

What materials are available and are there any costs? - Transcript

Hi, my name is Jacques Bradwejn. I am the author of the Intrinsic Practice. The Intrinsic Practice is a method with tools that can be useful to enhance one's ability to experience happiness and it is very important for me to be able to offer all of what is available through the Intrinsic Practice, the method and tools, for free as a contribution personally and professionally to anybody who might want to use it. So the model is available with open access on the website and all of the material can be used for free. There will be no solicitation to buy anything, any material or products. That is to say, it's available online for free. There will be information about myself, the author, the origins of the Intrinsic Practice, brief descriptions of the 6-step method, all of the instructions and tools in written or video format, any presentations I will be giving on the Intrinsic Practice, and any material in any form that will be developed in the future of the Intrinsic Practice. So all of the material about the Intrinsic Practice will be available for free and I am very grateful for your interest in the Intrinsic Practice and hope if you try it, it is helpful to you.