



Work Smart, Not Hard

Christine Sherborne

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This recording will help you to become organized and structured, teaching you how to prepare and plan your day, achieving more in less time. Using the power of your subconscious mind, you will learn to set goals, follow them through, and use your available time to best advantage.

We often think that the harder and faster we work, the more we get done, but activity doesn't necessarily equate to productivity. Most successful people say that their achievements are due to working hard, keeping going when they are tired, and disciplining themselves to do the things they don't want to.

Soon you can become an organized, effective person through the discipline of goal setting and other tools contained here.

The quantum factor life enhancement series of recordings uses powerful natural techniques to help you make profound changes in your life, enabling you to visualize, plan, and achieve the future you want. They work by tapping into the vast natural resources available to you in your own mind. All the information is absorbed into your sub-conscious mind, while you are in a relaxed and receptive state - without any effort whatsoever.

This program uses four techniques to ensure the effectiveness and sustainability of the course: Visualization, Meditation, Hypnosis and Affirmation. Their easy acceptance into your sub-conscious is ensured by the use of background alpha rhythms, which help the brain into a relaxed but not unconscious state. You will be aware of things around you, while being in an ideal condition to learn and retain new information. There are also theta rhythms, which help the brain to relax into a state of reduced consciousness.

All the titles in the series, if used as suggested, will help you to change your life in ways you never dreamed of - simply by reprogramming your own self-talk and self-perception in positive ways and enabling you to achieve your full potential.

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