting & Achieving Goals Now!"; "Unstoppable Motivation Now!"; "Instant Diet Power"; "Instant Workout Power"; "Win Friends & Influence People Now!" and Think Right Now! for Windows. I listen to one of the programs every night. I have "Supreme Confidence Now!" and "Unstoppable Motivation Now!" in my car and Think Right Now! for Windows at work on the computer with the info from all of the above on it.

Where do I begin??? Looking at the list above you'd think I was a mess to start with, but I think it was curiosity that sold me on the first program. I knew from education and my own studies the power of affirmations and repetition. I would wake up in the morning feeling different. My life got better and better. I kept buying more programs. But how was it better? Well, I found myself answering people with lines from different programs or, more importantly, talking to myself with lines I had heard.

I can do anything I put my mind to.
I'm worthy of praise and rewards.
If I can dream it, I can do it.

And I started to believe it. So I tried new things and little by little I found myself getting excited about getting up the next day. I was happy all the time. People would comment about how "together" I was. When my son's girlfriend was having some problems she said she wanted to be more like me so I had you send her "Real Self Esteem Now!" and "Dissolving Panic & Anxiety Now!" Anyways it is hard to be specific because it seems to come so easy. I smile more. I look at situations and know I can make a positive impact. I've lost weight. I joined a gym and a wonderful yoga class.

I am happy with my life and I don't know what more any program could do. When I tell people how I listen every night, they seem skeptical. But people were skeptical of the telephone and television too at one time!
Sincerely,

Linda Czerkies, NY

Hello Mike and Others,

I wanted to provide you with an "unusual" and wonderful experience I have had as a result of using your programs.

As a result of experiencing a severe mental/emotional disturbance about 10 years ago I

have been seriously undertaking self help processes in an attempt to bring myself back to "life." Help for mental illness is virtually non existent in Australia unless you are filthy rich and can afford the \$100 to \$200 per hour charged by psychologists and higher for psychiatrists. My experience is that mental illness usually coincides with a bout of financial drought at the same time. Funny about that! I had been very successful in business until this episode occurred. The money disappeared very quickly after that.

I eventually came to understand that my thoughts were creating my life and therefore were creating my problem. Unfortunately, mental illness creates (or is caused by) a constant barrage of very negative, self critical, non conscious thoughts 24/7. No matter what I tried to do - meditation, chanting, visualizing, writing goals, subliminal training, hypnosis, etc, etc, etc - nothing could stop these thoughts constantly pounding my brain with their negative message.

Happily, I recently found your web site and everything has now changed for the better. I started with "Setting & Achieving Goals Now." Then I went to "Supreme Confidence" & "Dissolving Panic & Anxiety, Now." I used these programs for 1 or 2 months each and now I use them all together in "mix and match" mode throughout the day (I have a lot of free time) and cycle them one at a time each night. I am definitely feeling much better and I have been able to get myself back into "active" mode by teaching computer skills courses for seniors as a volunteer. I have also successfully commenced an investment program that I can run over the internet. The "Inner Critic" has been reduced to a dull roar and I can now consciously intervene when it gets too tough or won't shut up. I have found that in stressful situations, which I had to walk away from before, I now have a calmer voice to call on and I feel a lot more balanced and less inclined to have a brain storm of going over and over the conversations and all the possible variants in my head. In the past, these episodes could last for 3 days without a letup. This is good, but read on for the big leap forward!

About 4 week's ago I ordered and received "Win Friends & Influence People, Now." Within 2 weeks, my "old" girlfriend (in both senses of the word "old" as I am 65 and she is 55.) has come rocking back into my life. This happened after a break of more than 12 months and I thought our relationship was well and truly over for good. We are now deep in the process of enjoying the most loving and perfect relationship you could ever imagine. It is pure bliss.

The point I would want to make: Major changes can occur in unexpected ways and sometimes in an area of life that we may not immediately be looking at improving. I started my journey to improve the quality of my life in material as well as emotional terms. Although the material side is improving more slowly - a work in progress - the emotional side of my life has taken this great and wonderful leap forward. I accept this aspect as an indication of major success as a result of using your material. There is not a doubt in mind (and there was until this wonderful outcome) that the other things that I am working on to further improve my life are definitely "happening" albeit more slowly than my "critic" would want.

To those who are also dealing with the demons of an incessant Inner Critic I would say, "Keep pushing the 'play' button just like Mike says. It may take time, sometimes years, but it really works."

I have a carousal cd player and I play all my cds mentioned above for all of the day that I am home as well as playing one only during the night.

Thank you Mike and best wishes.
Stuart, Australia

[Order Win Friends & Influence People Now!](#)