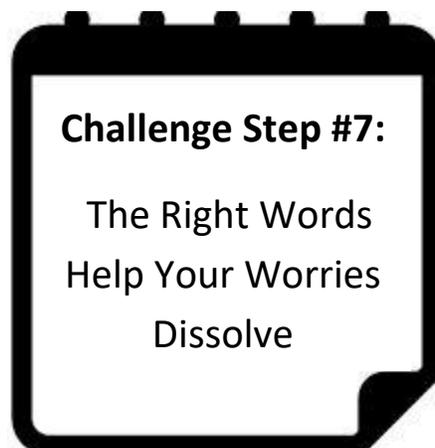


Secrets of Reducing Unnecessary Worry



Today's action step is to introduce you to the 3 little known Logosynthesis® (the name of the process) sentences that have been helping people relieve worry so that you can learn how to introduce using this powerful guided self-change process into your life.

The Right Words Can Help Your Worries Dissolve

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There are many variations you can learn to use with these sentences that are beyond the scope of this challenge. Still, just the process of saying these powerful words often helps you perceive the world very differently. Try it as an experiment. Whether or not this experiment works, be sure to download the additional free information.



At the end of the day, journal your accomplishments in the section provided below. By prioritizing time to take action and reflect on your activity and results each day, you'll maximize the benefits you'll receive from this opportunity.

What I Accomplished Today

Take 5 minutes to read these sentences aloud and practice using the information that will enable you to use this powerful process over and over again.

1. You will read 3 sentences aloud.
2. Use the 3-10 words you wrote in Challenge Step 6 to fill in the blank in each sentence. The words are _____

3. After you read each sentence breathe comfortably and allow yourself to notice what you think about, feel and/or imagine.
4. When you feel ready proceed to repeat the procedure with the next sentence.

The sentences are:

1. I retrieve all my energy bound up in _____

and take it back to the right place in my Self.

2. I remove all the non-me energy related to _____

from all of my cells, from my body and from my personal space and send it to where it truly belongs.

3. I retrieve all my energy bound up in all my reactions to _____

and take it back to the right place in my Self.

This is what I experienced after I finished this process:

Claim Your Bonuses

Visit www.LaurieWeiss.com

and look in the right-hand column for the links.

- 1) Download your free chapter of ***Letting It Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words (Rapid Relief with Logosynthesis®)***.

- 2) Download your free copy of ***A Brief Guide to Logosynthesis®*** and photograph the sentences on our phone so you will have them when you need them.

- 3) Get your own copy of ***Letting It Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words (Rapid Relief with Logosynthesis®)*** wherever books are sold. (If you click on the “Reviews on Amazon” link it will take you to the sales page on Amazon.)