

A woman's profile is shown in a soft, ethereal light. Her brain is highlighted in a vibrant, glowing purple and blue, with intricate neural pathways visible. The background is a warm, golden glow with soft bokeh lights. Delicate, dried floral stems and small purple flowers are scattered around her head, some appearing to grow from the top of her head. A thin white vertical line is positioned above the main title.

# *Growth from within*

YOUR PATH TO INNER STRENGTH AND SELF-LOVE

[www.soul-stories.net](http://www.soul-stories.net)



# WHAT TO EXPECT

## **1. WELCOME TO YOUR JOURNEY**

- A personal invitation to inner growth

## **2. THE SEARCH FOR CHANGE: WHY LOOKING INWARD MATTERS**

- External solutions vs. internal transformation
- The power of the subconscious

## **3. YOUR SUBCONSCIOUS: THE SECRET GARDEN OF YOUR SOUL**

- How beliefs shape our lives
- The good news: You can replant!

## **4. UNDERSTANDING SUBLIMINALS: GENTLE MESSAGES FOR PROFOUND CHANGE**

- Affirmations vs. Subliminals: The Difference
- How subliminals bypass the inner critic

## **5. THE SCIENTIFIC VIEW: HOW SUBLIMINALS WORK**

- The power of suggestion and unconscious information absorption
- Subliminals as a tool for self-development

## **6. MY PERSONAL TRANSFORMATION: A COMPANION SHARES HIS EXPERIENCE**

- From skeptic to believer
- Why I want to share this power with you

## **7. YOUR 30-DAY PLAN: INTEGRATE SUBLIMINALS INTO YOUR LIFE**

- Week 1: Arrive & Arouse Curiosity
- Week 2: Stick with it & establish rituals
- Week 3: Deepen & consciously observe
- Week 4: Planting new seeds & building trust



# WHAT TO EXPECT

## **8. PRACTICAL EXERCISES FOR LASTING IMPACT**

- Gratitude Journal
- Mirror exercise
- Visualization
- Mindful breathing

## **9. FREQUENTLY ASKED QUESTIONS (FAQ) ABOUT SUBLIMINALS**

- Hearing frequency and duration
- Notice first changes
- Combination of subliminals
- Headphones and their effect
- Possible side effects
- Subliminals and therapy

## **10. WHAT'S POSSIBLE? UNLEASH YOUR POTENTIAL**

- Strengthen self-love and self-confidence
- Resolve blockages and find lightness
- Achieve goals and experience happiness

## **11. YOUR INVITATION: TAKE THE FIRST STEP**

- Trust your inner impulse
- You are worth being happy

## **12. ABOUT THE AUTHOR: NANCY | SOUL-STORIES**



# 01 *Welcome to your journey*

Dear Reader,

It is a matter close to my heart to welcome you on this special journey. A journey that doesn't lead to distant lands, but rather deep within yourself—to where true growth and lasting change begin.

It's wonderful that you're taking the time to invest in yourself and sow the seeds for a more fulfilling life.

This eBook is more than just a collection of information; it's a loving guide, a compass designed to show you the path to greater ease, deeper self-love, and unshakable inner strength. Perhaps you've been sensing for some time that there's untapped potential slumbering within you, or you're at a turning point where the desire for change becomes unmistakable.

Whatever brought you here, rest assured: you are in exactly the right place.

In the following chapters, we will explore together how you can use the hidden powers of your subconscious to break old patterns and create a life that truly corresponds to your deepest desires.

It's a path that requires patience and dedication, but the reward—a life of authenticity and joy—is immeasurable.

***Let's walk this path together.***





**THE SEARCH FOR  
CHANGE:  
WHY LOOKING INWARD  
MATTERS.**



# 02

## The search for change: Why looking inward matters:

We all long for a happy, fulfilling, and meaningful life. This deep-rooted desire often drives us to seek ways to improve our existence.

But all too often, we focus exclusively on the outside world. We embark on new diets, buy the latest fashions, complete fitness programs, listen to inspiring podcasts, or attend expensive seminars.

All these external measures can undoubtedly be inspiring and give us a sense of progress in the short term.

But the hoped-for, profound and lasting breakthrough often fails to materialise.

### Why is that so?

#### **The key reason lies in the immense power of our subconscious.**

It is the invisible conductor of our lives, controlling over 95% of our behavior, our emotional reactions and our thought patterns.

While our conscious mind analyzes and plans logically, the subconscious operates in secret and significantly influences how we perceive and react to the world.

As long as we don't reach and transform this inner control center, external changes will only ever scratch the surface. # It's like trying to pull out a weed by only cutting off the leaves - the root remains and the weed keeps growing back.

True, lasting change begins within, where the deepest beliefs and influences lie.



# 03

## Your subconscious: The secret garden of your soul

Imagine your subconscious mind as a vast, secret garden. Within this garden are countless seeds planted—the seeds of your experiences, your deepest beliefs, and all your memories. Some of these seeds are magnificent and powerful, nourishing and strengthening you on your life's path. Others, however, are like tiny, invisible shackles that unconsciously hold you back and prevent you from reaching your full potential.

Many of these seeds were sown in your earliest childhood. They are the messages you received from parents, teachers, friends, and society.

Maybe you have heard phrases like: “You can’t do it,” “You’re not good enough,” “Money doesn’t grow on trees,” or “Don’t be so loud.”

These seemingly harmless statements can become deeply embedded in your subconscious and become beliefs that influence your entire life.

**They act like invisible walls that determine what you believe is possible, what risks you take, and how much joy and success you allow yourself to receive.**

These beliefs aren't just thoughts; they're the blueprints your subconscious uses to shape your reality. If you believe you're not good enough, your subconscious will find ways to reinforce that belief—whether by attracting situations that reflect it or by sabotaging your own successes. But here's the good news, which carries with it profound hope:

**This garden is not static. It is alive and changing.**

You have the power to plant new, nourishing seeds and make your garden flourish. You can gently remove old, limiting beliefs and replace them with empowering, positive ones that support you on your path to a fulfilling life.



# 04

## Understanding Subliminals: Gentle Messages for Profound Change

In the area of personal development, affirmations are a familiar concept to many: positive sentences that one consciously repeats to oneself over and over again in order to influence one's own thinking and inner attitude.

But often, we encounter an internal barrier here. The "inner critic" speaks up, whispering doubts like, "You don't believe that yourself!" or "That's nonsense."

These conscious resistances can significantly reduce the effectiveness of affirmations, as our minds immediately check the new messages for their plausibility and reject them if necessary.

This is precisely where subliminals come in and unleash their unique power.

Subliminals are specially developed audio recordings in which powerful, positive messages—affirmations—are so skillfully embedded in music, natural sounds, or other background noises that your conscious hearing doesn't directly perceive them.

They're below the conscious threshold of hearing, but your subconscious is able to absorb and process them. It's like sending a message to your subconscious without the "inner critic" being able to intercept and censor it.

**The principle is astonishingly simple yet highly effective: By sending messages directly to the subconscious, the conscious filter is bypassed.**

This allows you to gently and sustainably anchor new, empowering beliefs without creating inner resistance. You can dissolve old, limiting patterns and plant new, positive beliefs deep within yourself - all without conscious effort or the struggle with doubtful thoughts.

Subliminals therefore offer an elegant and effective way to positively influence the programming of your subconscious and lay the foundation for profound personal changes.



A woman's face and hands are shown in a cosmic space background. The background is a gradient of purple and green, filled with stars, planets, and nebulae. The woman's face is in the center, looking directly at the camera. Her hands are clasped together in front of her chest. The text "THE SCIENTIFIC VIEW: HOW SUBLIMINALS WORK" is overlaid on the image in a bold, white, sans-serif font.

# THE SCIENTIFIC VIEW: HOW SUBLIMINALS WORK



# 05

## The scientific view: How subliminals work

The effectiveness of subliminals may seem mysterious at first glance, but it's based on sound psychological and neuroscientific principles. At their core, subliminals harness the recognized power of suggestion and the way our brain processes information—both consciously and subconsciously. Our brain is an incredibly complex organ, constantly absorbing a flood of information from our environment. Much of this information processing takes place below our conscious awareness threshold. This means that our subconscious is constantly collecting, analyzing, and storing data without our awareness.

Studies in psychology and neuroscience have shown that the subconscious is far more receptive to new information and changes when it is not blocked by the critical instance of our conscious thinking.

### **The conscious mind tends to question new ideas and beliefs and compare them with existing patterns, which often leads to resistance.**

Subliminals bypass this conscious filter by embedding positive affirmations in audio frequencies that are barely or completely inaudible to the conscious ear. These messages can either be very quiet, masked by music or natural sounds, or at frequencies beyond the conscious hearing range. The subconscious, however, is able to decode and process these subtle messages. This allows new, empowering beliefs and positive feelings to be anchored directly in the neural network without the inner critic being able to intervene.

It is a direct line to the deepest layers of our psyche.

It's important to emphasize that subliminals are not a magic pill and cannot replace professional therapy, especially for serious mental health issues. However, they are an extremely effective and gentle tool for self-development and can be a powerful support on your path to greater well-being, self-confidence, and personal growth. They enable you to unlock your inner potential and bring about positive changes in your life in ways that are often difficult to achieve through conscious effort.



# EEG frequency bands

**Gamma**

> 40 Hz

very fast, small waves

cognitive information processing, concentration

**Beta**

12 - 40 Hz

fast, less pronounced waves alert,  
active state of mind, logical thinking

**Alpha**

8 - 12 Hz

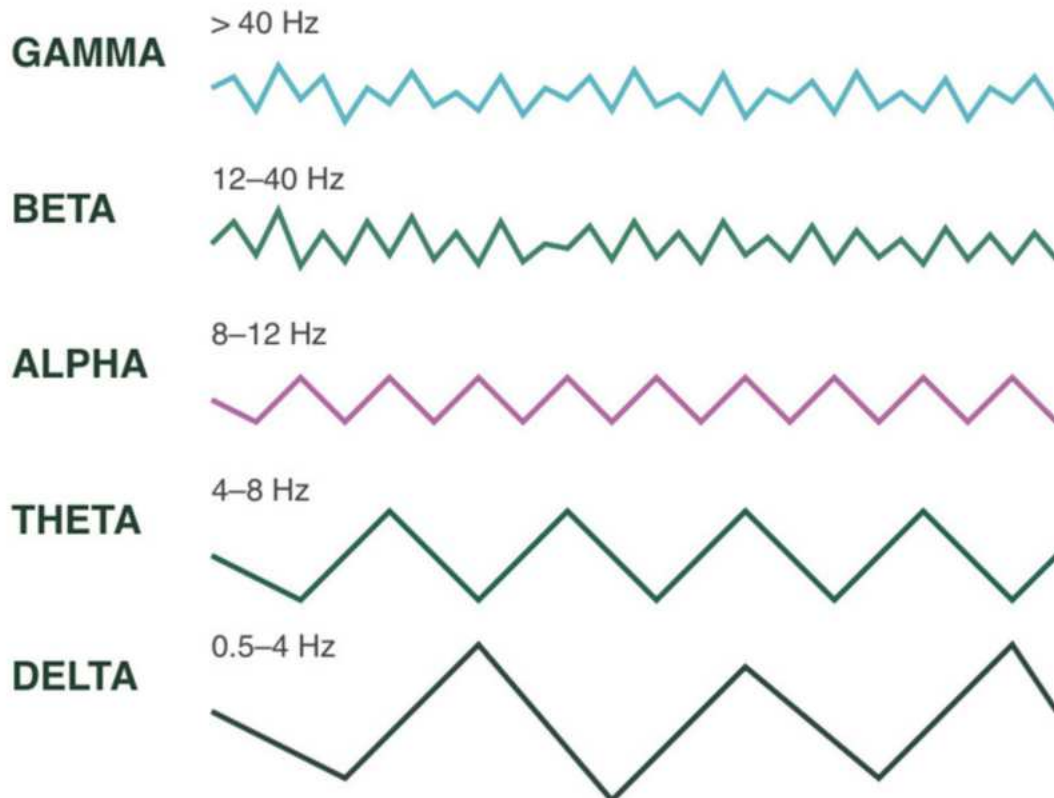
medium-fast, regular waves  
relaxation, meditation, serenity

**Theta**

4 - 8 Hz

slower, larger waves  
creativity, intuition, emotional processing

**Delta < 4 Hz** Very slow, large waves Deep sleep, recovery, regeneration





## My personal transformation: A companion shares his experience

The path I'm showing you here isn't a theoretical construct, but a deeply personal and proven one. I've experienced the transformative power of subliminals firsthand and would like to share my story with you from the bottom of my heart to inspire and encourage you on your own journey. My journey with subliminals began at a time when I often felt blocked and insecure. There were moments when I felt trapped in an invisible web of self-doubt and fear. I was skeptical when I first heard about subliminals. Could these hidden messages really make a difference where conscious efforts often failed? But my curiosity outweighed my skepticism, and so I decided to give it a try.

I began listening to subliminals daily, initially without great expectations. But after a few weeks, I noticed a subtle but profound shift in my thoughts and feelings.

### **It was as if a veil was lifted**

The inner voice of doubt quieted, and in its place, a new, stronger voice grew within me—a voice of confidence and self-belief. I became braver, more loving toward myself, and was suddenly able to accomplish things that had previously seemed impossible. Blockages that had held me back for years gently dissolved, and I began to shape my life with a new ease and joy. Today, subliminals are an integral and indispensable part of my life. They've become a daily ritual that centers and strengthens me, and constantly reminds me of the infinite potential that lies dormant within me. This personal transformation has deeply touched and motivated me. And it's precisely this power, this opportunity for inner liberation and development, that I now want to share with you. It's my conviction that every person has the right and the ability to live a life of abundance and happiness. And subliminals can be a wonderful tool for making this dream a reality.





**YOUR 30-DAY PLAN:  
INTEGRATE SUBLIMINALS  
INTO YOUR LIFE**



*Your 30-day plan:  
Integrate subliminals into your life*

*01*

Week

Arrive & arouse  
curiosity

*02*

Week

Stick with it &  
establish rituals

*03*

Week

Deepen &  
consciously observe

*04*

Week

Plant new seeds &  
build trust





## **Your 30-day plan: Integrate subliminals into your life**

Starting a new habit often requires structure and patience.

This 30-day plan is designed to give you a gentle yet effective introduction to the world of subliminals. It provides a framework within which you can gather your own experiences and gradually integrate the transformative power of this method into your life. Remember: It's a journey, not a sprint. Be kind and patient with yourself.

### **Week 1: Arrive & Arouse Curiosity**

**The first week is dedicated to getting to know each other and a gentle approach. The goal is to build a connection with the subliminals and gather initial impressions.**

#### **Choose your topic:**

Start with an area that currently resonates with you most, or where you desire the greatest change. This could be self-love, abundance, serenity, success, or another topic. Clarity about your goal will amplify the impact.

#### **Daily listening:**

Listen to a subliminal of your choice daily. Ideally, listen for 10 to 20 minutes, either in the morning right after you wake up to start the day on a positive note, or in the evening before bed to let the messages sink in during your rest period. You can also play it in the background while you do other activities.

#### **Keep a journal:**

Take a few minutes each day to record your thoughts and feelings in a small journal. Note how you feel, what thoughts or sensations arise, and whether you already notice any small changes. This will help you become more aware of the process and recognize progress.





## **Your 30-day plan: Integrate subliminals into your life**

### **Week 2: Stick with it & establish rituals**

**After the first week, it's all about consolidating the practice and integrating small, supportive rituals into your everyday life.**

#### **Stay tuned or switch:**

You can stick with your chosen topic to deepen its impact, or, if you feel inspired, explore a new topic. Continue listening to your subliminal daily.

#### **Small everyday rituals:**

Complement listening to the subliminals with simple yet effective rituals. A smile in the mirror in the morning, consciously noticing three pleasant things in the evening, or a short gratitude exercise can reinforce the positive messages and integrate them into your daily life.

#### **Celebrate small successes:**

Consciously pay attention to changes in your everyday life, no matter how small they may seem. A new sense of lightness, a more positive thought, an unexpected encounter – all these are signs that something is moving.

Celebrate these small successes because they feed your motivation





## **Your 30-day plan: Integrate subliminals into your life**

### **Week 3: Deepen & consciously observe**

**The third week is about deepening the effect of the subliminals and observing your inner landscape even more closely.**

#### **Continuous listening:**

Continue listening to the subliminal daily. Repetition is key to anchoring new beliefs in your subconscious.

#### **Observe your thoughts and your self-image:**

Become a careful observer of your inner world. Are your thought patterns changing? Do you perceive yourself differently? Are you becoming more loving or more self-confident?

#### **Dealing with resistance:**

It's completely normal for resistance to arise during this phase, such as thoughts like "This won't work..." or old doubts. This is a positive sign! It means something is shifting in your subconscious and old patterns are surfacing to be transformed. Lovingly note these resistances in your journal without judging them. Remind yourself that this is part of the process.





## **Your 30-day plan: Integrate subliminals into your life**

### **Week 4: Planting new seeds & building trust**

**The fourth week is dedicated to looking ahead and consolidating what you've achieved. You've already laid an important foundation.**

#### **What topic calls you now?**

Consider what new topic or area of your life needs your attention right now. Perhaps you want to work on your abundance, improve your relationships, or develop your creativity.

#### **Combine your practice:**

Experiment with combining subliminals with other supportive practices. Meditation, mindful walks in nature, or conscious breathing exercises can enhance the effect of the subliminals and help you find even deeper inner peace.

#### **Reflect and celebrate:**

Read your journal entries from the past few weeks. What has changed? What are you most proud of?

Recognize the progress you've made. Set small, achievable goals for the next month to continue your journey and further build your confidence in your inner power.

**This 30-day plan is a guide, not a rigid rule. Listen to your inner voice and adapt it to your needs. The most important thing is consistency and a loving attitude toward yourself.**



# 08

In addition to regularly listening to subliminals, there are a number of simple yet highly effective exercises you can incorporate into your daily routine to reinforce and accelerate positive changes. These practices will help you live more consciously, strengthen your inner attitude, and optimally nourish the seeds of growth you plant with the subliminals.

## **PRACTICAL EXERCISES FOR LASTING IMPACT**



# 08

## *4 Practical exercises for lasting impact*

*01*

Gratitude  
Journal

*02*

Mirror exercise

*03*

Visualization

*04*

mindful  
breathing



# 08

## Your 30-day plan: Integrate subliminals into your life

### 1. Gratitude Journal

The practice of gratitude is one of the most powerful ways to shift your perspective and focus on the positive in your life. When you focus on what you're grateful for, you automatically open yourself to more abundance and joy.

#### Directions:

Every night before bed, take five to ten minutes. Write down in a notebook or journal at least three things you're grateful for that day. They don't have to be big things; It can also be small moments of joy, a friendly gesture, a delicious meal or a beautiful sunset.

#### Effect:

This exercise trains your brain to recognize positive aspects in your everyday life. It strengthens your positive mindset, reduces stress, and opens you to an attitude of abundance that can impact all areas of your life.

### 2. Mirror exercise

The mirror exercise is a powerful method for strengthening self-love and self-acceptance. It helps you build a loving relationship with yourself and transform negative self-talk.

#### Directions:

Every morning after you wake up, or at another set time, stand in front of a mirror. Look yourself straight in the eyes. Smile and say to yourself out loud and with conviction: "I am enough. I love and accept myself just the way I am."

Repeat this affirmation several times. You can also add other positive phrases that empower you, such as "I am valuable" or "I am beautiful."

#### Effect:

It may feel strange or even embarrassing at first, but over time, this exercise will positively change your self-perception. It will help you break down inner blocks to self-love and develop a deep sense of self-acceptance.





## **Your 30-day plan:** Integrate subliminals into your life

### **3. Visualization**

Visualization is the art of imagining your desires and goals as vividly as possible, as if they were already reality. It uses imagination to program the subconscious mind for success.

#### **Directions:**

When you listen to your subliminal, or at another quiet time, close your eyes and imagine yourself already being the person you want to be. See yourself in that role, feel the emotions associated with it. What does your life look like? What are you doing? How do you feel? Let your imagination run wild and immerse yourself completely in this positive image.

#### **Effect:**

By regularly visualizing, you send clear signals to your subconscious mind. It will begin to accept these images as reality and will subconsciously support you in taking the necessary steps to manifest these visions in your life.

### **4. Mindful breathing**

Breathing is a bridge between your conscious and unconscious mind.

Mindful breathing is a simple but profound exercise to arrive in the here and now, reduce stress and find inner peace.

#### **Directions:**

Find a quiet place. Gently close your eyes.

Concentrate exclusively on your breathing for two to five minutes.

Notice the air flowing in through your nose, filling your lungs, and then flowing out again. Feel your belly rise and fall. When thoughts arise, notice them and let them drift by like clouds in the sky, without judgment. Gently return to your breath again and again.

#### **Effect:**

Mindful breathing calms your nervous system, reduces anxiety and stress, and promotes clarity and focus. It helps you be present and establish a deeper connection with your inner self, which can further support the absorption of subliminal messages.

Incorporate these exercises into your daily routine in a playful way. Choose the ones that feel most resonant to you and watch how they enrich your journey of inner growth.





# Frequently Asked Questions (FAQ) about Subliminals

To make your entry into the world of subliminals as easy as possible, I've answered some of the most frequently asked questions here. If you have any further questions, please don't hesitate to contact me.

## **How often should I listen to subliminals?**

For optimal results, it's ideal to listen to subliminals daily. Even 10 to 20 minutes a day can make a significant difference. You can also let them play in the background while you work, relax, or perform other activities. Consistency is more important than duration.

## **When will I notice the first changes?**

The time it takes for the first changes to become noticeable varies from person to person. Some people report a change in their mood or thoughts after just a few days. For others, it may take two to four weeks for more profound changes to manifest. Remain patient and loving with yourself. The subconscious mind works at its own pace, and every step forward, no matter how small, is a success.

## **Can I listen to multiple subliminals at the same time?**

Especially at the beginning, I recommend focusing on one topic. This deepens the effect and allows your subconscious to fully concentrate on the messages related to that specific area. Once you're familiar with the application and have achieved initial success, you can experiment and combine subliminals on different topics. Make sure the messages don't contradict each other.

## **Do I need headphones?**

Headphones can enhance the effect of subliminals, allowing for a more direct transmission of the messages to your brain and minimizing ambient noise. However, they are not absolutely necessary. Subliminals also work when listened to through speakers, as your subconscious mind absorbs the messages even if your conscious hearing cannot clearly perceive them.

## **Are there any side effects?**

Subliminals are a gentle and safe tool for self-development. They work with positive suggestions and are designed to promote your well-being. In rare cases, old, repressed emotions or thoughts may surface as blockages are released. This is a sign that the subconscious is at work. If you feel unwell, take a short break and then return with a positive attitude. If you experience persistent discomfort or serious mental health problems, you should always seek professional help.

## **Do subliminals replace therapy?**

No, subliminals are a valuable addition to self-development and can powerfully support you on your path to greater inner strength and well-being. However, they are not a substitute for professional therapy or medical treatment for serious mental or physical issues. If necessary, you should always consult a qualified therapist or doctor.



# 10

Working with subliminals opens doors to a life full of possibilities and untapped potential. By reprogramming your subconscious, you can bring about profound and positive changes in various areas of your life.

**WHAT IS POSSIBLE?  
UNLEASH YOUR POTENTIAL**



# 10

## What's possible? Unleash your potential

### Here's a glimpse of what you can achieve:

#### **Strengthen self-love and self-confidence:**

Many of us harbor unconscious beliefs about our lack of worth or inadequacy. Subliminals can gently dissolve these negative patterns and help you develop deep, unconditional love and acceptance for yourself. With increased self-confidence, you will become braver, more authentic, and radiate this inner strength outwardly.

#### **Gently dissolve blockages and old patterns:**

Whether it is procrastination, fears, limiting beliefs about money or relationships – Subliminals can help you identify and transform the roots of these blockages in your subconscious. You'll notice how old behaviors and thought patterns that have held you back for a long time naturally dissolve.

#### **Bring more joy, lightness and abundance into your life:**

When your subconscious mind is aligned with positivity and abundance, you begin to attract these qualities into your outer life as well. You will experience a new ease in dealing with challenges and open yourself to life's infinite abundance—be it in the form of love, wealth, health, or fulfilling experiences.

#### **See your goals more clearly and achieve them more easily:**

Often, it's unconscious self-doubt or fear of success that prevents us from pursuing our goals. Subliminals can help you overcome these inner resistances, sharpen your vision, and develop the motivation and self-belief necessary to make your dreams a reality.

#### **Become calmer and happier:**

In an often hectic world, subliminals can create an oasis of calm within you. By anchoring positive messages of serenity and inner peace, they help you reduce stress, cope with challenges, and cultivate a deep, lasting sense of happiness and contentment.

**The possibilities are as limitless as your own potential. Allow yourself to embark on this journey and discover the incredible power that lies dormant within you, just waiting to be unleashed.**



# 11

## Your invitation: Take the first step

### Dear reader,

You haven't landed on these pages by chance. Something within you, a deep-seated impulse, a quiet longing, has brought you here. It is a call for change, for growth, for more joy and fulfillment in life. This impulse is a precious gift—a sign that you are ready to take new paths and unfold your full potential.

Trust this impulse. Allow yourself to embark on this new path, even if it may still feel unfamiliar. Every great change begins with a single, courageous step. And that step can be now.

You are the most important person in your life. Your needs, your dreams, your happiness – all of these deserve your full attention and care. You deserve to be happy, to live a life of ease and abundance that aligns with your deepest desires.

**I invite you:** start today.

Immerse yourself in the world of subliminals, experiment with the suggested exercises and watch your inner garden develop into a blooming paradise of possibilities.

Be patient, be kind to yourself and celebrate every little bit of progress.

The journey of inner growth is one of the most rewarding you can embark on.

**I am deeply convinced that you have everything within you to create the life of your dreams. Go for it—your subconscious is waiting to support you on this path.**

Your Nancy



# 12

## About the author: Nancy | Soul-Stories



*Nancy Schaak is a passionate companion on the path of inner growth and self-development.*

*With her brand **Soul-Stories**, she has made it her mission to help people realize their full potential and live a life of ease, self-love, and inner strength.*

*Her work is based on the deep conviction that true change begins in the subconscious and that every person has the ability to make their inner garden bloom.*

*Drawing on her personal experiences following the loss of her mother in 2017 and her in-depth knowledge of energetic work, inner world processes, ancestral energy, mediumship, and loving guidance, Nancy offers inspiring guidance and tools for profound and lasting transformation.*

*She accompanies women worldwide online, honestly, intuitively and medially, and sees herself as a sister on the path who invites others to discover the place within themselves that is ready to shine.*





# ADDITIONAL MATERIALS FOR TRANSFORMATION



# 30 DAYS

# Subliminals

## INTEGRATE INTO YOUR LIFE

MONTH : \_\_\_\_\_

NAME : \_\_\_\_\_

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30





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