

QUANTUM AFFIRMATION COLLAPSE

8 DAY CHALLENGE



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DAY 1

THE QAC OVERVIEW DAY

While watching the video, complete the exercise. You can pause and take notes as you progress through each video

Before you view the training video, please read on.

A MESSAGE FOR YOUR PARTNER, PARENTS & CHILDREN.



By undergoing and then understanding the **QAC** process, you are going to be able to join the dots between, negative experiences that you have had in your life either as a child, young adult or adult, and the most positive traits and characteristics that you have developed **BECAUSE** of those negative experiences.

When you learn to join the dots together you will see that those people who are important to you in your life, such as your children, your partner or your parents as well as your work colleagues and social friends, are all living their lives based on *'the false perceptions of their negative experiences'*. In other words, they are acting robotically in a predictable robotic manner. They think they're acting consciously out of their conscious logical minds, but they are not. They are acting (living their lives) on a pre-determined program and for most people, that program is broken.

By completing the QAC process diligently, you will experience a lightbulb moment. In that moment, you will subconsciously determine that you are going to radically change your view on people, as well as how you communicate with all of those around you, from here on.

WHY?



Because you will understand why people think, feel and act negatively towards you. You will see that they are acting out of habitual misperceived indoctrination and not out of conscious intention.



Everything changes here with the QAC process. This process will open your mind to the reality of how people are made and why they think, feel and act the way they do.

QAC Explained.

The Quantum Affirmation Collapse© process is truly life changing. But how can we make such a bold statement?

Deep down inside of you is a series of memorised emotions which your body has become addicted to. This addiction sits beyond your conscious mind, so you can't observe it. This addiction is a survival mechanism that your body and brain uses to ensure your survival.

Your mind-body connection learns to survive, thanks to the negative experiences from your past. This occurs mostly during the child phase of your life.

The adult phase of your life, is the time in life when you decide to improve the quality of your life and everything and everyone in it. But deep down inside are a series of memorised emotions based on past negative experiences which exist beyond your awakened brains ability to observe.

The way you experience these memorised emotions may be different to other people's experiences. But for the most part you experience them, thanks to a series of sub-vocalisations (words from deep within your mind) such as "don't do it", "you're not good enough", "you'll never make it", "you aren't lovable", "you're not strong enough", "you don't fit in".

You may not be able to hear those words, but you will experience the emotional feelings of them, in your body. These sub-vocalisations will appear in your body as 'feelings'. Feelings are the end result of the chemicals your body produces. You will experience these same sub-vocalisations in your body when they express themselves as emotions of 'self-doubt', 'guilt', 'shame', 'uselessness', 'unworthiness', 'being unloved', 'feeling unlovable' and more.

Then, the moment you make a conscious decision as an adult to improve your life, your body will go into survival mode as the emotions are triggered, and that's why you give up. Your mind wants you to do something greater, but your body clings on to negative beliefs thanks to negative corresponding emotions (feeling).

The Quantum Affirmation Collapse Process (QAC)© completely removes these memorised emotions permanently and forever. With those memorised sub-vocalisations and deep-seated emotions now released from your body, you will feel a sense of relief and for that reason you will have changed your life.

WHY?



Because your life and the quality of it are determined by your sub-vocalisations and your deeply memorised emotions. One feeds into the other. Get rid of the emotions and the sub-vocalisations disappear.



It is the responsibility of your memorised emotions to activate the motor centres of your body telling 'it' what to do and where to go. You think that you are in charge of your body but you're not, you only think that you are. The actions of your body are driven from your subconscious mind, which is controlled not by you, but by your emotions.



For that reason the QAC process changes your emotional expression and your sub-vocalisations which means that your actions change. When you change your actions, your life has changed. That's why the process of QAC is life changing.

Quantum Affirmation Collapse© Certification Course



If you want to become a Quantum Affirmation Collapse Trained Facilitator, the course curriculum is explained at the end of this '8 Day Challenge'. The intention is to train facilitators to utilise the process to improve the lives and relationships of their children, family and friends. You can watch an outline of the course curriculum at the end. In the meantime, enjoy the process it is truly life changing.

Now you can view the training video. Let's get started.

My notes from Day 1 video



My Most Destructive Deflating Beliefs

It's your turn to locate and write down your most deflating negative beliefs which control you and your life.

Let's get in touch with your critic so that you can expose it, and disconnect from it during this '**8 Day Challenge**'.

Complete the following statements.

When you think about how much you want to be loved by your partner, what negative thought comes up for you?



When you think about your self-esteem what negative thought comes up for you?



When you think about your capabilities as a person, what negative thought comes up for you?



When you think about becoming more abundant, what negative thought comes up for you?



When you think about improving your career, what negative comes up for you?



Let's test your knowledge to see what you have learned from the video.

What percentage of your cortex is taken up with inhibitory neurons?



What process does your left-brain utilise to build your future?



More notes from Day 1 video





DAY 2 THE SPIRITALIS BREATH METHOD DAY

This method was created by Ray Behan. It cannot be used at public meetings or for commercial purposes unless under license and with the approval from the creator.

My notes from Day 2 video



BEFORE DOING THE BREATH EXERCISE, COMPLETE STEP 1 BELOW



(Eyes Open Goals)

The 14 Step Process

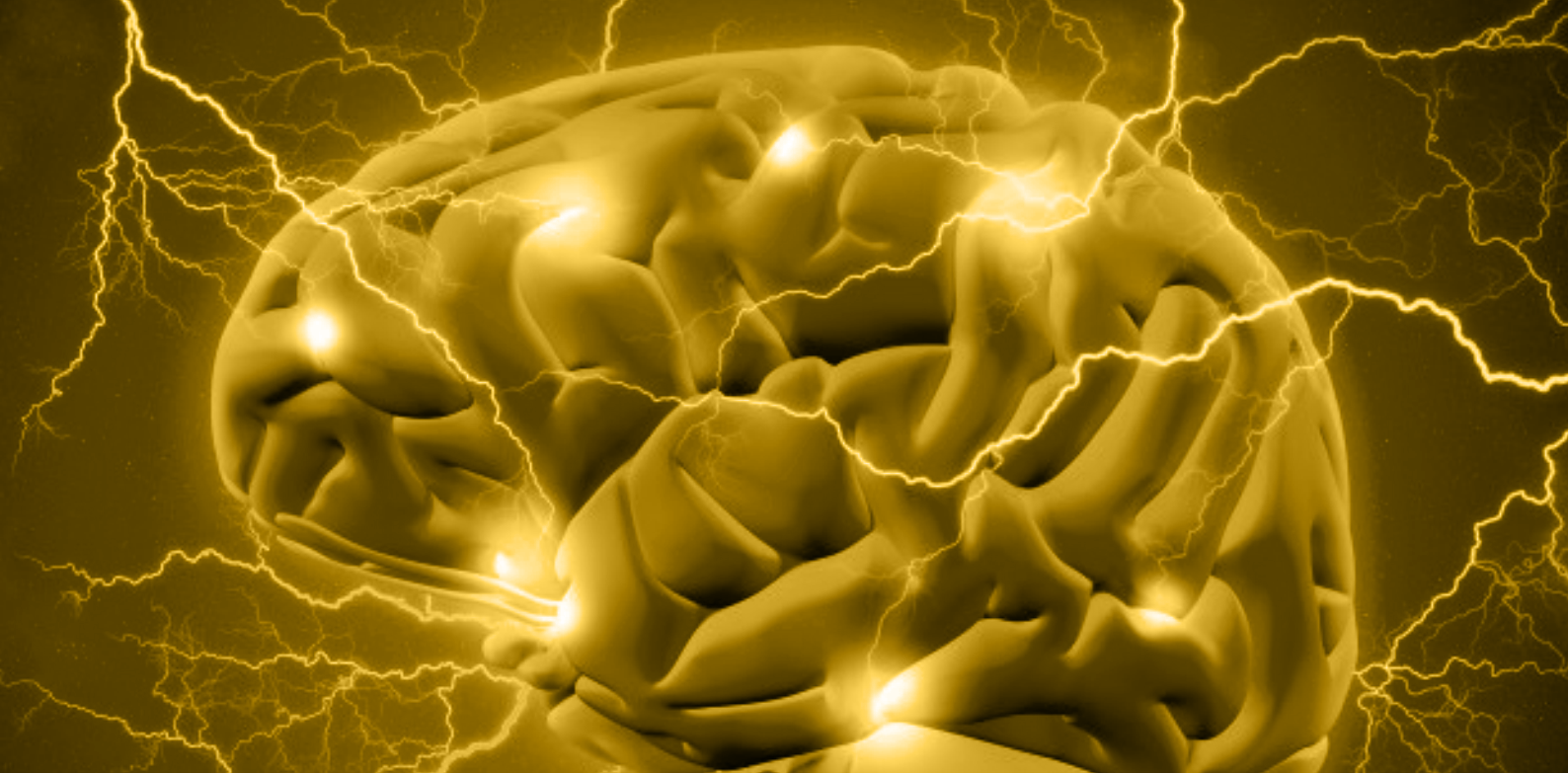
- 01 Sit up straight
- 02 Close your eyes and keep them closed for the entire breath exercise
- 03 Press your glutes (group of three muscles commonly known as buttocks) into the furniture/floor you are sitting on
- 04 Roll your shoulders forward
- 05 Roll your shoulders back, bringing your shoulder blades together and creating a proud chest
- 06 Create a straight spine
- 07 Place your hands in front of you, preferably on your knees
- 08 Allow your chin to tilt slightly towards your chest
- 09 Take a long noisy breath in through your nose
- 10 Allow your head to roll back as you breathe in, opening your trachea, commonly known as your windpipe
- 11 As you breathe in, allow your head to fall back, as you roll your eyes towards the heavens
- 12 Hold your breath for 20 seconds
- 13 Breathe out loudly through your opened mouth
- 14 Breathe in and count to 5, and repeat the entire process 6 times.

Watch the video

| STEP 1 | | STEP 2 | STEP 3 | |
|--------------------------------------|--|--|--|--|
| EYES OPEN LIST YOUR GOALS | | <p>Write your goals using the left chart, with your eyes open and <i>BEFORE</i> you use the <i>Spiritalis Breath Method</i></p> <p>THEN</p> <p>Practice the breath method and ask yourself the question at the end "what are my top life goals?"</p> <p>Write your answers using the right chart</p> | EYES CLOSED THINK OF YOUR GOALS | |
| 01 | | | NON TANGIBLE | |
| 02 | | | 01 | |
| 03 | | | 02 | |
| 04 | | | 03 | |
| 05 | | | 04 | |
| 06 | | | 05 | |
| 07 | | | 06 | |
| More on this later | | | 07 | |
| | | | TANGIBLE | |
| | | | | |
| | | | | |
| | | | | |

LIFE GOALS AND THE AREAS TO FOCUS ON

- HEALTH
- ABUNDANCE
- BUCKET LIST
- RELATIONSHIPS WITH FAMILY
- CAREER OR TIME FOR MONEY EXCHANGE
- PHILANTHROPY/DONATING
- RELATIONSHIP WITH YOURSELF
- TRAVEL
- VOLUNTEERING



Let's test your knowledge to see what you learned from the video.

What is meant by 'the age-care-centre of the brain'?



Where is your cerebellum?



How can you deactivate your ego brain?



What is the benefit of shutting down your ego brain during the 'Spiritualis Breath Method'?





DAY 3 THE CHARACTERISTICS DAY

My notes from Day 3 video



List of Strength Characteristics to Select From

- PATIENCE
- CONFIDENCE
- COURAGE
- LOVE OF LEARNING
- TEAMWORK
- AUTHENTICITY
- PRINCIPLED
- HOPE
- OPEN-MINDEDNESS
- ENDURANCE
- RESILIENCE
- GRATITUDE
- HUMOUR
- FLEXIBLE
- DETERMINATION
- BRAVERY
- INDEPENDENCE
- CREATIVITY
- VISIONARY
- KINDNESS
- PERSISTENCE
- STRENGTH
- CURIOSITY
- LEADERSHIP
- HONESTY

| COLUMN 1 | | COLUMN 2 | | COLUMN 3 | |
|---|--|---|--|--|--|
| EYES CLOSED GOALS | | REQUIRED CHARACTERISTICS | | NON-EXISTENT CHARACTERISTICS | |
| <i>These are the goals you declared with your eyes closed</i> | | <i>Remember the 'cake' analogy from the video. These are the characteristics you will require to achieve your goals from Column 1</i> | | <i>These are the characteristics from Column 2 which you feel you don't have</i> | |
| 01 | | 01 | | 01 | |
| 02 | | 02 | | 02 | |
| 03 | | 03 | | 03 | |
| 04 | | 04 | | 04 | |
| 05 | | 05 | | 05 | |
| 06 | | 06 | | 06 | |
| 07 | | 07 | | 07 | |
| 08 | | 08 | | 08 | |
| 09 | | 09 | | 09 | |

LIST THE CHARACTERISTICS YOU 'OWN' – THESE ARE YOUR STRENGTHS

PLACE A TICK IN THE BOX THAT IS RELEVANT TO YOUR STRENGTH CHARACTERISTIC

| | | | |
|---------------------------------------|---------------------------------------|---|--|
| <input type="checkbox"/> FOCUS | <input type="checkbox"/> PERSISTENCE | <input type="checkbox"/> HOPE | <input type="checkbox"/> VISIONARY |
| <input type="checkbox"/> CREATIVITY | <input type="checkbox"/> CONFIDENCE | <input type="checkbox"/> HUMOUR | <input type="checkbox"/> LEADERSHIP |
| <input type="checkbox"/> FORGIVENESS | <input type="checkbox"/> PRINCIPLED | <input type="checkbox"/> CREATIVITY | <input type="checkbox"/> TEAMWORK |
| <input type="checkbox"/> PATIENCE | <input type="checkbox"/> GRATITUDE | <input type="checkbox"/> CURIOSITY | <input type="checkbox"/> ENDURANCE |
| <input type="checkbox"/> AUTHENTICITY | <input type="checkbox"/> INDEPENDENCE | <input type="checkbox"/> LOVE OF LEARNING | <input type="checkbox"/> DETERMINATION |
| <input type="checkbox"/> RESILIENCE | <input type="checkbox"/> STRENGTH | <input type="checkbox"/> OPEN-MINDEDNESS | <input type="checkbox"/> KINDNESS |
| <input type="checkbox"/> BRAVERY | <input type="checkbox"/> COURAGE | <input type="checkbox"/> FLEXIBLE | <input type="checkbox"/> HONESTY |

THIS IS WHO YOU ARE, HOW YOU ARE MADE AND HOW YOU APPEAR TO THE WORLD.

Write about the difficulties you will face if you don't have the required characteristics needed to achieve your goals.



Let's test your knowledge to see what you learned from the video.

What is meant by 'the 'cake' and the 'recipe' analogy?





NOTE:

Would you like to be considered as a QAC Trained Facilitator to facilitate the QAC process to family and or clients?

The QAC Certification Course dates are released from time to time. This course allows those who are certified, to facilitate the QAC process with family and friends. QAC Certified Facilitators can also apply to be included on the Think and Grow website*. Visitors can choose to connect with you for a QAC session. You can then obtain payment for your services as a QAC facilitator*

**Conditions and terms apply*

YOU CAN ENQUIRE BY EMAILING 'info@thinkandgrowgroup.com.au'



DAY 4 THE PROVOKERS DAY

My notes from Day 4 video



Who is your number 1 current or recent 'Provoker'?

Name them if possible



Is it;

- | | | | | |
|------------------------------------|--------------------------------------|---------------------------------|---|------------------------------------|
| <input type="checkbox"/> PARTNER | <input type="checkbox"/> EX -PARTNER | <input type="checkbox"/> PARENT | <input type="checkbox"/> CHILDREN | <input type="checkbox"/> SIBLING |
| <input type="checkbox"/> ASSOCIATE | <input type="checkbox"/> FRIEND | <input type="checkbox"/> GROUP | <input type="checkbox"/> WORK COLLEAGUE | <input type="checkbox"/> NEIGHBOUR |



List their actions towards you. Explain what it is they do to 'push your buttons';

EXAMPLES:

Judgemental, rude, addicted, obnoxious, egotistical, narcissistic, critical, abusive, condescending, unavailable, emotionally closed, physically closed, distant, stubborn, reckless, exhausting, lazy, unproductive, self-absorbed, vain, greedy, unambitious, deceitful, pessimistic, weak, unassertive, blunt, impulsive, lacking empathy, unsympathetic.

- 01 _____
- 02 _____
- 03 _____
- 04 _____

Explain in detail, how their actions towards you make/made you feel.

When they act/acted this way, I feel/felt _____

Judged, timid, ignored, stupid, ashamed, insecure, unloved, degraded, jealous, guilty, afraid, cheated, resentful, unworthy, tormented, outcast, lonely, betrayed, depressed, anxious, sad, forgotten, angry, disgusted, alienated, manipulated, sickened, humiliated, incompetent, offended, failure, irresponsible.

Write about what it is that you do, to deal with them when they act this way. When they act/acted this way, I

While doing this, what characteristics do you need to call upon from deep within your armoury of strength characteristics, to deal with the situation and the provoker. When they act/acted this way, I call on these characteristics;

LIST THEM HERE

- | | | |
|----------|----------|----------|
| 01 _____ | 05 _____ | 09 _____ |
| 02 _____ | 06 _____ | 10 _____ |
| 03 _____ | 07 _____ | |
| 04 _____ | 08 _____ | |

REPEAT THESE WORDS

"This is who they make me become and I become this person because I carry these strength characteristics".



DAY 5

THE EMOTIONS DAY

My notes from Day 5 video



Here is a challenging question

Do you believe that stress can cause illness and disease? Circle your answer

Yes

No



How did you 'feel' growing up?

For example if you grew up in a safe harmonious environment, then your dominant feeling was that of 'safety'. Therefore, your answer is 'safe'.

If you were raised in an environment where there was a lack of money and you couldn't get nice things, your most dominant feeling may be that of 'poverty' or 'broke'. Therefore your answer is 'poor'.

You can describe your feeling in one word, or in a sentence.



Childhood Achievements

List your childhood achievements. You can include times that you helped someone, sat with a person to comfort them, saved an animal.

01

02

03

04

What characteristics did you develop when achieving/doing these acts above.

| | |
|----|----|
| 01 | 06 |
| 02 | 07 |
| 03 | 08 |
| 04 | 09 |
| 05 | 10 |

THESE ARE YOUR NURTURED CHARACTERISTICS



The QAC Process. PART 1

Refer to the video and then follow the instructions below.

- 01 *Close your eyes in just a moment, but first read on*
- 02 *When you do close your eyes, go back to when you were younger, between the age of 6 and 12 years of age. Be specific with the age in your imagination*
- 03 *See yourself with someone who is close to you in age, back when you were that child.*
- 04 *Then open your eyes and answer the questions below.*

What age were you? _____

Who did you see yourself with? (if you cannot recall their name, you can make one up) _____

Remember these two details for the next lesson.



DAY 6

THE 'RETURN TO THE PAST' DAY

My notes from Day 6 video



If you worry about going back to past experiences that you had growing up, maybe it's time to stop concerning yourself about these historical experiences, because the fact is, those past experiences which may not be in your aware mind right now, are affecting the state of your body, the structure of your mind and the quality of your life at a deep subconscious level. That's a fact.

So, by going back to past negative experiences we will turn the experience around to find what the experience gave you and who turned you into.

It does not mean that those people in your past who were negative or abusive towards you were justified in any way at all, instead this is your opportunity to disconnect from these long-term negative emotions that have, at a subconscious level, caused the limitations in your life.



What age were you? _____

Who did you see yourself with? (if you cannot recall their name, you can make one up) _____

The QAC Process. PART 2

Consider this list of negative traits and characteristics. You do not need to memorise these.

- RUDE
- ADDICTED
- MEAN
- ARROGANT
- DISHONEST
- ABUSIVE
- VIOLENT
- VULGAR
- CONTROLLING
- UNTRUTHFUL
- JUDGEMENTAL
- ANGRY
- PHYSICALLY ABSENT
- SCARED
- SAD
- EMOTIONALLY CLOSED
- ARGUMENTATIVE
- LAZY
- WEAK
- DEPRESSED

01

Follow the instructions in the video;

02

Wait until the process is completed by following the video, then open your eyes and complete the answers below;

03

Make sure that everyone in your household knows NOT to disturb you;

04

Close your eyes and follow the voice instructions from the video;

05

Answer your friends questions below;

a. Who was your female childhood influencer? (this was an adult female) _____

b. Who was your male childhood influencer? (this was an adult male) _____

c. Females positive trait/characteristic (one word only to describe) _____

d. Males positive trait/characteristic (one word only to describe) _____

e. Females NEGATIVE trait/characteristic (one word only to describe) _____

f. Males NEGATIVE trait/characteristic (one word only to describe) _____

g. Who was the most DOMINANT negative of both? _____

h. What was the **NEGATIVE DOMINANT** characteristic of that person? _____

i. When this person was acting this way negatively, how did it make you feel to experience this negativity in that moment?

"I felt _____ and _____ and _____ and _____"

j. How did you deal with this negative experience when it was occurring? There are some things that you did in those moments, you'll need to find them

"In those moments, I did";

01 _____

02 _____

03 _____

04 _____

05 _____

06 _____

k. Who were you becoming because of those actions you were **FORCED** into, because that person was being negative.

Examples:

- If you stood up for yourself or others, this was the start of you developing leadership qualities;
- If you stood up for yourself or others even though you knew there would be a painful consequence, this was the start of you developing *resilience*.
- If you stood up for yourself or others even though you knew there would be a painful consequence, this was the start of you developing courage.
- If you escaped to your room to be alone to deal with the emotions of what was going on in that moment, this was the start of you developing the characteristic of being independent.
- If there was nobody around to support you physically or emotionally in those moments, because of this lack of support, you were forced to develop a characteristic of becoming independent.

Are you starting to have little light bulb moments yet?

Yes

No

Who Were You Becoming?

List the positive characteristics that you were forced to develop because of the negative actions of this negative person.

Examples:

- STRENGTH
- DETERMINATION
- CREATIVE
- PERSISTENCE
- HOPE
- RESILIENCE
- CLARITY
- ACHIEVER/DO'ER
- CONFIDENCE
- VISIONARY
- BRAVERY
- INDEPENDENCE
- PERFECTIONIST
- FORGIVENESS
- ENDURANCE
- LEADERSHIP
- PURPOSEFUL
- HARD WORKING
- COURAGE
- KINDNESS/HONESTY

LIST THEM HERE

01

05

09

02

06

10

03

07

04

08

What were you learning **BECAUSE** of those negative experiences you endured because of that negative person?

Be clear and precise. (e.g You could write about the person you were deciding you would never become, as you observed the actions of that negative person).

Write about that here, use at least **50** words





DAY 7

THE 'SUMMATION' DAY

My notes from Day 7 video



FOLLOW THE VIDEO INSTRUCTIONS

Goals (written earlier in the course)

01

02

03

04

05

06

07

08

Write your goals above. Same goals from previous exercise

Achievements as an Adult

01

02

03

04

05

06

07

08

List your achievements as an adult

Achievements as a child

01

02

03

04

05

06

Traits you need to deal with current/past partner

06

07

08

09

10

06

07

08

Characteristics/traits you developed as a child because of that negative person

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

07

08

List all the characteristics you own TODAY - These are your strength characteristics

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

| | |
|---|--|
| <p><i>Who, by their negative characteristics, during your childhood, gave you your strength characteristics</i></p> | <p><i>Who, by their negative characteristics, in your current, past or recent relationships, reinforce your strength characteristics</i></p> |
| <p><i>This could be one individual or a group of people</i></p> | <p><i>This could be one individual or a group of people i.e. boss, work colleague, mother-in-law</i></p> |
| <p>Name them here</p> <p>_____</p> | <p>Name them here</p> <p>_____</p> |

SIMILARITIES IN YOUR PROVOKERS (button pushers)

List the similarities in personality and characteristics between your past negative person or group (from childhood) and your current or recent negative person or group (from adulthood)

| Name the past person or group | Name the current person or group |
|---|---|
| Name: | Name: |
| List their negative characteristics below | List their negative characteristics below |
| <ul style="list-style-type: none">● _____● _____● _____● _____ | <ul style="list-style-type: none">● _____● _____● _____● _____ |

MOST IMPORTANT

Which achievements would you have missed out on if those people were NOT negative towards you?



Which future goals might you NOT achieve, if your button pushers didn't act negatively and reinforce your strength characteristics?



Remember, their negativity forces you to utilise your strength characteristics

THE MORE DIFFICULT OUR CHILDHOOD, THE GREATER THE CHARACTERISTICS WE DEVELOP BECAUSE OF THAT.



DAY 8 THE CERTIFICATION DAY

VERY IMPORTANT

Go back to **COLUMN 3 ON DAY 3**

List the characteristics you declared you **DON'T HAVE**

01

02

03

04

Now have you seen how you have had these characteristics since you were younger?

You may not feel that you carry these right now. If that's the case, just know this....Characteristics never leave you. But you can block them. By unblocking them, you re-express them. You have always had them. So now you can follow your dreams.

Write a little about your discovery or your epiphany during the course.

*By participating in this short mini course, I have learned the following about **myself** and why I react the way I react;*



*By participating in this short mini course, I have learned the following about **my partner/ex** partner and why they act the way they act;*



By participating in this short mini course, I have learned the following about **people** and why they act the way they act;



A QAC Certification Course is available to suitable applicants.



Our mission is to train and certify a group of 'QAC Trained Facilitators' to facilitate the QAC process with their children, family and friends. We are also seeking trainers to facilitate the QAC process with our growing database across the globe.

To get the very best use from the certification course would be for you to teach this process of 'collapsing negative emotions', to your children, loved ones as well as to your closest family members.

Children love learning early in life, and everything that you do in your life is displayed to your children as though they are watching a movie. Everything you do, act or say becomes the foundation within them for their own belief and perceptions.



We don't just raise our children, we mould them in preparation for when they become adults.

The QAC process is a revolutionary technique which creates a positive impact on the individual both now, and in the future. It also impacts family members.

The demand for personal development online is massive. But there is a shortage of qualified facilitators in these cutting-edge processes, so for that reason we are offering a certification course to suitable candidates.

Once the course has been completed and the certification obtained, the certified QAC Trained Facilitator can apply for a position on the Think and Grow Education website* so that our growing audience can locate a QAC Facilitator on the website to undergo this process. The facilitator will be paid by the client for their services. Or, the QAC Trained Facilitator may use this process privately with only family and loved ones.

**Conditions apply*

About the QAC Facilitators Certification Course

The course commences on different dates throughout the year, so it is suggested that you enrol early and in advance.

PART A – Curriculum Requirements

In order to sit the "QAC Facilitator Certification course" you will need to meet the following criteria;

- 01 An awareness that there are measurable benefits to an individual's own personal development;
- 02 A desire to share and help those closest to you;
- 03 A passion for your own personal development;
- 04 An eagerness to learn how negative emotions can cause illness and disease.

PART B – The Curriculum

| | |
|----------------|---|
| Unit 1 | <i>Emotions that cause the most common diseases and illnesses</i> |
| Unit 2 | <i>Psychological difficulties that are caused by negative emotions</i> |
| Unit 3 | <i>Interconnectedness – How improving your emotional control affects those around you and those you know</i> |
| Unit 4 | <i>The benefits of negative emotions and how they get out of control</i> |
| Unit 5 | <i>How to reverse negative emotions</i> |
| Unit 6 | <i>Facilitating the process and preparing your own students/family</i> |
| Unit 7 | <i>The Spiritalis Breath Method © and how to teach it</i> |
| Unit 8 | <i>Real case studies – Examples of real life cases including abuse, physical harm, emotional disconnection, neglect, abandonment and more</i> |
| Unit 9 | <i>Navigating the QAC facilitation sheet</i> |
| Unit 10 | <i>Reversing the emotions of past negative experiences</i> |
| Unit 11 | <i>Facilitating the QAC process with family, friends and clients</i> |
| Unit 12 | <i>Understanding, Forgiveness and Gratitude – The process</i> |
| Unit 13 | <i>The messages</i> |
| Unit 14 | <i>Facilitate 4 people for your certification</i> |
| Unit 15 | <i>Placement on the Think and Grow website as a QAC Trained Facilitator*</i> |

*Conditions apply

We would like to thank you for participating in this mini course. We hope you got a lot from it and we hope that you embed your learning as an impression into your biological landscape, so that you can eternally control your emotions from this moment on. Thank you for being part of our community.

The Think and Grow Education Team



THINK & GROW EDUCATION

Health, mindset, wellness, & financial wellbeing - know-how!

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Ray Behan

The Man Who Changed His Brain