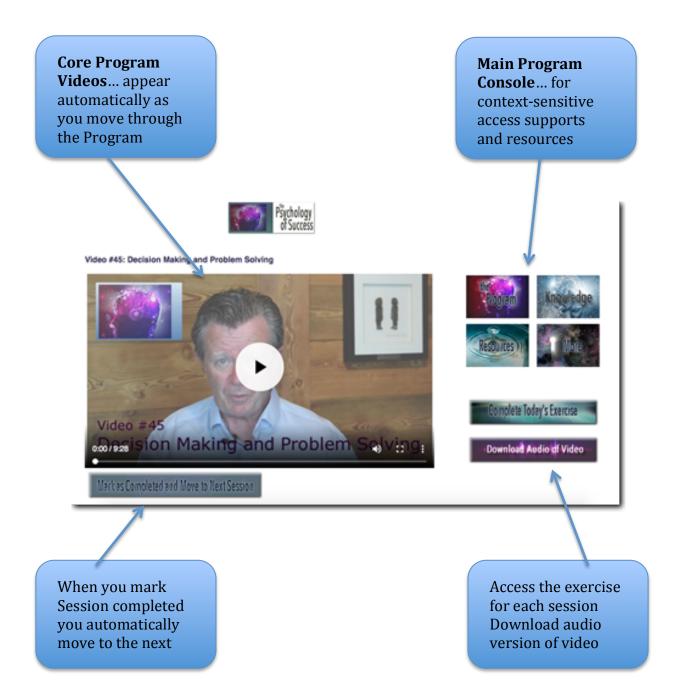
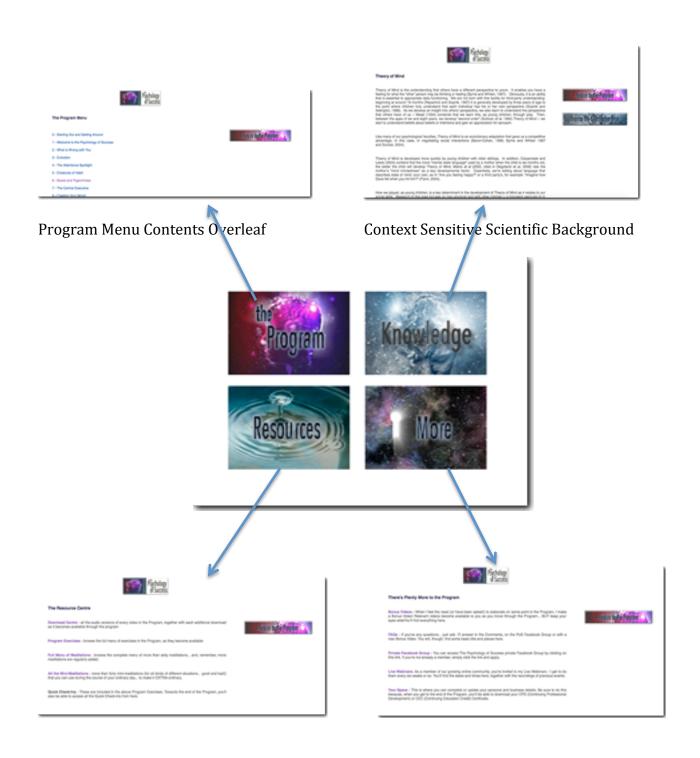


MAIN PROGRAM SCREEN



FROM THE MAIN PROGRAM CONSOLE



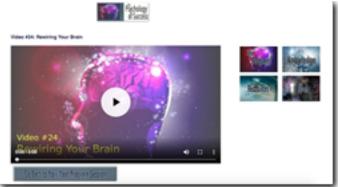
FULL PROGRAM MENU

#	Session Title	
0	Starting Out and Getting Around	
1	Welcome to the Psychology of Success	
2	What is Wrong with You	
3	Evolution	
4	The Attentional Spotlight	
5	Creatures of Habit	
6	Boxes and Pigeonholes	
7	The Central Executive	
8	Creating Your World	
9	Theory of Mind	
10	The Theory of You	
11	Stored Knowledge	
12	Figuring Out What is Going On	
13	Living Down to Your Expectations	
14	Perceiving What You Expect	
15	Creating Your Reality	
16	Stress and the Waste of Worry	
17	How You Choose Stress	
18	Stress in the Workplace	
19	You Choose Stress	
20	Time to Change Your Mind	
21	Neural Plasticity	
22	The Central Executive	
23	Coming to Your Senses	
24	Rewiring Your Brain	
25	Understanding Mental Exercise	
26	Parking Your Useless Thoughts	
27	Presence and Awareness	
28	Being EXTRA Ordinary	
29	Flow and Effortlessness	
30	The Effortless Experiment	
31	Exercise On the Go	
32	The Two Piece Jigsaw	
33	Goals You Expect to Happen	
34	Proper Goal Setting	
35	Tuning in Your Attentional Spotlight	
36	Defining Success	
37 20	Goals Come in All Shapes and Sizes	
38	Great Big Goals Perfect Moments	
39 40	More Perfect Moments	
40 41	Even More Perfect Moments	
41	EVELLIVIOLE PELIEUL IVIOITIETIES	

42	Grander Goals Yet
43	Setting Your Mind
44	Decisions Decisions
45	Decision Making and Problem Solving
46	The Cut and Thrust The Here and Now
47	Your Daily Action Plan
48	And Another Action Plan
49	Making the Right Impression
50	The Energy Vampires
51	Working Under Pressure
52	Deep Sleep Sweet Dreams
53	Work Life Balance
54	Daily Priority Setting
55	Business and Career
56	Real Leadership
57	Healthy Mind Healthy Body
58	Your Life Your Way

ADDITIONAL SCREENSHOTS

Main Program Screen "Hard Science" Video



Sample Check-In Instructions



Sample Check-In Statements for Evaluation



Sample Check-In Feedback Screen

