

ABT Mod 01.01 - Introduction

Hi there, it's Dana Wilde and welcome to Advanced Brain Training Module One!

If you haven't done it already, make sure to watch the introduction video to this entire module that's on the landing page. It gives an introduction to this entire training and explains a little bit about why you'd want to learn how to make change at the unconscious and behavior levels.

In module one, I'm going to reveal your first tool for making change at the unconscious level.

Some of you know that I studied hypnotherapy before founding The Mind Aware. I knew I didn't necessarily want to become a practicing hypnotherapist, but I wanted to extend my study of the brain and so in this module, I'm basically going to share with you everything I learned in hypnotherapy school.

I'm going to share a couple of new Mindware Experiments, as well as a method for change called Ten Minutes Before Bedtime which has been getting rave reviews from our members.

And so, without further adieu, let's dig into module one and I'll see you at the end!