

Dissolve Your Mental Shackles



by Christopher John Payne

triumphoverchallenges.com

Dissolve Your Mental Shackles

How to break free of the mental blocks which are blinding you to opportunities around you

by Christopher John Payne

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Chris has spent the last 17 years helping people transform their lives and create the life of their dreams. He set up LifeTools in the UK: a mail order business selling personal development products. More than 250,000 people rang or wrote in for brochures, 50,000 became customers, and sales revenue ran into millions of US dollars a year in some years. His main goal now is to help people triumph over the challenges in their lives and, if they're interested, turning that triumph into a part- or full-time income by sharing their journey and insights into ebooks, mp3 recordings, seminars and more.



Here is a photo of just some of the reports that Chris has created. Some are free of charge. Most of the paid-for products come in pdf for easy on-screen reading or printing out; doc file so you can answer the questions posed in each report; and an mp3 recording, so you can listen while running, walking, driving, doing housework, and so on.



How to use this report...

I start all my reports (*writes Chris*) by explaining and emphasising the following...

You'll get out of this report what you put into it. It is wise to read it when you have the time and space to absorb its contents and think about the material I share with you here.

Here is what I recommend you do right now...

1. Make a conscious decision to stop what you're doing to study this report.
2. Change your state: get a glass of water or a coffee. Or simply move the way you're sitting, or shift the keyboard or screen slightly to get you more present.
3. Have a quick stretch.
4. Close your eyes and do what I call the 5-In, 5-Out Breathing Technique: Breathe in over 5 seconds, then out over 5 seconds. Do this deeply, gently and smoothly for 2-3 minutes.
5. Decide on your outcome for this reading session. For example, "I'd like to gain 2 or more new insights about my current challenge in my life, and 3 or more small or major steps I can take to [bring me closer to my partner / start my new business / become physically healthy / etc]." Even better is to write out your outcome below to get it nice and clear.
6. Decide whether to read the pdf or doc file on screen or print out the report. Either way, make notes as you go along on screen, or on paper, and highlight relevant phrases or sentences.

(For much more on accelerated studying techniques see my product *Studying Supercharger*.)

Enjoy!

Your first step to overcoming a major challenge

If you are like most of my clients, your challenge is a major distraction – distracting you from other things in your life. Your head is swimming with thought, and there's lots of mind chatter.

What is the very first step to begin to quiet your mind so you can start to think more clearly?

It's this: be grateful for what you *do* have in your life versus letting your mind be occupied with the 1 or 2 things that you're *not* appreciative of. I'll explain how you can do this in this ebook.

Here's a quick way to get present right now: be grateful for your life, and everything that has happened so far. I'll explain how you can do this in this short e-book.

Scientists agree – be grateful for what you have

Two scientific studies have taken a look at gratitude and come to some interesting conclusions.

Being grateful reduces the risk of major depression, anxiety, alcohol dependence, phobias, and bulimia, according to *The American Journal of Psychiatry*.

As well as helping to avoid these problems, another study (by Bob Emmons) showed many positive advantages.

In the study people were encouraged to keep a gratitude diary. As a consequence the researchers found that they became more alert, enthusiastic, determined, they exercised more, and reported more progress towards their personal goals.

One section of the study looked at adults suffering neuromuscular disease. Those who used gratitude in their lives were found to have higher energy, positive moods, better sleep, and better connections with those around them.

So if you are ill, being grateful for what you have in life can bring real, measurable benefits.

Grateful for what?

Okay, so if an attitude of gratitude really works, what can we be grateful for?

To help you, I break the time we spend each day into 8 categories which I call the *LifeGrid*. In other words, at any time of the day you are involved in one or more of these areas. Here they are...

Career: your job or vocation such as housewife or househusband

Relating: the time you spend with friends and family

Fun: what do you do with your social life: dance, listen to music, watch TV, go out for meals?

Growth: the time you spend learning, listening to CDs in the car, doing meditation, etc

Health: the exercise you do, any breathing exercises you use, and the diet you eat

Money: the time you spend discussing it or planning where the next chunk is coming from

Partner: your time together, sharing tasks, being intimate

Setting: your home, the area where you live, tidying up, even fashion and makeup!

Here's how to use the LifeGrid: see how many things you can be grateful for in each of the 8 areas. For example, under the heading of Health you can be grateful for having 2 legs to enable you to walk and run, for having 2 eyes that you can see your family and friends. Under Relating you can be grateful for the fact that your

parents are still alive, that you have children, that you have the support of loving friends, and so on.

Many books and courses also encourage you to be grateful for what's around you now, compared with how things were if you lived 50 years ago:

- better healthcare
- cleaner air and water than ever before
- fewer contagious diseases
- better foodstuff at lower prices
- technology to make our lives easier
- access to information via books, Internet, audio courses etc

And then there's the environment around you... out in nature, even in the local parks with their fountains and expanses of grass, plant life, children playing, scents from flowers, glorious sunlight, the peace of nature if you're out in the desert, etc.

So spend several minutes thinking of everything you can be grateful for, then notice how different you feel: most likely you'll feel happier and at peace with yourself.

For massive results...

To really 'get' what I'm talking about, I want you to be grateful for your past, your present and your future.

Bring to mind an upsetting or challenging event from your past, and see if you can be grateful for it.

The best way to do this is to list the '**Partly Hidden Upsides**' to each one using the 8 LifeGrid headings:

- 1. Money**
- 2. Career**
- 3. Growth**
- 4. Partner**
- 5. Relating (friends/family)**
- 6. Health**
- 7. Fun**
- 8. Setting (your physical environment)**

For example, if you were badly bullied at school 20 years ago you may still feel upset about what happened. Alternatively, one of the following may have happened:

- A parent or sibling died
- A parent hit you or shouted at you
- You got dumped by a partner
- You lost money in a business venture
- You were made redundant
- You damaged your body
- You lost valuables in a fire or flood

After you have identified the event, the next step is to take a sheet of paper and put the heading, "Partly Hidden Upsides to <my issue>", at the top of the page:

Now list all the upsides to that event happening. I call them Partly Hidden because they are in your mind but obscured by mental clutter.

Let's take the bullying example, starting at the top of the LifeGrid list work your way through much like we have done below.

Money

Ask yourself, how has being bullied at school improved your Money situation?

You may write:

- I learned to stand on my own 2 feet, and as a result I started saving money regularly
- I stayed in more and spent less on going out so I ended up saving for a computer
- I value myself more so I value money more

Keep listing until you run out of ideas and then move to the next heading.

Career

How has being bullied at school improved your Career situation?

You may write:

- I went to a martial arts class, and that's where I met Steve, he introduced me to Julie, and she helped me get my first job!
- I became more confident, so I came across well at my first interview.
- I stayed at home more after the bullying incident so I studied more, got better grades, and this helped me get a good job.
- I stopped being around certain people at school and started going around with others who taught me how to think more positively about my potential in the world.

Keep listing until you run out of ideas, and then move to the next heading.

As you write, you may get an insight which you can slot into a previous heading. If so, do it now before you forget!

When do you stop writing? When you are able to say ‘thank you’ for this event.

Imagine you went out on a shopping trip and bumped into the leader of the bullying gang. Would you run up to him (if it was a man), give him the biggest hug and tell him how pleased you are to see him again?

You would? Good for you!

Or would you say “No way José” and ignore him? If so, you need to keep working at the list! You are still not feeling complete gratitude for what happened.

And if you’re still stuck, there are further ways you can begin to see the benefits of this past ‘negative’ event in the *Effort-Free Life System* to help you break free of it.

Limiting beliefs

We all have limiting beliefs about life. In the Playbook for my *Effort-Free Life System* I listed hundreds that customers could tick off and say “yep, I’ve got that one, and that one, and – oh no! – that one too!”

If you’re willing, write a few of of your own limiting beliefs down now.

You might write:

- Money doesn’t grow on trees
- Massive action is the only way to succeed
- I don’t deserve to have a fabulous relationship
- I’ll never weigh less than ‘x’ pounds

Go on, write a few of your own – or copy down or modify one or more of the above.

Now pick one. Can you be grateful that you have had that Limiting Belief up until now? How has it served you? What have been the Partly Hidden Upsides to having this Limiting Belief in the past? List as many Upsides as you can in each area of the Life Grid.

Certainly they kept you from harm in many cases. That’s one! How many more can you come up with?

Yesterday I was talking with one of my customers who owns a business: Sanjay Shah. He pointed out that we were taught “*Don’t talk with strangers*” when we were children, and that kept us out of danger at that age. But when we’re adults and wanting to find a life partner, it’s time to put this Limiting Belief and others behind us.

I spoke with a woman called Wendy Greer a while ago. Wendy is a very talented Effort-Free Coach at Learning Strategies (our US

publisher for the Effort-Free Life System, and creators of PhotoReading, Paraliminal CDs and other great stuff). She says, “When clients ring me with issues I help them to look at their Limiting Beliefs, they find it much easier to accept them and melt them away once they’ve seen the gifts in them.”

So there’s no need to fight your Limiting Beliefs. See how they have served you *up until now*, and say Thank You, be appreciative – and you’ll most likely feel light, free and energised. You’ll begin to look at what you really want to do with the rest of your life. You’ll get inspired. You’ll start moving towards it.

Present and Future

Look too at what you have in your life right now. See how this too has served you until now. I know it's easy to read my words and not do the exercises I advocate. I've been there myself many times in the past.

But what if...

What if you did the exercises and your life suddenly became richer, more fulfilling, more inspiring? Would you be willing to devote a little time and energy right now to experiment?

Good for you if you are! And if you're not, that's fine with me too! Really!

Take time to review any future events that are coming up, such as tax dates, potentially 'challenging' meetings, and so on.

Can you be grateful for those too?

A spiritual perspective

When I created the *Effort-Free Life System*, I only referred to God 4 times in the entire program, and these are in words written by other people. I did this because some listeners may have reacted negatively if I'd put more references in.

Whatever your beliefs, try this on for size: what if there was only one force in the universe and it was love? And if every particle in the entire universe is love, then everything else we see is an illusion.

When I was made redundant from my job 17 years ago, I didn't say thank you! I was angry, resentful, upset and self-righteous.

I rang up a dear friend named Jeff Braun who, with his friend Will Wright, created the computer game *The Sims*, the biggest-selling PC game of all time.

Jeff told me, "One day you'll look back and realise that this redundancy was the best thing that ever happened to you."

I knew he was right, but I didn't feel it in my heart.

It was a few years later that I finally 'got it' that I was truly grateful for what happened as I was in a better place mentally, spiritually and financially!

The journey of life is a journey of awakening. And at every moment the universe is gently, kindly and lovingly encouraging you to wake up from the trances of limitation.

It's just that you don't realise it.

Someone argues with you and you get upset rather than say 'Thank You' and love them back.

Yes, there are many times in a week when I react to events and judge them – either at a gross or subtle level – and there are more times now when I say Yes and Thank You to ‘challenging’ events.

Are you willing to join me on this journey?

Remember: all the sad events in your past were simply the universe giving you a gift. A gift that if you embraced it and were appreciative of it, would enable you to wake up, feel pure love for the world, and create the life of your dreams.

Receiving a “Thank You”

I’m sure you can remember a time when someone thanked you out of the blue for something you’d done.

I bet it almost certainly gave you a lift.

I have occasionally had letters thanking me for work I have done, for example, just saying thanks for putting together the *Effort-Free Life System*, and I always appreciate when this happens: I feel better.

So you and I know that we feel good when we both give and receive words of thanks.

So how about committing to being grateful for the next, say, 2 weeks, and see what happens?

Here's What You Can Do...

1. Promise to write at least 10 "I am grateful for..." statements each day, but make these a stretch by being grateful for something you'd normally resist, and follow your statement with a reason why you're grateful.

For example, if you have a boss who you felt gave you a hard time about some work you did for her, you could write:

"I am grateful for my boss challenging the work I did, because I got to listen carefully to what she wanted, and deliver work which I was much happier with."

Do you see where I'm coming from? This way you'll see at least one Partly-Hidden Upside to each challenge you faced each day.

2. Get my *Thank You For Everything* programme (see the website for details of how to get this). Listen to one of the Thank You mp3 tracks at least every other day: I guarantee you'll see each day in a new light, and find your days become more effort-free!
3. Say thank you or write a thank you note to someone every day, and elaborate on that thank you: "Thank you for that information you gave me: I really appreciate your thoughtfulness." Or: "Thank you for the time 3 weeks ago when you..."
4. Write down any insights or resulting synchronicities or 'miracles' in a daily Miracles Diary. To explain what I mean, here's an example: "I said thank you to Jim today, and he went out of his way to help me all day. He transformed a potentially stressful day into one which was great fun!" ...or... "I wrote down 11 things I am grateful for, and my son burst into the room and gave me the biggest hug I've ever had from him!"

Two miracles

To inspire you, here are 2 miracles that happened to me as a result of doing this exercise: A number of years ago I promised myself I would do a verbal or written thank you every day for 2 months.

Often I would climb into bed very late at night and remember that I hadn't done a Thank You, so I would get out of bed, grab a card (I had a few handy), look through my address book, pick someone out I hadn't spoken to in a long while, and get writing.

One night I came across the address of a consultant from Manchester Business School in the UK who I had contracted several years earlier when I ran a business publishing educational software for children. She wrote a report on the educational software market for me, and we got on very well. So I sent her a card saying how much I appreciated the work she did for me 3 years earlier. A couple of days later I received a letter from her thanking me for the card and telling me that she had been talking with her new husband about me the night before the card arrived! (And to think we hadn't been in communication in 3 years!)

I wrote another Thank You card very late one night to a guy I'll call David who I'd met at a study group based around the works of a philosopher called Gurdjieff. I hadn't been in touch with him for about a year. He contacted me when he got the card and told me that it arrived when he needed a good boost: he had discovered that his wife had had an affair with the local milkman (really!), and they were now going to get divorced.

We got to know each other better, and I encouraged him to come to a personal development seminar where I'd first met my wife. There were 180 people at the seminar he attended. For the very first exercise he partnered with a woman I'll call Denise who happened to be my wife's best friend! They hit it off, started dating in the

weeks after the seminar, and they are now married with 2 young daughters. And all because I went out of my way to say Thank You. So I hope those 2 stories encourage you to say Thank You every day no matter what – even if you have to get out of bed to do a written thank you!!

You may have a voice inside you that wants to talk you out of doing the exercise. That's called being human!

Simply smile at it, pay no attention, and get on with the gratitude exercise.

Being grateful

Joanne Harris has sold millions of copies of her novels around the world, including the incredibly popular book *Chocolat* (which I adored) that was turned into a film starring Johnny Depp. Joanne gets, on average, 6 letters a week thanking her for writing her books, and up to 6 emails a day doing the same. It gives her quite a lift. When asked about gratitude, she recalled her mother's advice. "A smile, or a word of thanks, or a letter of appreciation is never wasted. In my line of work I am aware very few people do that."



It is interesting to note that Joanne's books include thanks and dedications to the sales reps, and booksellers, who she believes do the hardest job in the industry, and who are rarely acknowledged by those who are successful.

Joanne says that she went to a warehouse book signing once (where the author signs books before they go to bookshops) and on her way out the staff thanked her for the appreciative way she had treated them during the visit – which, they said, was in stark contrast to some authors they'd observed.

The lesson is to express appreciation. It's more rare than you may think.

Benefits of gratitude

Remember: there is only now. When you really come into the Living Present you notice that everything is perfect – exactly as it is.

There is no part of you wanting anything to change.

But when you are truly grateful for what you have, you get inspired, you have a vision of how you'd like your life to unfold from now on, and that's what you create. You will always have challenges, but you'll meet these with less resistance.

Contact me if you want to know more about this.

Here's something you can ask yourself when you remember:

"How grateful am I, out of 10, for my life right now?" (where 1 out of 10 is very ungrateful and 10 out of 10 is profoundly grateful)

Come up with a number that feels right, then ask,

"Is it okay if that level increases?"

See if you can answer "yes".

Ask yourself,

"What level is it at now?"

Notice what number you come up with. Notice too how you feel: you may be feeling a little more relaxed and present.

Ask,

"Is it okay if this level increases some more? And more? And more?"

Notice if you feel differently from asking and answering these questions. If you feel more present, grounded and loving, write this down somewhere prominent to remind you to do this questioning again sometime soon!

Let me know about your experiments with gratitude – I really do look forward to hearing from you, whatever unfolds.

Here, to end this e-book, is a collection of my favourite quotations on the subject of gratitude. Read each one slowly, as if you were dining in an expensive restaurant and savouring every mouthful – rather than bolting each one down as if it was fast food on a busy day! Use a red pen to mark any that really ‘hit the mark’ for you, and touch you. You might even want to consider writing one or 2 of them out and sticking them around your home or office.

Enjoy!

Gratitude quotes

“In ordinary life we hardly realise that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.” – Dietrich Bonhoeffer

“Find the good – and praise it.” – Alex Haley

“Happiness is itself a kind of gratitude.” – Joseph Wood Krutch

“Gratitude is the fairest blossom which springs from the soul.” – Henry Ward Beecher

“Give thanks for a little and you will find a lot.” – The Hausa of Nigeria

“What if you gave someone a gift, and they neglected to thank you for it – would you be likely to give them another? Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have.” – Ralph Marston

“When a person doesn’t have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude.” – Elie Wiesel

“True thanksgiving means that we need to thank God for what He has done for us, and not to tell Him what we have done for Him.” – George R. Hendrick

“I had the blues because I had no shoes until upon the street, I met a man who had no feet.” – Denis Waitley

“Life without thankfulness is devoid of love and passion. Hope without thankfulness is lacking in fine perception. Faith without thankfulness lacks strength and fortitude. Every virtue divorced from thankfulness is maimed and limps along the spiritual road.” – John Henry Jowet

“They are not poor that have little, but they that desire much. The richest man, whatever his lot, is the one who’s content with his lot.” – Dutch Proverb

“Real life isn’t always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties.” – Sara Ban Breathnach

“Gratitude is the heart’s memory.” – French Proverb

“If you can’t be thankful for what you receive, be thankful for what

you escape.” – Unknown

“Gratitude is heaven itself.” – William Blake

“Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not.” – Marcus Aurelius

“A thankful person is thankful under all circumstances. A complaining soul complains even if he lives in paradise.” – Baha’u’llah

“A single grateful thought toward heaven is the most complete prayer.” – Gotthold Lessing

“No longer forward nor behind I look in hope or fear; But, grateful, take the good I find, The best of now and here.” – John Greenleaf Whittier

“I remember those happy days and often wish I could speak into the ears of the dead the gratitude which was due to them in life and so ill-returned.” – Gwyn Thomas

“There is a calmness to a life lived in gratitude, a quiet joy.” – Ralph H. Blum

“Silent gratitude isn’t much use to anyone.” – Gladys Berthe Stern

“(Some people) have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy.” – A.H. Maslow

“Thou that has given so much to me, Give one thing more – a grateful heart; Not thankful when it pleases me, As if Thy blessings had spare days; But such a heart, whose pulse may be Thy praise.”

– George Herbert

“Can you see the holiness in those things you take for granted – a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” – Rabbi Harold Kushner

“You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.” – G.K. Chesterton

“The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings!” – Henry Ward Beecher

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.” – Thornton Wilder

“We often take for granted the very things that most deserve our gratitude.” – Cynthia Ozick

“When eating bamboo sprouts, remember the man who planted them.” – Chinese Proverb

Now for your feedback...

I'd love to read your answers to the questions I posed above.

I'd also like to know...

How can I improve this report?

What's missing?

Were there any phrases that didn't make sense? (As a Brit I may have used colloquial expressions that you didn't understand.)

Here are 4 reasons to give me feedback...

1. You deserve to have complete clarity about the material in this report.
2. You get to interact with me – and it's always valuable to connect with other people.
3. I like to provide free gifts to those who email me feedback by way of other reports which I don't promote on my website and in my products
4. Your feedback will make a difference to others. Here's why: I get the opportunity from your comments to refine this report so it becomes a more powerful document, which makes it more 'magnetic', so more people are spontaneously drawn to it, so that means more people read it. They understand the report's message clearly, they integrate its core principles and strategies into their lives, and their lives become more magnificent.

All this from your feedback! So do get in touch!

Thank you for being you. That's more than enough for me.

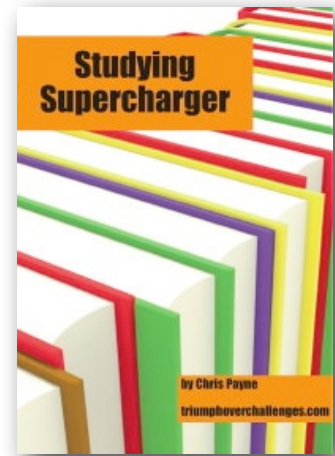
A handwritten signature in black ink that reads "Chris Payne". The signature is written in a cursive, flowing style.

Chris Payne

Other resources that may be of use to you...

Studying Supercharger

Discover the most powerful and elegant way to master new information in a very short space of time so you feel confident, certain, wise, inspired, and feel that you're on your path to greatness. I use these simple step-by-step techniques every day to absorb new learning and get it to work in my life.



About Christopher Payne

Christopher Payne is the 52-year-old creator of *The Effort-Free Life System* which he has been teaching in seminars in the UK since 2002. This audio programme, consisting of 19 CDs, a DVD, and a 69-page workbook, went on sale in the UK in July 2004. It was launched in the US in January 2005, and in Australia in May 2005. Chris has also written 45 issues of the subscription-based Effort-Free Newsletter to help people triumph over the challenges in their lives, and build the life of their dreams. By the time you read this ebook, Version 2.0 of *The Effort-Free Life System* will be launched or about to be launched. See Chris's site at www.christopherjohnpayne.com for more information.

Chris has an entrepreneurial mind and grew his mail order business LifeTools from a back bedroom operation to an established business. More than 250,000 people rang or wrote in for brochures, 50,000 became customers, and sales revenue ran into millions of US dollars a year in some years. His business has mailed as many as one million pieces in a year to addresses around the UK. Chris has since retired from LifeTools to concentrate on his one-to-one coaching/mentoring, and his *Information Superstar* programme which teaches anyone how to make a substantial income from writing books and ebooks, and even from CD sets, mp3 downloads, teleconference calls, seminars and much much more.

Chris has talked about mind-development techniques on **television**:

- StressBusters (BBC TV documentary)
- Michael Aspel's Strange But True (ITV)
- Small Ads (ITV documentary)
- In Your Dreams (Channel 4 series)
- The Big Breakfast (Channel 4) on 3 separate occasions
- Channel 5 Breakfast News

...and on **radio**:

- BBC Radio 5
- Radio Dublin
- BBC Radio Stoke
- Woman's Hour (Radio 4)
- Greater Manchester Radio
- Macclesfield's Silk FM

- BBC Radio Derby

- BBC Radio Lincolnshire

and many others including in the United States.

He has also had articles published about him in *Success Now* magazine, *The Achievement Report* and *The Guild of Wealth* magazine.

His celebrity customers include:

- Joan Armatrading (international singer)
- Leslie Kenton (author of 30+ health-related books in the UK)
- Paul McKenna (creator and host of a top-rated UK primetime TV series on hypnosis)
- Stars of *Emmerdale* and *Coronation Street*, the UK's top-rated multi-evening primetime soaps
- Paul Gascoigne (retired UK professional footballer)
- Tony Robbins (the top US motivational guru)

Peter Thomson is the leading sales trainer in the UK, and Nightingale-Conant UK has sold more of his audio programmes any other presenter. He says:

“I was at a medical conference with thousands of doctors and nurses – and due to go on stage immediately after former Prime Minister Tony Blair. I got myself into a place of inner peace and inspiration as Chris Payne taught me on a visit to my home – and on his CDs – and I bounded onto the stage with renewed energy and focus.”

*Leslie Kenton is the best-selling author of 30+ books on health and more, including *10 Steps to Energy* and *10-Day Clean-up Plan*. Leslie is the daughter of Stan Kenton, the legendary jazz, and recently published her autobiography called *Love Affair*. In Leslie's best-selling book *Age Power* she writes:*

“Chris is a wonderful teacher and a superb trainer. Chris himself is a living example of freedom and simple joy. In Chris, large intelligence is married to the playfulness of a child – all in one

human being.”

Other information:

- 17 years ago Chris was Managing Director (CEO) for Europress Software. With his direction Europress developed and published the biggest-selling range of educational software for children in the UK, with 500,000 copies of Fun School sold during the time he was there, and 2 million total sales since he left.
- Chris owns more than 1,300 books on 11 7-foot high book cases, and has personal and business development tape and CD sets filling 2 further bookcases.



Above is a Photoshopped image to show what Chris’s personal library would look like if all his bookcases were all in a row: there are more than 1,300 books and courses in 13 bookcases in his library, and nearly all of them are on personal change

- Chris has 2 young sons: Toby (born in 1999) and Felix (born in 2002). He lives in the UK.

To discover more about Chris’s services, click here:
www.christopherjohnpayne.com

To contact Chris, email chris@christopherjohnpayne.com.