

## The Benefits of *Self-Mastery Technology* Can Be Virtually Limitless

1. The right and left hemispheres of the brain become more balanced, enhancing both creativity and focus.
2. Blood flow to the brain increases, resulting in clearer thinking, better concentration, improved memory, and enhanced creativity.
3. Each SMT session produces the *relaxation response*, a state known to increase endorphin levels by up to 25%. These endorphins act as natural anti-depressants, providing relief from pain and creating balanced emotions and pleasurable feelings.
4. Because 20 minutes of Self-Mastery Technology can be like getting four hours of sleep, you'll find yourself sleeping less, feeling more rested, and accomplishing more.
5. Relationships become more fulfilling.
6. Energy levels soar.
7. Career satisfaction improves.
8. Jet lag can be decreased or eliminated.
9. Personal changes, such as losing weight, quitting smoking, ending nail biting or other nervous habits, happen faster and easier.
10. And last, but certainly not least, the cumulative benefit of SMT is a seemingly effortless ability to handle and manage stress.

With Nearly 400 Titles in 23 Categories, There's Something for Everyone

- Weight Loss (52 titles!)
- Candida Healing Breakthrough
- Rejuvenation Program
- Stress Reduction
- Smoking Cessation
- Insomnia Solutions
- Life-Mastery
- Winning Relationships
- Vibrant Health
- Accelerated Learning
- Alcohol Free
- Blue Chip Basketball
- Stress-Free Childbirth
- Coping With Cancer
- Enlightened Children
- Pain-Free Lifestyle
- SportZone™
- Mental Coaching For Golf
- Irritable Bowel Syndrome Relief
- Medical Recovery
- Mind-Over-Menopause
- Abuse Survivor Series
- Freedom From Addiction
- Healthy Heart Lifestyle
- Sales Mastery

Ask Your Club Reduce Doctor for a Demonstration of Self-Mastery Technology Today!



Self-Mastery Technology can transform your iPod or any mp3 player into a Portable Achievement Device!

Requirements: An iPod or any mp3 audio player or smart phone, an SMT audio file, and stereo headphones.



# Self Mastery Technology

Create a Life You Love!

## LOSE WEIGHT

By unleashing the power of your mind

## LESS STRESS IN MINUTES

Tune down the brainwaves that trigger tension

## ALL-DAY ENERGY

10 minutes in the morning is all it takes



Is Food as Addictive as Drugs & Alcohol?  
Can You Retrain Your Brain to Resist the Lure?  
See Inside to Find Out!

**PLUS!**  
How to  
**STOP SMOKING**  
without  
withdrawals  
or drugs

Discover What You  
Can Achieve When You...  
**DARE TO RELAX!**

How long have you dreamed of having a trim, fit body... kicking your smoking habit for good... living your life stress free... gaining freedom from your chronic pain... or otherwise changing your life? What if you discovered a way to achieve your goals in just a few minutes a day? Well now you can in an exciting new way... **Self-Mastery Technology (SMT)**.

The power of the mind is nothing new to science. Doctors have known for decades that the mind has the power to help people lose weight, stop smoking, manage pain, overcome phobias, accelerate learning, and enhance athletic performance. The only problem was finding a way to harness that potential.

But now there's **SMT**, a new technology based on the research of the world's leading universities. **SMT** uses synchronized pulses of light and sound to deeply relax you while promoting optimum brainwave activity for learning, focus and memory. While the lights and tones soothe you, **SMT** audio sessions help focus your mind so you can finally release unwanted habits and get more of what you want out of life. And, because the effects are cumulative, there's virtually no limit to how good you can feel or what you can achieve.



ASK YOUR CLUB REDUCE DOCTOR FOR A DEMONSTRATION OF SELF-MASTER TECHNOLOGY TODAY!

Unleash the Power of Your Mind to...  
**Lose Weight!**

**SMT** (Self-Mastery Technology) can help you change the way you see yourself. Once you have this new and improved self-image, everything else changes—junk food and fast food lose their appeal, healthy foods become desirable, you eat only when you're hungry and stop when you're full, and so forth.

Every day men and women are discovering the power of **SMT** so they can finally stop struggling with cravings, junk food addictions, snacking and nighttime eating.

**Randy**  
**"My 3-Year Success!"**

"My weight-loss journey with **SMT** started as my New Year's resolution. Instantly, I slept better at night and my habits started changing. I drank a lot more water without thinking about it. I'd go to the fridge and automatically be drawn to the fruits and vegetables. I've been able to reprogram my brain so the way I look at food and the way I look at life are different. That's why I'm confident I'm going to keep my weight off for good. It's not just that **SMT** works; it's the only thing that worked for me."



**Why Does Randy Keep His Weight Off  
When So Many Others Fail? Here's One Clue...**

The scientist who once led the U.S. government's attack on addictive cigarettes recently published research suggesting that millions of Americans increasingly share a new malady he calls *conditioned hyper-eating*, a willpower-sapping drive to eat—especially high-fat, high-sugar foods—even when not hungry. This condition occurs in the brain where these foods light up the brain's dopamine (pleasure-sensing) pathway—the same pathway that conditions people to alcohol or drugs. According to the research, this factor is one of the root causes of the obesity epidemic in our country today and overeaters must "retrain their brains to resist the lure."

**SMT**'s brainwave entrainment technology can do just that—help eliminate *conditioned hyper-eating* by reconditioning your thoughts and emotions relating to food. After all, what good would it do for you to lose all your weight only to fall back into the habit of conditioned hyper-eating that caused the weight in the first place?

Awaken Your Brain's Potential to...  
**PUT STRESS IN ITS PLACE!**

The developers of **SMT** (Self-Mastery Technology) made a two-decade study of people who are naturally easygoing. They knew the key to permanent success was hidden in the underlying psychology of these resilient people. In each **SMT** audio session, these keys to freedom from stress are passed along to you so you can get back to the way you felt before you learned to be stressed. The result is restful sleep, a positive outlook, more self-confidence and an enhanced quality of life!

**Having Trouble Sleeping?**



**With SMT, light & tone pulses guide your brain back into natural sleep cycles, making it easier for you to fall asleep, stay asleep and awaken refreshed and ready for your day!**

Activate Your Internal Pharmacy for...  
**FREEDOM FROM PAIN!**

**SMT** can activate the most potent pharmacy on earth—your human brain. You see, cells in the body have tiny receptors that, when activated, decrease the sense of pain. Painkillers work by stimulating these receptors, but can come at a price: potential addiction, immune suppression, and lethargy to name a few.

Fortunately, brain chemicals known as endorphins can naturally trigger these pain-eliminating receptors. Twenty minutes of **SMT** creates the relaxation response, a state known to increase endorphins by as much as 25%. Learning how to manage pain boosts your confidence and finally lets you reflect the inner health and happiness within you!

Experience Brain Fitness While You...  
**STOP SMOKING  
FOR LIFE!**

Most smoking cessation methods focus on nicotine—and depriving you of it—when the most important element in quitting smoking is your internal view of yourself. When your perception of you changes from "smoker" to "non-smoker," you will no longer desire cigarettes. In other words, **SMT** (Self-Mastery Technology) puts you into the optimum learning state and makes sure you focus on thinking, feeling and acting like a nonsmoker, which will keep you tobacco-free for life!

**WHAT YOU WANT  
TO KNOW  
ABOUT SMT**

**Does SMT really work?**

Yes! Dozens of scientific studies prove the effectiveness of brainwave training and all case histories are documented.

**How does it work?**

Our minds work on two levels, conscious and subconscious. You think and make decisions mainly with your conscious mind. The subconscious mind, however, is what controls your habits. **SMT** helps you achieve a deeply relaxed state where your subconscious can focus on the life you want. You are then empowered to choose new behaviors that help you achieve your goals.

**Will SMT work for me?**

Almost anyone can visualize and create the changes they desire. Your imagination and a reasonable commitment are all you need to get excellent results.

