

Bright Images – “QUICK START GUIDE” – for Quick Results

1. Be sure to set-up all of your listening devices, your (tape, CD & mp3 audio players) for **auto-reverse, auto-repeat, continuous play mode**. Make this process automatic. You get up in the morning, push play, you travel, push play, you get home ...
2. Just **get into the habit** of listening to your tapes, CD's and MP3 programs as much as possible and you will begin to realize their positive effects, helping you make positive improvements in your life. A regular daily habit during your normal day of activities.
3. You will not have to pay attention to your programs playing. They are specifically **designed to be used as background music while you are at work, home or on the go**. This process works while you are doing something else at the same time during your busy day. Going to work, the gym, running an errand, take your programs with you and multi-task.
4. You have just taken the first step, making a conscious decision for specific positive and healthy change in your life. Now you have the tools for them to take root.
5. The next step is to accumulate the sufficient number of hours, equal too and exceeding your previously stored “data” on these same subject areas. The task is to overpower any (negative thoughts, ideas, visions & bad habits) you may currently have stored in your mind's data files, on the subject. Your bio-computer's present data may be preventing you from achieving success and happiness in your life. Using Bright Images Programs using highly concentrated and focused data is the key to making self improvement simple to achieved during any normal day's events.
6. Expect people around you to first notice positive changes taking place in your life in your appearance, attitude and in your motivation. Notice small improvements in your daily habits, as you take a positive direction interacting with the people around you. You will be delighted to notice many of your old habits changing in a positive and healthy direction. As your experience a new path of inspiration to reach your personal self improvements goals, your success and happiness can then mature.
7. Today we have very portable and affordable small music players to use our self help programs anywhere and at anytime. These popular **personal MP3 players** now offer the most convenient methods available today for self improvement on the go.
8. Bright Images offer 37 Professional Bright Images Programs are recorded in “CD audio quality” MP3 file programs. Use them in all your popular mp3 players, which are all available from Bright Images web site.
9. Remember to just PUSH PLAY and set up for player to auto-repeat, continuous play mode for all day and all night use, if possible.
10. Visit our site often, (add as a favorite link) as we are constantly providing additional Self-Help Tools to each or our 37 Programs. In addition, we provide Subliminal News articles and Special Deals offered each month to assist you with achieving your desired goals. www.brightimages.com