


Hey, I'm excited you're here! A few quick points before you dive in!

1. This course has helped thousands of people release subconscious self-sabotage and usually sells for hundreds of dollars. I'm giving it to you because I want to positively impact as many people as possible and build a growth-minded community. 💪
2. I recommend listening to each recording for a week before moving on to the next one, but feel free to use them at whatever pace you like. No pressure. 📅
3. Listen in a quiet, private, comfortable place with headphones on. 🎧
4. **Be sure to save this document for future reference.** ✅

5. **IMPORTANT:** For best results, listen on the Google Drive app or your computer. 

Have fun, and be gentle with yourself! Here are the recordings 

[Week 1](#)

[Week 2](#)

[Week 3](#)

P.S.

If you're ready to take the next step on your healing journey, let's connect. We'll discuss your goals and see if working together is a good fit. Click the link below!

[Let's talk](#)

Warmly,

Lucas Handwerker

