

What if in the next 90 days, you too could be...

PTSD FREE

**TAKE CONTROL OF YOUR MIND
with easy methods developed by a PTSD survivor.**

Mr Twenty Twenty

AUTHOR OF "Mindhacking and Modelling"

PTSD FREE – The 90 Day Experiment

How you can take back your life just 90 days.

Dedicated to Neville Goddard, Richard Bandler, Grey Wolf and Victoria.

When I had PTSD, I wanted help. I wanted help from someone who beat it. I wanted to get results fast, I wanted to find out what worked, and get it happening in my life.

Sadly, there was none of that available back in 1989. This was back before the internet was all that useful, back before you could publish a small book like this that would change lives – because it shared real life experience.

That's why I wrote this book for you. That's also why we kept it short, and why we are tossing in \$50 bucks worth of private recording sessions as a bonus at the end of the book.

PTSD FREE is short and sweet, so you can read it in an evening, and start taking action with it IMMEDIATELY. (If you want a 300 page book novel or college text book to read for a few months, I'm not your guy. That would take too long to write, be full of fluff and filler, and I would have to charge an arm and a leg for it – instead of asking you to invest less than what a six pack of cheap beer costs to change your life.

So, if you want something simple to read, written in plain English, with a plan that is easy to execute – then read on.

THE BONUSES: At the end of this book, you are getting one of our best downloadable 3CD personal mind control programs to give you more tools that help you take control of your mind. Why? Because we can share them easily with the internet with today's technology, and the profits from this tiny little book will pay for what it costs us to do that. We don't have to burn cds, go to the post office, take time from our day. You just read the book, click on the link at the end of and get your bonus recordings – and simply use those too, to change your life.

Let me ask you a question.

What if in the next 90 Days, you could have your life back – reduce or totally eliminate the stress and pain of PTSD from your world – be back on the top – and get beyond your nightmares and flashbacks? This little book may be just what you have been looking for, it may just help you do that, by helping you take control of your mind and your life again – using my five tiny little thought experiments..

Why should you listen to me?

Back in 1989, I was diagnosed with PTSD. I was a newly married prison guard taken hostage in the 3 day prison riot at Camp Hill, Pennsylvania. The riot was bad, really bad – as you can imagine. Life after the riot with PTSD was even worse, with nightmares, flashbacks and unexplainable anxiety. Welcome to the hell of PTSD. As you know, life isn't fun when your mind is out of control.

Eventually, I healed myself by doing a 90 Day Thought Experiment that we now call PTSD FREE..

What can you expect from this book?

In this book, you will learn the SEVEN thought experiments I used to take my life back from PTSD. The thought experiments work, because they are very simple, very easy to do. And all you

need is about 15 minutes a day to experiment with them.

Will they cure you? Will they change your life for the better? You will only be able to find out what is possible for you, if you do the 90 day experiment, just like I did.

So here is the deal.

For less than the price of a cheap six pack of beer, you can learn what worked from my real life story, and learn the thought experiments I did, to help you find freedom. Just take 15 minutes a day, and follow my simple steps. That's half an episode of the Simpsons you might miss out on at the most. A very small investment, to find out if the experiment that changed my life, will work for you too.

At the end of 90 days, let us know how you did. Even if you aren't PTSD free, I guarantee that your life will be much improved – you will be happier, have less stress, and feel more complete and rested. My friends and family know where I have come from, and how my life has changed from doing this. Yours will too. We all hope and pray that this project goes viral and changes hundreds of thousands of lives of those who need it – including yours.

What I want to know is how will your life have changed, by just taking those 15 minutes a day and playing with these little thought experiments. I can tell you, life can be an adventure again.

One survivor to another, it is possible.

Mr Twenty Twenty – formerly John Wingert – Melbourne, Australia

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PS: MEDICAL DISCLAIMER: I am not a doctor, or a medical professional of any sort. This book is not meant to be treatment, or to be used for diagnosis. Do not use it that way. It is designed to help those who it can help to take control of their minds again. That's it. Anyone can benefit from using these thought experiments, I used them to become PTSD free. So if you are in treatment, continue it. If you need medical attention, get it. If you get a nasty cut, you get stitches. If you feel hungry, you eat a meal. Consider this book a meal – one that will feed your mind, body and spirit.

What may people with PTSD want to know is this, “Is there hope for me?”

Yes there is, I am living proof. You can become proof in the next 90 days too. Together, we may change the lives of thousands. Focus on how your transformation will help others. That seems to unleash a healing power from within that will help you work wonders. It's time to give back, to help those in need, who can benefit from my experiences and with yours. Welcome to PTSD FREE.

So let's begin with the words of a mentor of mine, a Lenape Native American who helped me wake up and start to smell the roses again.

"Sometimes you have to use crazy ideas, to heal minds that are acting crazy."

Back when I had PTSD, I tried all the normal ways of getting better. None of them worked for me. And going on medication wasn't an option, at least not inside my mind. So I took matters into my own hands, and cured myself in 90 days - mostly by creating thought experiments that involved me having five kinds of imaginary conversations inside my head. (You'll be learning all about them, and a few other thought experiments that helped me fix my mind.)

Literally, since normal treatment wasn't working all that well, I took matters into my own hands. I used what sounds crazy to cure crazy.

Because Post Traumatic Stress Disorder - PTSD is nothing more than your imagination gone wild. And your imagination is what causes and creates nightmares, unexplained anxiety and flashbacks. And once you control your mind and your imagination again – using these thought experiments, nightmares and flashbacks can become part of your past, and eventually forgotten.

So let's share the formula. Time to dive in.

The most effective way I have found to take control of your mind again, is to control the five kinds of imaginary conversations you have naturally. Note: Based on my personal experience and over 20 years experience coaching and training with NLP – Neurolinguistic Programming, if you are like most people, most of the time, you have your imagination creating up to SIX kinds of conversations inside your head.

And those six kinds of conversations inside your head, will determine more than anything how well you will be, how rich you will be, and they will even determine IF something like PTSD is going to rule your world - or not.

Go time.

Think about this, your mind can be a very powerful servant – but it makes a terrible master – especially if you have PTSD. Imagine a life where you are in charge again.

What really is Post Traumatic Stress Disorder? (A survivor's definition.)

“PTSD is like letting a 7 year old loose in a gun shop inside your head, where there are loaded weapons and explosives all over the place. Boom! You never know when the next explosion is going to happen.” - Overheard in a government sponsored treatment session.

“PTSD is like living inside a horror movie, where you don't know what's worse, knowing what is likely to happen inside your mind again, or not knowing when it's going to show up.”

The PTSD experiment began when I realised something simple and obvious about PTSD that not ONE treatment team bothered to notice or mention to me. No hard feelings toward them, maybe because they didn't understand the significance of it or how powerful this simple insight is.

You might want to write this one down. It's going to change your life – forever.

“PTSD is 100% inside your imagination. It is nothing more than your IMAGINATION gone wild – crazy – out of control.”

Let that sink in for a minute. Then read on.

Think about it. When your imagination is out of control, it really is like letting a 7 year old loose in the gun shop. BOOM! You never know when or what kind of trouble, like flashbacks or nightmares it's going to toss into your life – it can happen at any time.”

It doesn't get more simple than that. Your freedom from PTSD begins when you realise that freedom is entirely possible, all you need to do is take CONTROL of your imagination again.

You controlling your imagination EFFECTIVELY is the key. And most people find that very difficult, almost impossible. And the first thought experiment you are going to learn in just a moment, will give you the keys to do just that.

Onward!

So if CONTROL OF YOUR IMAGINATION is the key – let's learn how to control it. But to do that EFFECTIVELY, we need to learn about one of the most amazing shifts in scientific thinking about the human mind. It's called Multiple Mind Theory.

MULTIPLE MIND THEORY.

In the best-seller, Incognito – David Eagleman begins with the theory that we don't have one mind, that we actually have MULTIPLE MINDS. In fact, it seems according to MEGATONS of current research that we do have MULTIPLE MINDS. And if your MINDS work together, like football players on the same team, you can have a great time, and accomplish your goals – and live a good life – very easily.

How can we apply this to getting beyond PTSD? Let's build a team of minds that will help you gain your freedom again.

Here is how I want you to begin.

Let's start with this, if your imagination is just ONE of your minds, and it is one of your most powerful minds, we have to LIMIT it to doing ONLY it's primary job – which is to create and to imagine PRODUCTIVELY.

You can only do that if you have another mind in there to keep it focused and under control, the mind we call THE COMMANDER.

Your COMMANDER mind has a simple job, it's job is to simply command – that includes commanding your imagination.

Because when you got PTSD....

THIS IS IMPORTANT. So listen up mate...

When you got PTSD, you were in a situation that was WAY BEYOND your command or control, and that situation started your adventure with PTSD, when the commander mind inside your head GAVE UP, and turned control of your mind, over to THE IMAGINATION.

An imagination without ADULT GUIDANCE, is just like letting the 7 year old loose in the gun shop, all kinds of hell and trouble starts happening inside your mind. That's when PTSD begins. And this is how we are going to put an end to it.

We are going to retrain the COMMANDER, to give adult guidance – to your imagination – so that in the next 90 days, your imagination will become more and more under your control, focused on what you want in your life, and only what you want in life.

THOUGHT EXPERIMENT # 1: SETTING THE STAGE – Week 1

You know that nightmares are just your imagination wreaking havoc. So are flashbacks. So let's start using the IMAGINATION creatively, under the control of YOUR COMMANDER. This might seem like a small step, but it is a powerful and a very significant step to taking control of your mind and freeing you from PTSD.

So make sure you do this THOUGHT EXPERIMENT daily, for just a few minutes. The success of the entire program depends on creating a MIND to control your IMAGINATION, so that you don't have to worry about it ever again.

Let's begin.

What I want you to do is to relax and close your eyes, and create inside your mind, your COMMANDER. Have your commander understand his role is to COMMAND your imagination at all times – to imagine ONLY what you want it to. For now, his job is to have your imagination FULLY imagine a simple scene - something wonderful for the next 90 seconds ONLY. Then you can open your eyes and feel fully recharged, pumped up and powerful.

Have the commander tell the imagination to imagine something that makes you feel calm, peaceful, powerful. I want you to imagine this scene so that you feel it fully, as if it is real.

Here is an example you can use as a blueprint to begin with:

“I closed my eyes and had my COMMANDER tell my imagination to imagine my wife and I walking on the beach. We enjoy taking ocean walks. And so I closed my eyes, began to see the ocean, hear the waves and the ocean birds, feel the sand between my toes, and feel my lovely lady's hand in mine.”

Simple right? Simple yet powerful. A great place to begin.

We are starting with the basics, because the basics will give us skills and strengths we will need for the next steps which will take you light years ahead.

THE MISTAKE MOST PEOPLE MAKE: Not creating the COMMANDER, and training him daily to TAKE CONTROL of the imagination. If you skipped this step, and tried instead to control your

imagination DIRECTLY, you are probably doomed. We build in the COMMANDER, because most people can only control their imagination IF they are not tired or distracted.

The MISSING LINK that most programs miss, is the step of CREATING THE COMMANDER MIND, and have it RUN your imagination. So that when you are tired or distracted, the COMMANDER MIND still does his job.

REMEMBER: That is why it's VITAL that you do all the following steps:

Train the commander to do his job. (Don't just start imagining conversations, or a better life, , start with tasking the commander, so he is commanding the IMAGINATION to do what you want it to do, 24 hours a day, 7 days a week.

Creating the COMMANER, also sets the state for the IMAGINATION to start taking orders, and working FOR you, doing your bidding, not just imagining WHAT THE HELL it wants too. Like ANY seven year old, it really wants to be told what it's limits are, so we are doing just that.

NOTE: We structured this session to last just 90 seconds, and end with us waking up fully recharged, pumped up and powerful. We do this so that we have an end point in mind, because having an end point with this thought experiment is very important.

Without an end point in mind, we are only daydreaming. If we just imagined like daydreaming, until you got distracted, we would build in the habit of letting the imagination continue on to do what ever it wants to do. Instead we started with an end in mind. Do this tiny little drill, wake up in 90 seconds, take that good energy and use it.

Ready to dial it up a level higher?

Before you continue onto the next thought experiment, make sure you have done the first one for 7 days. Make your commander strong, so that he works on autopilot.. Commit to doing it at least 5 times a day and for extra credit (best results) continue doing this thought experiment daily for the full 90 days. You are conditioning your IMAGINATION with this thought experiment to respond to your wishes, to do ONLY what your COMMANDER tells it to do, and it's a great way to really get some good CHEMICALS back in your blood stream – naturally.

Because what you imagine, causes all kinds of chemical changes in your bloodstream and inside your mind. Need proof? Imagine biting into a lemon, and notice how your body responds. And consider porn. Porn is all about THE IMAGINATION, and how it powerfully rules the body.

Let's move on to the next few thought experiments.

IMAGINAL CONVERSATIONS AND THE FIVE PEOPLE THAT KEEP YOU IN HELL.

+++++++ End of Sample ++++++

Get the rest of the book here for just \$7.00 – That's less than the price of a six pack of cheep beer and it will totally transform your world.

<http://www.innercircleproducts.com/ptsd-free/>