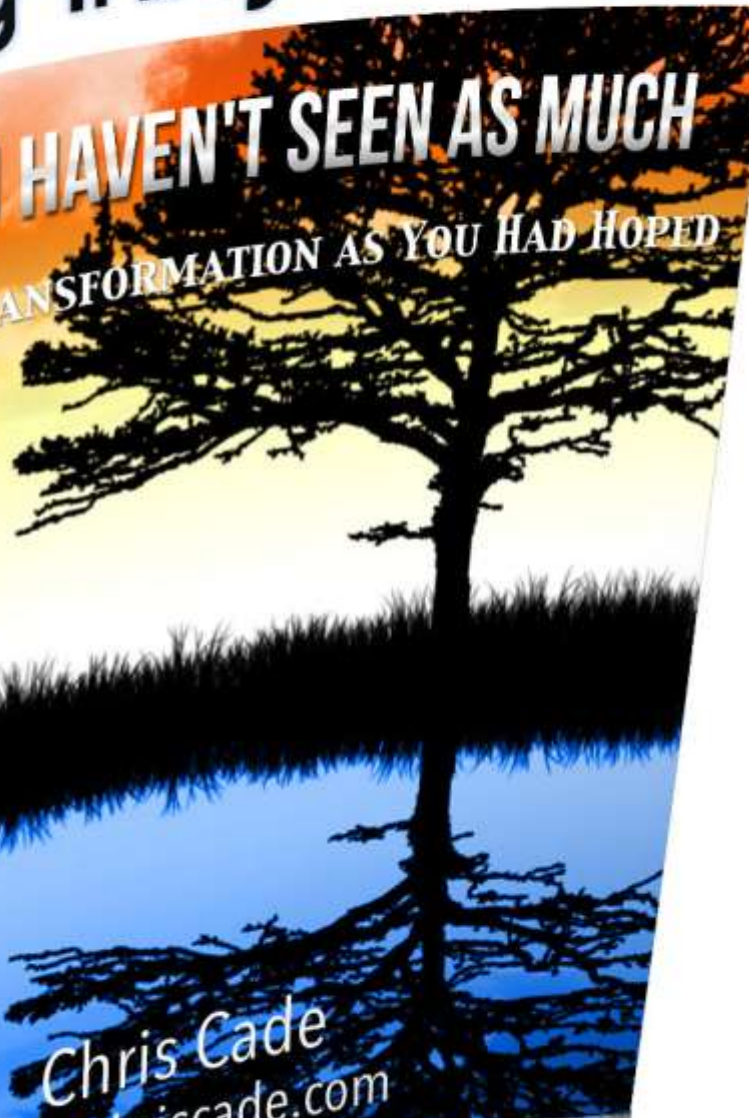


Getting Things Changed

**WHY YOU HAVEN'T SEEN AS MUCH
PERSONAL TRANSFORMATION AS YOU HAD HOPED**



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Lesson #1

Boundaries Can Set You Free

Like many people, Jane started meditating because she knew it would improve her life.

When it was new and the enthusiasm was there, she found it easy. Once the novelty wore off, however, Jane wasn't that excited about meditation anymore.

It didn't feel that great. She tired of it easily. She couldn't stop wondering what was happening on Facebook.

She quickly found her meditations go from 30 minutes a day to 30 seconds. "I'm just not in the flow, today," Jane would say as she pulled out the iPad to check her emails.

This approach of "I'll do something when it's going good but quit when it's not going so well" is destroying people's will power – whether they are trying to meditate, paint a portrait or get in shape.

That's why I tell people to time their meditations. Set an alarm. Have a goal. This forces you to say to yourself: "It doesn't matter if my meditation is good or bad... I'm just going to finish it."

Whatever you want to do to improve your life -- set a timer.



Most people feel like this after meditating because they aren't setting productive boundaries.

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Take it a step further by keeping a log or journal – tracking your progress.

Now, once you overcome this barrier to your will power then your "Inner Critic" (a subconscious villain that tries to stop you from living a fulfilling life) will use another far more cunning tactic...

Let's say Jane has committed to meditating five minutes each day whether she's in the mood or not. It's a little difficult at first, but after a few weeks she's really enjoying it.

Then one day she's experiencing a very deep meditation and doesn't want to stop when the alarm goes off. So she keeps on meditating as long as she continues to feel this deep state of peace.

Sounds good, right? Not so fast...

Now, when will she actually stop her meditation since the alarm has already gone off? When her meditation starts going bad. That's when.

So now Jane's giving up. Again.

In my subconscious reprogramming system, [Liberate Your Life](#), I recommend that you meditate for whatever time you know you can consistently commit to every day. Then if you're having a great meditation one day and you want to meditate more, wait until the timer goes and set it again for another five minutes (or whatever time you decide).

The same goes for exercise. If you're on a runner's high after two miles then set another goal. Maybe aim for another mile. Or do the same route again. But don't just keep on running until you don't feel like it anymore.

All of us come into life with our subconscious whims, moods, thoughts and beliefs dictating most of our actions. That's why the first phase of my [Liberate Your Life](#) program is all about discovering how your Inner Critic



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is stopping you from doing what you know you should do to make your life better.

To make it easy for you I've broken the program up into very manageable individual pieces. I send one short lesson to members each week. If you're really stuck on time this can be done in 50 minutes or less.

So, if all you did was put aside 10 minutes a day, Monday through Friday, you'd be able to make massive improvements to your subconscious kingdom – enabling you to guide your thoughts, emotions and actions to achieving the goals you've set in life.

I suggest everybody who is struggling to make real progress on the path of personal development at least commit to completing one lesson of [Liberate Your Life](http://www.chriscade.com/liberate-your-life/details) each week. Tell yourself: "I'm going to stick with this for six months. At the very worst I'll at least be developing my will power – something I can apply to anything. At the very best I'll have freed myself from my Inner Critic and can start living the life I've only dreamed about."

Click The Link Below To Learn More About Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>

Now, some people will say that setting boundaries, time limits and tangible goals for something as intangible as a personal transformation is "unnatural." It's not "going with the flow." In the next lesson I'll respond to that objection. I think, once you hear my take, you'll agree that NOT setting boundaries is actually what's unnatural.



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Lesson #2

“Unnatural” Or “Uncomfortable?”

As I mentioned in the previous lesson – people will often cut short positive actions – like meditation or learning an instrument -- because they just don't "feel in the flow" that day.

They further argue that setting boundaries by committing to a set amount of practice or study time each day is "unnatural."

Boy isn't our Inner Critic cunning... It picked a term like "unnatural" to stop us from committing to consistent actions that would make us happier, healthier and wealthier.

After all, being all-natural, green and organic is the way to go.

But if someone has smoked a pack of cigarettes every day for the last thirty years – I can guarantee you they are going to find that it feels very "unnatural" to stop smoking.

But smoking certainly isn't natural. We didn't come out of the womb smoking cigarettes. Sure, in Indonesia you can see videos of kids smoking as early as two-years old. One toddler on the island of Sumatra – who has become world famous – "goes crazy, slamming his head on the floor and even gets sick if he doesn't have his two packs a day."



This is unnatural... just like it's unnatural that your subconscious has been incorrectly programmed to think that being 'uncomfortable' is a bad thing.

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You only have to look at the somewhat "freaky" video of this overweight toddler smoking 40 cigarettes a day to realize that it may be "uncomfortable" for him to quit – but it's certainly not natural for him to continue.

Likewise, whenever we set new boundaries on our life (either to avoid a bad habit or create a good one) it may be uncomfortable at first. But if it is going to make our life better then it's certainly not unnatural.

You know what's really unnatural? Not being able to stick to something if you know it's going to improve your life. That's unnatural!

And it's certainly not "living in the flow." It's living in fear of taking action.

Not taking action may be "comfortable." Especially if that's what someone has been doing all their life. But it sure isn't natural.

We humans give way too much importance to emotional likes and dislikes. "I love this. I hate this." We'd be far happier if we focused on what we WANT instead of what we "like."

To start going after what you really want in life, building incredible amounts of will power and determination, seriously consider becoming a member of Liberate Your Life.

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One of the things that makes [Liberate Your Life](#) so different from other transformation programs is that it deals more with stories rather than thoughts and beliefs. Most programs try to change negative thoughts, feelings and beliefs into positive ones. But [Liberate Your Life](#) shows how



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to get to the root of all thoughts, feelings and beliefs – namely the stories being retold inside your subconscious.

Every experience you've had, every book you've read, every TV program you've seen has all been recorded as stories in your subconscious. Those stories are guiding your life. You need to decide which stories you want directing your thoughts and actions and which need to go, and [Liberate Your Life](#) shows you how to do that.

Lesson #3

In Order To Get Anything Done... Gag Your Inner Critic!

Remember this scene from the movie

"Star Wars: The Empire Strikes Back"?

Han Solo (Harrison Ford) is about to fly into an asteroid field to evade capture by Darth Vader and company.

"The possibility of successfully navigating an asteroid field," warns the fretting android, C3P0, "is approximately 3,720 to 1."

"Never tell me the odds," replies Han Solo.

After surviving the asteroid field Han Solo points his little spaceship in the direction of Darth Vader's really, really big spaceship.

"The odds of successfully surviving an attack on an Imperial Star Destroyer are approximately..." ventures C3P0 until Princess Leia tells him to shut up.

Finally, C3P0 pleads: "I really don't see how that is going to help! Surrender is a perfectly acceptable alternative in extreme circumstances!" At which point Leia shuts the robot off.



Succeeding in life requires developing your ability to shut off the negative robotic voices in your subconscious mind.

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We are all born with a C3P0 of an Inner Critic babbling away in our head – constantly telling us how the odds are against us and we should just give up.

In order to get anything done you need to bind and gag your Inner Critic. Once it's out of the way you can start the journey – whether it's one of self-discovery, of changing old habits, a new career or learning a new language.

But as long as you have a neurotic voice in your head telling you why you can't do something then you won't make as much progress as you are truly capable of.

That's why [Liberate Your Life](#) is all about removing the self-sabotaging Inner Critic first, self-discovery second.

When the Inner Critic is out of your life (or at least silenced) you are able to fully engage with whatever program, book or teacher you are studying.

I bet you have a stack of personal development programs sitting on the bookshelf...

So when are you going to do them?

You're going to do them after you take [Liberate Your Life](#)... after you have liberated your mind from that voice in your head that is stopping you from using whatever personal development strategies you know will help you.

Right now your Inner Critic is telling you that you can never learn _____ or that you can never practice _____ every day. Your Inner Critic doesn't really care what "blank" is – it tries to tell you that you can't do it.

"Photo-reading? Mind power? Italian? Martial arts? You can't learn that!" says your Inner Critic. "Who are you kidding? Or even if you did make



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some progress it wouldn't produce any real results. You could have spent that time enjoying yourself – watching TV and hanging out with your friends on Facebook."

Sure, your subconscious may not come out and say things this clearly. Usually your Inner Critic is FAR more stealthy than that. But some subconscious or conscious variation of this is true for everyone who isn't able to move forward in life.

As we've already talked about... your Inner Critic doesn't want you to change your life. It only wants to keep you "comfortable."

If you have enough food in the fridge for the next three days, your Inner Critic is happy. If you paid the rent or mortgage this month, things are good.

Like a baby it's mainly concerned about eating, sleeping, pooping, peeing... Or much like our caveman ancestors who did not know how to stop food from rotting or to farm – the kill of the day was all that mattered.

But we are neither children nor caveman. We want so much more from life. And the distractions that 80% of the population embraces – celebrities, sports, beer – just aren't fulfilling enough for people like you and me who want, and deserve, to live up to our greatest potential.

You want to move forward. You want to discover what your purpose is here on earth and what you are capable of.

But your Inner Critic won't let you.

Your Inner Critic has to go.

It's time to Liberate Your Life.

Lesson #4

Why You Need More Than 60 Days To Change Your Life

How many people truly change their life in
a meaningful way in 60 days or less?

Honestly... not many.

Sure Aaron Ralston changed his life in 127 hours.
But he had to spend five days with his arm
trapped under a boulder, alone in the wilderness,
dehydrated, until he finally amputated his arm to
set himself free.

I don't know about you... but I'd rather stick to
small incremental steps on the path of personal
development. Applying one insight at a time over the course of the next
day, week or month until it bears fruit.

Sure we all want instant results but that's not how the universe was set up...

Rain will remain rain at 50 degrees Fahrenheit (10 degrees Celsius).

At 41 degrees it's still rain. 35 degrees, 33 degrees... it's still rain. Cold
rain. But still rain.

But once the temperature drops to 32 degrees Fahrenheit it suddenly
becomes snow.



***The best way to the top
is one small step at a
time.***

It's not like the rain starts looking a little more snow-like. It just suddenly shifts once the temperature has dropped enough.

As we slowly change our "internal temperature" we may not notice any change until enough effort has been made.

I started on the path of personal transformation in 2006 – as of now, that is five years of effort. Today I can say with all honesty that my life has changed in every way possible.

Five years. That's really nothing.

Sure, I wish I could tell you those changes happened in five minutes... but that would probably require that I amputate an arm or become a cast away on some deserted island.

Why wait for drastic and painful challenges to force us to catch up with life?

Let's let our personal development unfold like a beautiful piece of music that plays in the background of our life – not a series of ear-splitting crashes that makes us fearful of change.

That's why when I look at a typical 60 day refund policy for a personal development product – I suspect that the creator is not promising you any real results; that they're only guaranteeing you'll be "happy" enough with the content to not ask for a refund. Either that or the program is just way too intense for the average person to bear.

I was going to offer a year-long guarantee on [Liberate Your Life](#) – but that didn't feel right to me. The way I see it, since I guarantee to change your life, I might as well give you your entire life to experience real and lasting results.

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That's why Liberate Your Life comes with a [lifetime guarantee](#).

In other words, if three years after completing my program you feel it didn't make any difference in your life – then just let me know and I will refund your purchase, no questions asked.

That's not all...

If you complete the entire program, prove that you did every exercise, and you still want a refund then I'll give you double your money back. That's how confident I am that if you follow this program ... the aftereffects will benefit you forever.

If you're ready (or at least ready enough) you can join Liberate Your Life today. You'll get instant access to the first lesson plus a copy of [Supercharge Your Affirmations](#) (a special guide I wrote that shows you how to really make affirmations a powerful tool for changing your mindset).

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<http://www.chriscade.com/liberate-your-life/details>

Even if you already use affirmations, I guarantee you'll learn at least half a dozen new things to 'Supercharge' them in your life. I could easily sell "[Supercharge Your Affirmations](#)" separately for more than the monthly fee. But it is yours at no additional cost when you join Liberate Your Life.



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Lesson #5

Unrealistic Expectations About Speed Of Change

Everybody wants instantaneous results.

**It doesn't even have to be good results.
Just fast!**

Look at fast food. It's not good food. It's just fast food.

Most polls show that Wendy's makes the best fast food in the nation (compared to other fast food joints). But it certainly doesn't make the most money. Why? Because Wendy's sacrifices speed for quality.

McDonald's knew what they were doing. They don't make good food. If people want good food they go to a restaurant. They want fast food.

Likewise, as a baby, we wanted our needs tended to as quickly as possible. Sleep. Eat. Diaper change. Sleep. Eat. Diaper change. And if those needs were not met within seconds then we would often start crying.

Even as children start to get older it takes a while before they can perform any type of action that doesn't produce instantaneous results. Sure they



***You're not a baby anymore
even though your
subconscious still sometimes
acts like one.***

learn how to drink out of a cup, but can they squeeze an orange fresh and then clean up after?

One of the things we love about children is that they live in the moment.

But it's also a limitation.

They can't grasp the concept that the present moment affects the future.

When my son Quan was four years old, I asked him "Why do you think it's raining?"

His response?

"Ummm... because there was a tsunami."

Try having a conversation with a little one about how the world works. It's entertaining but not very accurate. They just don't get cause-and-effect – especially when there is a time delay between the cause and the effect.

Children haven't had enough experience doing one thing continuously and having a specific result come from it eventually.

In fact, many adults haven't either.

A typical job involves people doing tasks that produce immediate results – flipping a hamburger, answer the phone or packing a box. Most employees aren't involved with the complex play of cause and effect that goes into running any business.

It's a big paradox for people in the personal transformation field. They want to change the direction of their lives -but- they also just want to be more present now.

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I say, switch that "but" to an "and." Do both.

In fact, that's the only approach that works. You need to be fully present now while taking actions and thinking thoughts that will lead your life in the direction you want it to go in the future.

It's like the old Zen saying: The path is the goal.

Time does not exist. Quantum physics is proving what sages of every religion have taught for millenniums: Present, past, and future are dreams.

In truth we shouldn't even live -for- the present. The present is no more real than the past or future.

Just learn to live. Just to be. Then words, actions, thoughts... they just happen naturally (in the real sense of the word).

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Liberate Your Life – my 24-Week Subconscious Reprogramming System – doesn't produce instant transformation. This isn't a fast food joint. You may have to wait a few weeks (or even months) before Liberate Your Life has made some serious improvement to your life... But, fortunately, time is an illusion. The path is the goal.

Lesson #6

What If You Give 100%... And You Fail Miserably?

“One of the big reasons people are so reluctant to start a program, read a book or follow a path of personal development is because they have a very legitimate concern:

"I may invest all this time and money and not get the results I expected – or possibly make my life worse because I could have been doing something more productive with my time."

Okay. Let's say your worst fear happens. Maybe you follow a course 100% for 6 months and it makes your life absolutely miserable (highly unlikely unless a person didn't do their due diligence upfront).

On the surface it seems like you've wasted time and money while receiving no positive results (and many negative ones).

Below the surface, though, you've actually gained some very valuable "assets."



Failure is impossible when you give something your best effort.

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First, you've discovered what does NOT work for you. If it was such a total disaster than you can probably guarantee if you do the exact OPPOSITE type of program then you'd see outstanding results.

Secondly, just sticking to something and not giving up for a prescribed time builds tremendous amounts of will power. Will power that then can be so very easily applied when you find the right thing you should be doing.

Thirdly, by going down the wrong path, you'll learn extremely valuable information about yourself. What type of approach connects with you? What doesn't? How do you engage with different formats, personalities, teachings, ideas and ways of thinking?

Truth be told, one of the reasons we have so much trouble figuring out which path we should follow is because we don't know ourselves (literally). And if you look at most people's upbringings it's no surprise...

How was it decided which type of classroom you should be put into at school? Was it based on whether you were more hands-on or more a thinker? Was it based on whether you learned better visually or audibly? Was it based on whether you were good at math or good at communication?

Highly unlikely, at best.

It was based on the year you were born. You might even call it your "date of manufacture." Most children are basically treated the same and progress on the same path of traditional education systems, indiscriminately grouped with other children with the same manufacturing date. Unless people were among the rare few to be educated with a Montessori or Waldorf approach, it's no wonder so many people have so much trouble figuring out how best they learn, what interests them, what their strengths and weaknesses are, and which type of personal transformation path they should take.

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Sadly, after 12+ years of traditional schooling it's pretty difficult to know what makes any of us different from anybody else. The simplest way to figure out what type of personal transformation program will work for you is simply to try one for 6-12 months. Sure you might go down the wrong path but you'll learn a lot about yourself and will then be able to identify what really works for you.

If you haven't already, consider joining my six month subconscious transformational program, Liberate Your Life. I can't say whether it's the perfect program for you but I can confirm that it has been for [many other people](#).

Click The Link Below And Join Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>

Lesson #7

Why Would You Work On Personal Transformation, If You Can Barely Put Food On The Table?

Today, 43 million Americans rely off food stamps to get by.

Only a handful of people still have any real savings. People with a good job wonder if it's going to last.

In such dire circumstances why would any one in their right mind want to invest money in a personal transformation program? Shouldn't survival come first?

Survival! That's priority number one for the Inner Critic.

Real survival thinking, however, is far-seeing.

[We aren't cave people](#) fighting the elements with no idea whether we'll have something to eat tomorrow.

Families living off food stamps could find themselves starving if the government was forced to shut down or the currency collapsed. People living paycheck to paycheck would only need one medical emergency to send them spiraling into disaster.



Your subconscious mind equates taking responsibility for your life as being the same as death.

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I pray your situation isn't that extreme. But we only have to look past the underreported unemployment numbers to know this is where the developed world is heading.

And we can go on blaming the economy, the government, pollution, globalization, Wall Street and WalMart.

But it won't help much.

We have to take responsibility for our own lives.

So it's a paradox... Becoming a member of [Liberate Your Life](#) is the very thing that enables financially challenged people to achieve the mental clarity necessary to become abundant. On the other hand, it's pretty much near impossible to justify to your Inner Critic to buy a personal development product when you're charging your groceries to your credit cart.

Now, of course, most people need not sacrifice food to become a member of [Liberate Your Life](#). Instead they could cut out cable TV for a month. Skip taking your family to a restaurant or movie one weekend could also pay for the whole program. Or perhaps there are books, DVDs, furniture or other items around your home that you're not using that you could sell on eBay or have a yard sale.

The Inner Critic, however, can even be even more clever in arguing why you can't afford [Liberate Your Life](#)....

Let's say you cut the cable. Your Inner Critic will immediately tell you that you're just thinking about yourself and ignoring your family's dire need to watch commercial TV. Your family may even say it's okay and that they'll borrow videos at the library (and maybe even a book) but underneath your Inner Critic makes you feel like you're a bad parent or spouse.

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Even if you think your family would shun you for diverting funds from HBO to make yours and their life better... it really comes down to a "distorted sense of survival." As a child we needed our family to survive. As caveman we needed a tribe to stay alive.

You don't want to lose your tribe.

In essence, your Inner Critic is telling you that if you join [Liberate Your Life](#) your family will abandon you because you spent money they wanted to use for something else. Without your family you will not be able to meet your own needs. And you will die.

None of this is conscious.

But it's pretty effective subconscious trickery on the part of your Inner Critic.

That's why only an elite group of people join programs like [Liberate Your Life](#).

Obviously, if you're struggling to put food on the table, joining a \$7,000, 7-day "heal-your-inner-child" workshop that requires a \$1200 plane ticket, \$1400 in hotel fees and \$700 in restaurant bills is simply insane.

But for most people who are able to afford an internet connection, the fee involved in being a member of [Liberate Your Life](#) is hardly insurmountable.

Sure, your Inner Critic may not like me pointing this out. I've just torn down its number one excuse for keeping you from making some massive improvements in your life.



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But I'm not here to help out your Inner Critic. That's the job of the mainstream media. I'm here to help you. And if your Inner Critic doesn't like it – all the better.

Looking at it consciously, we both know that your family isn't going to leave you over a small investment like [Liberate Your Life](#).

But anyone who avoids transforming their subconscious will forever be a slave to their habits, moods and negative beliefs – which are detrimental to living an abundant and truly meaningful life in the 21st century.

Join Liberate Your Life if you haven't already. You can ask for your money back at anytime. If you do all the exercises in Liberate Your Life, I guarantee that you will have the clarity and inner fortitude to liberate yourself from most of life's stresses – financial or otherwise (or I'll give you [double your money back](#)).

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How about that for a worst-case scenario? Even if you use the program completely and decide it's not for you, you get TWICE as much money as you spent on the program. There's not even a stock, bond or other investment that will literally [guarantee](#) you a minimum 100% return on your money. So even if your Inner Critic says you don't have the money, get the program, do the program, and then get double your money back in 6 months.



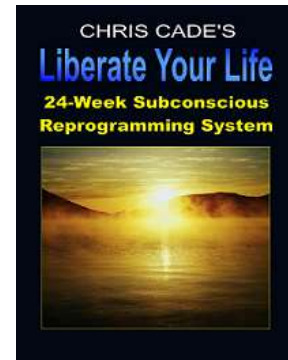
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What Is Liberate Your Life?

Introducing the subconscious reprogramming system created by personal transformational teacher, Chris Cade.

It is a 24-week course that teaches you how to transmute the negative subconscious memories, stories and experiences that are currently dictating your life, your beliefs and your view of the world.



Each week you receive a new lesson and mental exercise to complete. These unique exercises replace limiting thought patterns with empowering stories that allow you to live directly from your innermost being.

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About The Author

Chris Cade calls himself a voracious seeker of Truth.

He is a second-degree black belt and martial arts Champion who has swum with wild dolphins and tested software to find the bugs.



His journey – leaving a six-figure income and corporate life with Hitachi and Adobe for a spiritual one – has rewarded this visionary with the opportunity to be of service to others.

A graduate of The Monroe Institute's Gateway Voyage program, and a student of the Diamond Approach, Chris is a spiritual teacher, lecturer, and a grateful father.

What People Are Saying About Liberate Your Life

<http://www.chriscade.com/liberate-your-life/details>

“Brilliantly expressed material”

"I just finished my [first lesson](#) in the [Liberate Your Life](#) program. Brilliantly expressed material. So very compelling. Something tells me I am going to fall in love with learning and live in great anticipation of each lesson for the next 24 weeks. Life as I know it has already begun changing for the best!"

—Mary Cate O'Malley,
San Diego, California, USA

“A Jump In My Spiritual And Personal Growth”

Hi Chris: I would like to send my gratitude to you for the [Liberate Your Life](#) course. For many months I was not taking the time for growth and it took its toll by leading to unhappiness and total exhaustion. There were many negatives slipping into my life that I felt I had no control over. I hurt spiritually, emotionally and physically.

Getting in touch with you at your website was the first step which has lead to a jump in my spiritual and personal growth I had been longing for. Growth, whether personal or spiritual, should be done on a daily basis, either by learning new ways or just mediating. It is a hunger in my soul and if I do not feed it, it gets cranky and I attract negatives into my life as a sign from my higher self. It did not take long for all the negatives to turn into positives because I started on a spiritual and personal development way of life again.



GET PAID TO SHARE THIS eBook

“Getting Things Changed”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade
<http://www.chriscade.com/liberate-your-life/details>

Again, thank you for reaching out and helping those who want... to live happier and fulfilled lives.

To anyone who has not gotten [this course](#), you should seriously think about it since I am only in Lesson 2. Take all the help you can get!"

—Nicole P.
New Brunswick, Canada

“The Break-Through I Am Looking For”

Overall I have found the first 4 lessons and the bonus lessons of help in my quest for simple peace in my head and therefore my life. The concept of the Inner Critic, for me, could be the break-through I am looking for in that I feel it is the greatest of all hindrances to peace of mind. So that being said I am looking forward to the lessons that are in store. The first 4 have certainly been thought provoking and I hope the following lessons will continue to bring me closer to being able to challenge and deal with the Critic effectively - now that I am aware of it. Many kind regards and best wishes.

—Anne Flynn

“I Can Already See The Shift”

I did the exercise in [lesson one](#) quickly and easily and then I started on the work on [affirmations](#) and that's taking a lot more thought. It's not hard but it is taking work and concentration. I can already see the shift in my thinking.

—Susan Mazzanti

“A Great Way To Start The Week”

I have just finished printing out Lesson 4 of [Liberate Your Life](#), and I want to let you know how much I am enjoying the programme, and how much I appreciate it.

Each [lesson](#) appears in my in-box on Sunday evening, and I work through it on Monday morning. It feels like such a great way to start the week, and the bonus lessons have been a wonderful surprise. I am printing each lesson out to keep them all together as a book. This way I know I will be able to refer to it as often as I want to (which is not always the case with my computer!)

Thank you for doing this Chris, and keep up the good work.

Sending you my very best wishes.

*—Julie B.
United Kingdom*

“Moving Forward With Great Speed”

Chris,

The first four [lessons](#) have brought out many new ways of looking at my patterns and limited beliefs. By being more aware of some of the conflicts and creating my climax I have allowed myself to break many of the repetitive patterns I have lived with for years. I am big on mantras and affirmations and was great having another view at the words we choose to create our affirmations. This was a great reminder for me...

In the last four weeks I have made some giant moves forward in finally listening to where I want to be and better yet I am stronger in my commitment to who I am and have let go of relationships that have kept me held back for many years.

Facing the truth is hard sometimes but I have finally been able to face some of the difficult ones and am moving forward with great speed and becoming aware of how much joy life has to offer...

Thank you so much for sharing this great lesson with all of us...

—April

Click The Link Below To Learn More About Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>