

Is your To Do List hanging over your head like a noose?

Are there significant matters in your life that you are not acting upon?

Maybe you have set a weight loss as your target. You know how to eat better and exercise, but.....

Maybe you aim to improve your financial picture and get out of debt or get a new job, but.....

Maybe this is the year that you want to buy a house, improve a relationship, start a new venture.

Dear Motivated Friend,

You don't need anyone to tell you what to do. You made your resolutions for this year and have set plans or goals. Sowhy don't you do them?

You have a million reasons- valid ones.

What's stopping you?

You desire certain achievements; you dreamt of them, devised them, and planned them. Yet somehow excuses and self-resistance set up roadblocks in life.

You let old patterns handcuff you, paralyzing you from acting upon your purpose and ambitions.

How many times have you said "if only" or "starting Monday" or "as soon as I get the time"? How many times have you seen a success and said, "I could have done that"!

But YOU didn't! Why?

It actually IS not your fault!

Laziness, lack of willpower or discipline may NOT be your problem.
Don't despair and berate yourself.

Breakthrough research findings in psychoneuroimmunology actually reveal biochemical causes for inertia and the simple solutions that will empower you to meet your goals without the struggle have been devised.

Yes, you CAN change your cellular makeup.

I Know What to Do, So Why Don't I Do It? is an audio program devised by Nick Hall, Ph.D. with you in mind. Solutions for your problems and the science supporting them are found here in easy to understand format.

You have become an expert at making excuses.

Dr. Hall identifies and analyzes the 10 most common excuses that keep people from fulfilling their goals and he designs a specific plan to deal with each of them. You not only identify the concealed causes of life's stresses and defenses, but how to combat them in a manner most people are unaware of.

The **Number 1 excuse**: "I'm too stressed out".

In these trying times, it is a common mantra.

Excuse #2: "I don't believe that I can."

Self-defeating prophecies are self-fulfilling if not nipped in the bud.

Excuse #3: "I don't have the time."

Excuse #4: "I don't have the energy"

Knowing there are things to be done but they are just preying on your mind is exhausting. It is also responsible for your tossing and turning, further debilitating you.

Excuse #5: "I'm too emotional."

Excuse #6: "I'll always be the way I am."

Excuse #7: "I'm afraid I'll make a mistake".

Excuse #8: "I'm too sick."

Excuse #9: "I'm too skeptical."

Excuse #10: "I can't do it alone."

Do these sound familiar? You can hear them from most people.

So why do you feel bad?

These typical defenses are actually signs of a combination of psychological, chemical and neurological factors woven together.

Don't let them hold you back!

Hear the free audio track sample that Dr. Nick Hall provides from his program *I Know What To Do, So Why Don't I Do It?*

Even this small clip can break your patterns of resistance and release you from excuse bondage!

Learn the secret to becoming the person you want to be!

Hear first hand how to regain control and focus.

Find out image replacement techniques that will lead you toward positive outcomes.

Meet Dr. Nick Hall

Nick Hall, Ph.D., a medical scientist of international renown, has conducted revolutionary studies linking the mind and body for over 20 years.

His pioneering studies have been published in more than 150 periodicals. Two prestigious Awards, granted by the National Institute of Health to the top scientists in the United States, have been bestowed upon Dr. Hall.

National and international media including CBS'60 Minutes, the BBC's Nova series and the Emmy Award-winning program Healing and the Mind, aired by PBS, have featured Nick Hall, Ph.D.

He instructs athletes and heads of companies how to tap into their personal energies and resources. He teaches them methods to success at both his seminars and at The Saddlebrook Resort Wellness Center in Tampa Florida where he is Director.

Put yourself in the same group as privileged athletes and corporation heads! This may be an elite group but why not allow him to help you too!

Don't you deserve it?

You are invited to try *I Know What to Do, So Why Don't I Do It* ? for a full 30 days for a [mere \\$1.00](#).

Yes, I want to Tap into My Potential and Overcome my Limitations.

Please send me the 8 CD set of *I Know What To Do, So Why Don't I Do It*.

[CLICK HERE](#)

You Are Stuck In a Rut....And your wheels are spinning!

There is no reason for you to be weighed down in the muck and mire of inaction.

There IS hope. By listening to Dr. Hall's program, whenever those old excuses resurface, you will immediately recognize the situation and know precisely how to OVERCOME them!

You can NOT afford to wait and catch up on life. The world may pass you by.

Benefits:

- ✓ Explanation of the biochemical foundation for what stymies you
- ✓ Proven, scientifically based strategies for eliminating your excuses
- ✓ Life-Altering Plan of Action to Propel you forward down the Road of Success
- ✓ 8 CD set in easy to understand format

There is **NO RISK** to you.

If for whatever reason you are not satisfied, you have 30 days to return the program and receive a full prompt Refund. No questions asked.

Take the burdens off your shoulders.

Feel how liberating it is to free yourself of the excuses keeping you from all your achievements!

Keep the valuable program and at the end of your 30-day period pay only \$XX.XX which is discounted from the usual \$XX.XX.

This \$1.00 trial may not be available for much longer.

I urge you to try *I Know What To Do, So Why Don't I Do It ?* now.

P.S. As an added bonus, you get a Video DVD and a Bonus CD with Workbook

You have our 100% Risk Free Guarantee.

There is nothing to lose except your procrastination and excuses.
Be all that you can be. Discover how successful you can become.
The techniques and methods are not only easy to understand, they are easy to apply. And best of all.....**THEY Work!**

So, just do it NOW!

[CLICK HERE](#)

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