



Background subconscious self-belief enhancement. Personal coaching for positive self talk. InnerTalk® Play in the background at least 1 hour per day.

LEARNING

- CD122 Genius Power
- CD124 Using Both Halves of the Brain
- CD150 Accelerated Learning & Study
- CD151 Excel in Exams
- CD152 Powerful Memory
- CD162 Concentration
- CD169 Word Power: Spelling & Vocabulary
- CD178 I Am A Great Reader
- CD181 Mathematics is Easy
- CD196 Infinitely Creative
- CD221 Creative Writing
- CD258 Dyslexia
- CD295 Peak Performance in Performing Arts
- CD311 Especially for Musicians

CHILDREN, PARENTING & PREGNANCY

- CD106 Respect and Good Manners
- CD127 Especially for Young Children
- CD135 School Is FUNdamental
- CD163 Positive Interactions for Young People
- CD164 A.D.H.D. (Attention Deficit Hyperactive Disorder)
- CD167 Positive Parenting
- CD180 I Can: Building a Child's Esteem
- CD185 Successful children
- CD186 Stress in School
- CD187 Comfortable Pregnancy
- CD188 Wonder of Childbirth
- CD190 Just for Newborns
- CD210 Joy of School
- CD222 Freedom from Bedwetting
- CD278 Maternal Depression
- CD318 End Picky Eating
- CD1341 Special Bedtime Stories for Children!

EXCELLENCE IN SPORTS

- CD172 Winning Sports Performance
- CD212 Body Building
- CD236 Bowling
- CD237 Martial Arts
- CD238 Running
- CD239 Football
- CD240 Tennis
- CD241 Soccer
- CD243 Baseball
- CD244 Basketball
- CD245 Golf
- CD246 Karate
- CD247 Judo
- CD248 Walking for Health

SPIRITUALITY

- CD101 Miracle Mindedness
- CD103 Synchronicity
- CD121 Awakened Dreaming ~ The Lucid Dream Experience
- CD128 Contact Meditation
- CD131 Conscious Connectedness
- CD133 Using Dreams for Problem Solving
- CD158 Awakening & Using the Force
- CD176 Exploring Remote Viewing
- CD198 Spiritual Healing
- CD200 The Healing Dream: Asclepiad Experience (Available in MU only)
- CD201 Conscious Expansion
- CD202 Centering
- CD203 Awakening
- CD204 Connecting with the Force
- CD205 Metaphysical Oneness
- CD206 Love, Light & Life
- CD231 Opening Up To A Higher Power
- CD250 Increasing Spiritual Awareness
- CD263 Power of the Spirit
- CD264 Viewing Auras
- CD268 The "I Am" Presence
- CD269 Expecting A Miracle
- CD271 Yoga Meditation
- CD272 Energy Meditation - Opening & Balancing Chakras
- CD280 Living In Now

SUCCESS

- CD111 Ending Self Destructive Patterns
- CD119 Strategic Planning & Peak Performance
- CD120 Ultra Success Power: Health, Wealth & the Fountain of Youth
- CD130 Manifesting your Vision
- CD132 Ultra Enthusiasm
- CD134 Building Your Personal Icon: Find Your Path In Life
- CD136 Communicator
- CD146 Millionaire Orbit
- CD149 Self Disciplined and Determined
- CD156 Powerful Salesperson
- CD165 Telephone Sales
- CD166 Successful Career in Real Estate
- CD182 End Procrastination
- CD183 Self Confidence
- CD184 Networking for Sales
- CD207 Leadership
- CD208 Unlimited Personal Power
- CD213 Visualisation
- CD220 Money Management
- CD224 Organised & Efficient
- CD227 Time Management
- CD228 Assertive
- CD257 Success & Prosperity
- CD266 Intuition
- CD281 Goal Power
- CD284 Joy of Work
- CD285 Ending Burnout
- CD287 Ultra Prosperity
- CD288 Eliminating Performance Anxiety
- CD298 Leadership for Young People
- CD307 My Best with Pride
- CD308 The Power of Practice

BETTER LIFE

- CD102 Serenity
- CD104 Positive Care Giver
- CD105 Developing Compassion
- CD110 Up from Depression
- CD114 Safe Driving (Available in MU only)
- CD115 Freedom from Technophobia
- CD116 Freedom from Television
- CD117 Accepting Constructive Criticism
- CD123 Freedom from Stress
- CD125 Soaring Self-Esteem
- CD129 Coherent Emotion
- CD137 Freedom from Fears
- CD140 Healing the Past
- CD144 Releasing Anger
- CD145 End Stuttering
- CD153 Relaxation
- CD170 Releasing Fears, Doubts of Hopelessness & Helplessness
- CD177 Positive Mental Attitude
- CD179 Neat & Tidy
- CD197 Courage
- CD214 Ending Bad Dreams
- CD217 Guilt Free
- CD219 Have It All
- CD223 Optimism Plus
- CD225 Patience
- CD226 Joy of Humor
- CD229 Energetic
- CD230 Sleep Reduction
- CD232 Accepting Change
- CD235 Joyous Day
- CD252 Loss of a Loved One
- CD270 Ahimsa (Respect for Life)
- CD274 Be Alert - Stay Safe
- CD277 Healing from Grief & Trauma
- CD283 Survivors of Abuse
- CD300 Healing from Invalidation
- CD309 Gratitude Attitude
- CD310 I Am Lucky
- CD314 Ecology Awareness

HABITS & ADDICTIONS

- CD109 Stop Smoking
- CD141 Freedom from Substance Abuse
- CD191 Impulse Control
- CD192 Freedom from Nail Biting
- CD193 Freedom from Alcohol
- CD218 Rescripting the Child Within
- CD276 Freedom from Gambling
- CD293 Freedom from Thumb Sucking
- CD294 Freedom from Snoring
- CD296 Freedom from Bruxism
- CD297 End Video Game Addiction
- CD301 Chewing Tobacco
- CD302 Free of Profanity

HEALTH & WELLNESS

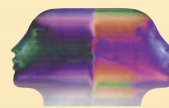
- CD118 Freedom from Back Pain
- CD126 Accelerated Healing & Well Being
- CD142 Freedom from Headaches
- CD143 Natural Pain Relief
- CD154 Lowered Blood Pressure
- CD155 Sleep Soundly
- CD157 Powerful Immune System
- CD160 Freedom from Allergies
- CD168 Freedom from Arthritis
- CD173 Freedom from Junk Food
- CD194 Clear Skin
- CD216 Pre & Post Operative
- CD249 Living Healthily through Menopause
- CD253 Freedom from Sugar
- CD254 Vision
- CD255 Hair Loss
- CD256 Posture
- CD259 Fertility
- CD275 PMS
- CD282 Freedom from Dental Anxiety
- CD290 Freedom from Post War Syndrome
- CD303 Healthy Teeth and Gums
- CD306 Cardiac Care & Stroke Recovery
- CD5500 Cancer Remission

BODY IMAGE

- CD107 Weight Loss Now
- CD108 Using Metabolism to Melt Fat Away
- CD148 Joy of Exercise and Being Fit
- CD159 I Love My Body
- CD161 Quantum Younging
- CD174 Firm Body
- CD199 Natural Breast Enlargement
- CD234 Weight & Muscle Gain
- CD289 Forever Thin, Fit and Healthy

RELATIONSHIPS

- CD112 Enhancing Romance, Intimacy & Love
- CD138 Releasing the Fear of Rejection
- CD139 Confidence with the Opposite Sex
- CD147 Forgiving & Letting Go
- CD171 Overcoming Shyness
- CD175 I Am Charismatic
- CD189 Positive Relationships
- CD195 Healing & Releasing Emotional Pain
- CD209 Honesty
- CD211 Cooperative
- CD215 Magnetic Personality
- CD233 End Co-Dependency
- CD242 Attracting the Right Love Relationship
- CD251 Freedom from Jealousy
- CD286 Listening
- CD291 Reflective
- CD304 Freedom from Gossip
- CD305 Be Well, Stay Happy



ECHO-TECH™

InnerTalk® plus gentle and supportive audible coaching. Use with headphones, 30 mins - once or twice a day.

- CDE9901 Weight Loss
- CDE9902 Powerful Esteem
- CDE9903 Stop Smoking
- CDE9904 Learn Easily
- CDE9905 Stress Free
- CDE9906 Co-Dependent Patterns
- CDE9908 Have It All
- CDE9909 Ending Self-Destructive Patterns

OZO™

InnerTalk® plus forceful and authoritarian audible coaching. Use with headphones, 30 mins - once or twice a day.

- OZO101 Success
- OZO102 Health and Healing
- OZO103 Soaring Self-Confidence
- OZO104 Optimum Weight Loss
- OZO105 Stop Smoking Now
- OZO106 Experience Inner Peace
- OZO107 Optimum Fitness
- OZO108 Excelling at Sports
- OZO109 Maximum Motivation
- OZO110 Overcoming Addictions
- OZO111 Accelerated Learning
- OZO112 Boundless Joy
- OZO113 End Procrastination

POWER IMAGING™

InnerTalk® plus a guided imagery session. Facilitates discovery of unconscious motives, features self-hypnosis and progressive relaxation. Headphones recommended.

45 mins - once or twice a day.

- CDH8001 Optimal Weight Loss
- CDH8002 Stop Smoking Forever
- CDH8003 Well-Being and Self-Esteem
- CDH8004 Power Learning and Memory
- CDH8005 Free of Anxiety and Stress
- CDH8006 Relax Now
- CDH8007 Creativity is Natural
- CDH8008 Pain Relief and Health Imaging
- CDH8009 Personal Peace
- CDH8010 Sports Hypnosis

PLATINUM PLUS™

InnerTalk® plus sound patterns for advanced meditation. For those seeking the pinnacle of self-help. Use with headphones, 30 mins - once or twice a day.

- CD2001 Bliss: Coherent Emotion
- CD2002 Dream Petitioning (Using Dreams for Answers)
- CD2003 Fountain of Youth (Remembering Youth to be Young)
- CD2004 Emotional High (Feeling Connected to the All)
- CD2005 Building Your Personal Icon: Actualizing Your Talents & Gifts
- CD2006 The Power of Manifesting Your Vision
- CD2007 Living the MLM Dream
- CD2008 On Fire with a Passion for Life
- CD2009 Creativity

VIDEO ENTRAINMENT™



This incredible technology, known as Video Entrainment™, slows down brain wave activity, producing a pleasant altered state of consciousness. Reduced brain activity is positively associated with deep states of relaxation and increased endorphin levels. Frequency signals actually pace brain wave activity for maximum results.

- DVD101 Freedom from Anger and Fear
- DVD102 Freedom from Stress and Anxiety
- DVD103 Accelerated Healing and Pain Relief
- DVD104 Relaxation and Esteem Building
- DVD105 Freedom from Depression
- DVD106 Successful Children/Family Dynamics
- DVD107 Freedom from Dental Anxiety
- DVD108 Pain Relief & Health recovery
- DVD109 Inspirations: The 'I Am' Presence
- DVD110 Ultra Success Conditioning
- DVD111 Cardiac Care & Recovery: A Self Healing Program
- DVD112 Creative Genius
- DVD113 Accelerated Learning and Memory
- DVD114 Freedom from Addictions
- DVD115 Weight Loss
- DVD116 Opening Up Psychic Abilities
- DVD117 Golf Like a Pro
- DVD118 Relaxed: Lower Blood Pressure
- DVD119 Powerful Salesperson
- DVD120 Coherence: Brain/Body Balance
- DVD121 Quantum Younging

How do I choose?

Select related titles to achieve your personal goals in life eg. combine "Weight Loss" with "Self Discipline & Determined"; "Sleep Soundly" with "Freedom from Stress"; "Powerful Salesperson" with "End Procrastination". For even faster results and maximum motivation, combine usage of easy listening InnerTalk® with headphone use only technology / audio visual technology is recommended.

InnerTalk® 『全脑开发~内在交谈』 40全人格终生学习主题

- [] 我是天才
CDCO-01 Genius Power
- [] 成功与富裕
CDCO-02 Success & Prosperity
- [] 理想的体重
CDCO-03 Weight Loss Now
- [] 释放压力
CDCO-04 Freedom From Stress
- [] 克服沮丧
CDCO-05 Up From Depression
- [] 立即行动
CDCO-06 End Procrastination
- [] 完全的睡眠
CDCO-07 Sleep Soundly
- [] 旺盛的自愈力
CDCO-08 Powerful Immune System
- [] 永远年轻
CDCO-09 Quantum Younging
- [] 崇高的自尊
CDCO-12 Soaring Self Esteem
- [] 心灵的宁静
CDCO-14 Serenity
- [] 内在调和
CDCO-15 Synchronicity
- [] 奇迹的信念
CDCO-18 Miracle Mindedness
- [] 积极正面的人际关系
CDCO-13 Positive Relationships
- [] 宽恕与和谐
CDCO-36 Forgiving & Letting Go
- [] 自律与决心
CDCO-11 Self Disciplined & Determined
- [] 清梦
CDCO-17 Awakened Dreaming-The Lucid Dream Experience
- [] 充满勇气
CDCO-21 Courageous
- [] 充满自信
CDCO-22 Soaring Self Confidence
- [] 时间管理
CDCO-23 Time Management
- [] 气质非凡
CDCO-24 I Am Charismatic
- [] 心平气和
CDCO-26 Releasing Anger
- [] 沟通专家
CDCO-27 Communicator
- [] 轻松自在
CDCO-31 Relaxation
- [] 精力充沛
CDCO-34 Freedom From Burnout
- [] 乐观的个性
CDCO-10 Optimism Plus
- [] 幽默风趣
CDCO-39 Joy of Humor
- [] 双脑同步
CDCO-37 Using Both Halves of the Brain
- [] 神奇的目标动力
CDCO-30 Goal Power
- [] 领导风范
CDCO-28 Leadership
- [] 积极展望未来
CDCO-29 Enthusiastic & Motivated
- [] 超强记忆力
CDCO-25 Powerful Memory
- [] 丰富的创意
CDCO-32 Infinitely Creative
- [] 成交专家
CDCO-35 Powerful Salesperson
- [] 丽质天生
CDCO-38 Forever Young Female
- [] 理财专家
CDCO-40 Money Management
- [] 建构心像
CDCO-33 Visualization
- [] 充满高度能量
CDCO-16 Energetic
- [] 喜悦的日子
CDCO-19 Joyous Day
- [] 戒烟
CDCO-20 Stop Smoking

最经济有效的方法



成功、富裕与圆满的人生