

# How To Be Truly Happy

## The Quick Start, Easy Guide to PSTEC™ for Self Help

The free audio download available at [www.pstec.org](http://www.pstec.org) is a system in it's own right and it comes with instructions of it's own. Be sure to use those free tracks first. This guide expands on that and shows you what else is possible.

**You are the product of your experiences.**

**If a perfect world and with a perfect life, you would have a history of only positive experiences.**



Unfortunately, life is not like that and some or even much of your previous experience may have been negative.



**In fact, most people are suffering every day from the after effects of what came before.**

Fears, PTSD, anxiety, stress, lack of confidence, insecurities, anger, feelings of low self worth and other emotional problems are all the result of previous experience.

The PSTEC audio has been very carefully designed to erase that damage for you by neutralising the emotional effects of an experience and usually it works very quickly.

Perhaps when you found the website you wanted to get rid of one or two particular problems. You might have even tried it already. When you do it's likely you will discover it works for you amazingly well for you, just as it does for most people. If so then you may find yourself wondering in what other ways you can use this to improve your life.

Well the big picture is much more wonderful and far more important than you can probably imagine. PSTEC is not just about fixing a few problems. It can do so much more.

This is because when PSTEC was designed, in addition to the free tracks, even more powerful material was also created which allows you to apply this, not just to single issues but to your entire life, so you can be much much happier than you can possibly imagine.

On the next pages you'll discover exactly how and why this works.

**The way you think and feel  
is a direct result of your experiences.**



You have numerous fears and negative expectations  
because of the experiences  
you have already had.



**Think of your previous experience as programming.**

Some of the things which affect you, will be events from the past which you remember. And it's very likely there are also be other events which you don't remember consciously but which continue to affect you just the same.

**Whether you remember those things consciously or not, you have been dragging those events around with you like a ball and chain.**



**Every day, your previous experiences have been affecting your expectations and your thinking. They have been affecting your success, your beliefs and your emotional reactions every single day.**

**Fortunately it doesn't have to be that way because you can be released from those negative effects.**

PSTEC was designed from the very beginning to release you from the negative stuff that came before and to create within you a wonderful positive way of living, thinking and feeling.

**And it's much much easier than you might expect.**



**So whatever you do,  
consider the big picture.**

**Realise that you can  
go beyond just fixing one or two problems and that  
you can use this tool to  
MAKE YOUR ENTIRE LIFE BETTER**

**By using the free tracks alongside other even more powerful PSTEC  
tracks:**

**Your life can be truly happy and truly enriched.  
You can improve your life emotionally.  
You can have better relationships.**

**You can also do the following:**

- You can turn down and remove unwanted emotions.
- You can be more relaxed.
- You can have more happiness.
- You can experience more love.
- You can like yourself more.
- You can let go of anger,
- You can be more successful.
- You can create mental resilience.
- You can achieve things which you thought were absolutely impossible.
- AND discover a wonderful self confidence.

**And there's more because...**

by learning how to deal with your past programming and by having access to the tools to do it...

**PSTEC can remove unreal limitations  
and allow you to enrich your life  
in every way,  
including financially.**



## **The User Feedback**

On the PSTEC website many people have already shared their experiences to help you get success.

- You can read how other people have been successful in their own words.
- You can listen to telephone calls from people around the world who have already been using PSTEC.
- And you can sit back and take in the free Jeff Harding interviews with real people (therapists and also self helpers) who are using PSTEC to make life better.

These people have shared their experience of PSTEC freely,  
so you can be confident of success.

**Let me help you understand just how simple this is.**



**Essentially, there are 3 basic human states.**

**1st state = "Emotionally Imprisoned"**

"Emotionally Imprisoned" = Suffering from the negative effects of former experience. And relating to your present and future based on those negative experiences.

Sadly, this is where most people spend their entire lives. But you do NOT have to be one of them because with a little time and by using the easy PSTEC methods you should be able to reach the other, happier states far more quickly and far more easily than you can imagine.

Are you in this first state? Here is how to find out.

**Typical symptoms of being “Emotionally Imprisoned” are:**

- not enough joy
- lacking confidence
- persistent negative expectations
- poor self esteem
- easily stressed
- prone to anxiety
- hurt
- perhaps resentful
- fears
- unhappy or maybe depressed
- nightmares
- thinking about bad things more than good things (especially what has happened)
- anxiety about the future
- possible panic attacks
- and maybe even obsessions, addictions, compulsions, degrees of self hatred or dislike
- etc...

You may not have all of those symptoms but I expect much of it sounds very familiar.

In fact this is where most people start the journey: "Emotionally Imprisoned". Fortunately simple PSTEC tools can be used to move to to the 2<sup>nd</sup> state which is a much better and a much happier place to be.

## **2<sup>nd</sup> state = "Clear Released"**

"Clear Released" = Freedom from fears, and free from the emotional pain doubts and anxieties caused by previous experience.

**In the clear released state you will feel light, and often joyful.** And based on the user feedback, it's fair to say that using PSTEC, the "Clear Released" state can generally be reached within a reasonable timescale.



## **How to move from 1: "Emotionally Imprisoned" to 2: "Clear Released"**

**It takes just 3 simple steps.**

To release yourself from the chains of former experience there are only really three things you might need.

These are:

1. The free click tracks,
2. PSTEC Level 1,
- 3 The PSTEC accelerators (because they speed progress)

You probably already have the free tracks. What are the others?

PSTEC level one contains the extra tools you need and some comprehensive and easy to understand tutorials. Learn in simple terms how you can reach the “clear released” state either yourself or working with someone else. It also contains lots and lots of examples to illustrate the wide variety of ways in which you can use PSTEC to improve your life. The PSTEC accelerators are another package again. Accelerators are used by people who want to make progress as easy and as fast as possible and they can also be useful in getting past certain blocks.

## **3<sup>rd</sup> state = “Success Empowered”**

Whereas "Clear Released" equates to a general contentment and happiness, "Success Empowered" is a step further and it allows you to achieve all kinds of things that seemed impossible before.

"Success Empowered" goes beyond being “clear and released”. In the “Success Empowered” state you will undertake new things with an easy confidence and a breezy expectation of absolute success.

## **How to move into the “Success Empowered” state**

Moving from the “Clear Released” to the “Success Empowered” state is simpler still and requires only one more thing.

The simple but powerful strategies for doing this with PSTEC are all explained in simple steps in "How To Achieve Almost Anything, The Easy Way".

This is a 3 hour tutorial which lays out step by step exactly how to achieve almost anything you want. It's also possible to apply this to create the successes you want whilst at the same time doing what's needed for you to move from being emotionally imprisoned to clear released. PSTEC is designed to work for everyone and to be very flexible.

### **How do you assess which of the three states you are in?**

You simply judge this for yourself based on how you feel. For example, if your life lacks joy then use the free audios, PSTEC level 1 and the accelerators to change that. If your life lacks success, then use “How to Achieve Almost Anything, The Easy Way” to create whatever success you want. The reason you should assess your own state, is because you know yourself better than anyone else.

### **What about the other PSTEC audios?**

There are other specific audios, but they are for specific purposes. For most people the above should be all that's needed to transform your life into the wonderful thing that it can be. And now many people can attest to the fact that it really is worth every second of your time to do this.

## **Get started for FREE**

### **Remember that PSTEC is completely free to get started with.**

Despite being free, the PSTEC “click tracks” are very special, and based on Nobel Prize winning research combined with cutting edge psychological principles. PSTEC gives you access to the first tracks and tutorial for free. There's a free package for anyone who has cancer too so if you know someone affected by that, please tell them. Because it's completely free to start with PSTEC you can make sure that it really does work for you before going any further. And if you are ever unsure or need help at any stage there are professionals who can guide and advise you either in person or over the telephone.

## **The Self Help Sequence**

- 1. The FREE PSTEC click tracks**
- 2. PSTEC Level 1**
- 3. The PSTEC accelerators**
- 4. “How To Achieve Almost Anything: The Easy Way”**

## **The Therapists Sequence**

- 1. The FREE PSTEC Click Tracks**
- 2. PSTEC Level 1**
- 3. The PSTEC Accelerators**
- 4. PSTEC Advanced Audio**
- 5. PSTEC Cascade Release**
- 6. “How To Achieve Almost Anything: The Easy Way”**

**Visit the PSTEC Website for your free access here:**

**<http://www.pstec.org>**