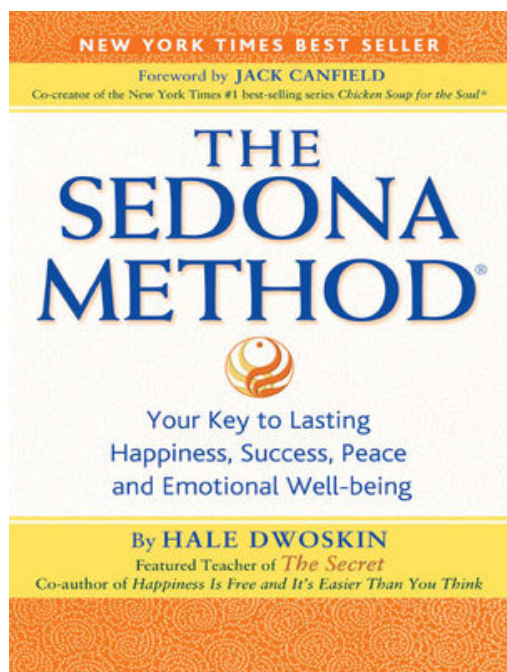


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Foreword by Jack Canfield: I have been hearing wonderful things about the Sedona Method® from clients and friends for about 20 years. Recently, I finally took the course with my wife and my 12-year-old son. I've been amazed at the simplicity of the Method and the powerful impact it has had on my life. Through my work with Chicken Soup for the Soul and through Self-Esteem Seminars, I have been exposed to many self-improvement techniques and processes. This one stands head and shoulders above the rest for the ease of its use, its profound impact and the speed it produces results. The Sedona Method is a vastly accelerated way of letting go of feelings like anger, frustration, jealousy, anxiety, stress and fear as well as many other problems—even physical pain—with which almost everybody struggles at one time or another. One of the wonderful byproducts of taking the seminar is that I have become friends with Hale Dwoskin. He is one of the calmest, clearest, most joy-filled people I have

ever met, living proof that the Sedona Method works wonders. I am ecstatic about our friendship. During the seminar, I found myself constantly in awe of Hale's brilliant teaching style. I experienced one breakthrough after another. As a result, I've already referred many family members, friends, and business associates to the Sedona Method seminars, and I've also had the entire staff at Chicken Soup for the Soul Enterprises learn the Method through the audio programs that Hale put together. Now I am thoroughly delighted to be able to recommend The Sedona Method: Your Key to Lasting Happiness, Success, Peace, and Well-being. Reading this book is the equivalent of taking the Sedona Method Basic Course and several Advanced Courses rolled together. Filled with practical techniques and enlightening true stories, Hale clearly and generously explains everything we need to know to master the releasing process and to continue using the Method day by day, moment by moment in real life situations, such as having more fulfilling and harmonious relationships, building financial security, developing satisfying careers, breaking nasty habits, losing weight, and enjoying good health. He reveals the Sedona Method's powerful secret for manifesting what you want in your life, while showing you how to be at ease and comfortable with what you already have. The Method also enables you how to have greater ease, enjoyment and peace of mind with all that you experience on a daily basis.

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