

About Chris Payne

It may help if you read this document with a red pen in your hand so you can highlight any area that particularly interests you or which you'd like me to expand upon when we meet, talk on the phone or communicate by email.

Age: 50

Wife: Catherine

Children: Toby (11) and Felix (7)

Location: Al Kuwaitat, behind the Hilton Hotel, and before the Al Ain Mall

Telephone: 050 610 8456

Brief CV

In 1993 I set up LifeTools: a UK-based company providing CDs, coaching, seminars in the area of personal development. By booking more than 400 adverts in the national newspapers and magazines, and appearing on TV and radio, 250,000 people wrote in or phoned us asking for brochures. 50,000 of these became customers.

In 2005 I created *The Effort-Free Life System*, a set of up to 19 CDs, 1 DVD and a 70-page playbook. We sold thousands of sets around the world. I ran associated seminars in the UK, USA and Australia. I have run 45 monthly 90-minute teleconference calls providing group coaching. I have also run associated teleconference calls with as many as 300 people on the line. I have spoken on stage in front of as many as 2,200 people for 90 minutes.

I contributed a 2-hour talk on resolving anorexia and bulimia for a CD programme created by a medical doctor in Australia. I have produced 45 issues of the Effort-Free Life Newsletter, each issue consisting of 12 A4 pages and about 10,000 words, mostly written by me, sold on subscription to people around the world.

What I do now

For a small proportion of my time I coach people on turning their knowledge into books, CDs, mp3 downloads, ebooks, seminars, websites etc, with the aim to create a part-time or full-time income.

I mainly coach adults and teenagers to:

- rise above challenges in their lives
- improve their relationships
- find their true calling
- reduce stress
- increase their level of self acceptance
- love their life far more than before

Credentials

Trainer in my own Effort-Free Life System

Attended the Facilitator training of The Demartini Method

Certified Sedona Method Trainer

Attended training in Transactional Analysis

In-depth study of Solution-Focused Brief Therapy

Certified NLP Practitioner

I have also studied Carl Jung's work on The Shadow,

Joseph Campbell's Hero's Journey model, stoicism,

transcendentalism, cognitive dissonance, how to mentor effectively based on how the brain works (specifically making best use of the pre-frontal cortex), and much more.

My 'on the job' experience in working with several hundred people over the last 17 years.

How I do my sessions

Preferably one-on-one or with couples over 60-90 minutes at a time.

In small groups you or I put together.

Over the phone or via Skype.

What I do during a session

I encourage you to bring to mind the issue which is most bothering you so we can focus on that.

I support you to look at your issue(s) from new perspectives.

I ask you questions you may not have asked yourself before.

I focus on what you want to feel and know / understand by the end of each session and aim to get you that result within 60-90 minutes.

I share principles about life which you may not have considered before.

I do not ask for your life story or ask you for detail about an issue: just the minimum of information so we have something to work with.

What I am not

I am not medically qualified, and our time together is not a substitute for professional medical care. So please do not make any changes to any medicines you have been prescribed without consulting your doctor.

How I charge

I mainly charge for a series of sessions, though I am willing to charge session by session. I do tend to carry on for longer to finish the work we are doing, so we can go for 90 minutes.

Payment is in cash if we meet face-to-face, or by Paypal in advance if we do a session by phone or VOIP. I can also accept a cheque written locally.

If you book a session and cancel the same day or don't show up, 50% of the fee is payable.

Money-back guarantee

I insist on your delight. I charge more than most other facilitators who support people going through challenges. But I work very quickly: I do everything I can to support you to reach all your goals speedily and elegantly to your complete satisfaction. If, after a number of sessions, you have followed



my instructions, and done the exercises I set, and you feel you are not getting the results you want, you are perfectly welcome to request a refund of all or part of the money you have paid.

What you get in addition to our time together

Email support: I will answer your questions.

Brief answers to phoned questions: you can ring me to provide an update or ask a question.

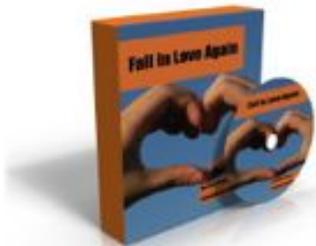
Document review: I will read any 'homework' you pass to me or email me.

Articles: I will email you ebooks (like the one pictured on the right), reports, articles and questionnaires I have written to illustrate certain principles, to work out where you are, and to give you many 'aha' insights.

mp3s: I will email you mp3

tracks for you to listen to, including a 6-minute track I encourage you to listen to daily for 2 weeks. This material normally comes with my Effort-Free CDs which has sold for £197 (US\$297) to £997 (US\$1,497).

I record each session using a small digital recorder, if that works for you. If you come to my home for a session, and you bring a memory stick, you can take a recording of the session away with you to listen to again. Otherwise I can email you the file or provide it on a CD.



Where and how we meet

In my home, your home, in a hotel lobby or other public place of your choosing. If you are female and would like me to meet in your home, I will sometimes ask that someone else is present in the villa/ apartment, or that a friendly neighbour can pop in once or twice.

I am available from 8.30am to 2pm, Sunday to Thursday.

I can meet in the evening, but those slots are the most popular and most available slots are booked up.

Confidentiality

What you share with me is in complete confidence.

I do take notes during the session, but only I will see these.

I will not mention that you have been to see me, unless you expressly say I can.

If you don't wish other people to know you have had sessions with me then let me know so if we see each other in a supermarket or at a party, I won't act as though I know you!

As I do a lot of writing, I may use part of the details of a session in an article, email, interview or talk but will change the names and other information to maintain anonymity. If this is a problem for you, we can address this on a call or in a session, and if you still don't want any details shared I won't do so.

What I require from you

After each session I will ask you to write up 200+ words on what you learned / got from our time together. Some or all of this may appear in my materials, either with your name attached, or a pseudonym. If this is not done then an additional US\$75 fee is payable at the next session. I will provide you a template and examples to help you write this easily.

What you can expect to get from each session

A calmer mind. Less stress. A greater sense of hope. New "aha's" about your life and your challenges. Greater understanding about yourself and others. A deeper feeling of gratitude for your life. Deeper love for your partner, children and parents. A greater clarity about your life ahead. Greater self love. Less guilt about the past. Less fear about the future. Less mind chatter. A feeling of lightness.

These feelings should continue into the day after the session then begin to fade. Over time you'll get better at staying calm and centred during your day and on subsequent days.

What we can cover in a session

Relationship issues you are facing

Your greatest challenge and how to handle it

Your greatest fear(s), and how to get rid of them

Your greatest regret(s), and how to break free of these

What you dislike / hate about yourself or someone else

A health issue you have, and how to move to greater health

What you consider not to be working in your life

How to find your life's purpose

How to have a quieter mind

...and more

Thank you for being willing to get in contact. My commitment to you is to provide you with the tools to create what you deserve to have in your life – and do that quickly, gently, compassionately and efficiently.

Chris Payne, October 2010



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

'Personality' testimonials

These are testimonials from people you may have heard of...

Paul McKenna, TV presenter and best-selling author of *I Can Make You Slim*, *I Can Make You Sleep*, and many more, says:

"It isn't often that we recommend a specific company to our friends, colleagues and the people who train with us. We are, personally, very choosy about who we associate ourselves with and who we buy from. We have known Chris Payne for several years now. Chris shares a similar mission to ours – helping as many people to achieve their highest potential as we possibly can. If you are seeking ways to further your personal development, then give Chris a call."



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."



David Hughes, Director, Nightingale-Conant Publishing, UK Division (Nightingale-Conant is the largest publisher of personal development products in the world, I think) says:

"I feel so relaxed and at peace with myself, I feel as if I'm walking on air. [Chris's techniques are] so quick, so clever, so simple, and yet so incredibly powerful. I fully intend using it at every opportunity possible so that my life becomes even more magical than it is at the moment."



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."



Paul Scheele, developer of PhotoReading, Minneapolis, USA, creator of the multi-million-selling Paraliminal

range of CDs for personal change, and author of a number of books including *Natural Brilliance* says:

"Chris's CD set, *The Effort-Free Life System*, is a magnificent creation. It's so clear and simple. I'm sitting here enjoying the benefits, rather than moving into my head, thinking: 'Could it really be this easy?' It's lovely to see the clarity that Chris has come to, and his easy way to gain access to the tremendous power that's really available to each of us."

"I was so impressed that we invited Chris to teach his System at a PhotoReading event here in Minneapolis which had 120 attendees. He wowed the audience and was besieged by people wanting more!"



Pete Bissonette is Paul's business partner and President of Learning Strategies, a multi-million dollar a year business. He wrote to his customers saying:

"Paul came back from a trip to England raving about this new process Chris Payne had created. I simply couldn't believe the results people were getting with the System. So I flew to England to meet them myself. I met Kenny Goodman, Debbie Margolis, Daniel Daw, and many other Effort-Freers. Their claims were astonishing, but I found it all real. Shortly after, Paul and I asked Chris to demonstrate the process at our next PhotoReading Retreat in Minneapolis which had 120 attendees. Almost a third of the attendees ordered Chris's new Effort-Free Life course, even before it was finished. He wowed the audience and was besieged by people wanting more! Paul and I each ordered copies for ourselves. I simply had to share with you the excitement that Chris generated." As a consequence of Pete and Paul's enthusiasm, the System has been a great success for them, and they mailed about 180,000 sales letters promoting it to their customers, and sold thousands of sets.



Michael Gerber, author of the 3-million-selling book, *The E-Myth Revisited*, says: "I don't know why it is, but whenever I hear from you Chris I get a charge of delight! You're infectious! I need that. Not only do I love your energy (easy to do), but I love what you DO with it – the thinking you do. So many others are so dour, so much of a downer... and you're such an upper. Thanks for the lift!"



Paul McGee is a highly regarded motivational speaker, and author of the best-selling books *SUMO (Shut Up, Move On): The Straight-Talking Guide to Creating and Enjoying a Brilliant Life*, and *Self-Confidence: The Remarkable Truth of Why a Small Change Can Make a Big Difference*.



He says:

"On a recent long car journey to Scotland, I listened to the CD you sent out to your subscribers of a live coaching session with one of your clients: Tim Schmidt from America. I found it fascinating. It was great to hear an actual demonstration of some of the techniques you teach, and you also revealed that you are not just a man of theory, but of insight also.

"One thing I noticed which I think most people struggle with is the use of silence. You weren't afraid to allow Tim to think. All too often we think the value of coaching is asking effective questions but it's also about allowing people the time to reflect and then articulate their answers. Silence can indeed be golden but how often do we feel tempted to end it prematurely."

Stephen Pierce, internet entrepreneur and author of *Secrets to Creating Wealth* says:

"I use Chris's system and so do some of my best clients. I bought Chris' Effort-Free Life System a few months ago and LOVE it. It's awesome. Recently Chris and I met for the first time. You must get his System – it really will draw abundance into your life."



Dr John Demartini, one of the presenters in the film *The Secret*, and author of many top-selling books including *How To Make A Hell Of A Profit And Still Get To Heaven*, and *The Breakthrough Experience*, writes...

"Congratulations! You made the big 50. Your wisdom has been spread across the globe and your love has touched millions. Thank you for helping so many, including myself, make a difference. I look forward to seeing you soon."



[As well as helping people overcome life challenges, as I've had considerable success selling products through the mail and over the internet, I also help people to turn their ideas into money...]

Until recently, Neil Asher was the brains behind New Insights Life Coaching, a very successful UK-based company which used the internet and direct mail to promote a life coaching home study course. Now he is a internationally renowned internet expert. He says:

"Chris is an absolute genius when it comes to creating and marketing information marketing courses. Since talking with him and listening to his story, I have learned to my amazement that he has written sales letters which he has mailed out in the tens or hundreds of thousands. He has in fact mailed out more than one million – yes ONE MILLION – sales letters in a single year. Do whatever you can to learn from this guy. He's the real



deal."

Jay Abraham is a marketing expert and author of *Getting Everything You Can Out of All You've Got: 21 Ways You Can Out-Think, Out-Perform, and Out-Earn the Competition*. He says:

"Chris is a very skilled person in writing ads. He was a very gracious contributor to a teleseminar where I interviewed him at length about his marketing strategies. He shared very lucrative and universal selling, advertising and direct mail secrets – and it was very gracious of him to do it."



Additional information about me...

- one of 6 people interviewed for a CD set (pictured below) called *Mind Power University*, created by Stephen Pierce, a respected internet marketing coach



- acted as marketing advisor to owners of mail order and internet businesses
- been a director of The Vegetarian Society of the UK
- owns a number of websites, including...

www.alainenthusiast.com – to help people settle into life in Al Ain easily and gracefully

www.triumphoverchallenges.com – which helps people triumph over adversity in their lives. The site features articles, videos, ebooks and more.



“I felt grounded, inspired and enthused with life”

Sara King from New Zealand, now living in Al Ain, Abu Dhabi, writes...

“Before I started seeing Chris I felt as if I was dragging my feet through life.

“Unable to sleep, I was continually exhausted and irritable. I was obsessed with events from my past and plagued with guilt and anger about them. Although I had just begun a new job and was earning more money than ever before, I was still bored and resentful in my career. I felt powerless to change as I had no idea what it was that I'd rather be doing. It was as if something was lacking in my life or in me.

“During my first session with Chris, I came up with two pages of goals I never dreamed I would ever achieve.

“In the next few sessions Chris proceeded to challenge the basis of many of my beliefs and ideologies, and transformed my way of thinking. He was patient and efficient and used simple questioning to gently lead me to release the negative emotions I was clinging to. As my fears evaporated, Chris gave me tools to use every day. This was masterfully achieved by Chris carefully explaining a few important principles and guiding me through certain exercises that helped me to gain a deeper understanding of myself.

As part of my coaching programme...

When you and I start to work together, over time I will provide you with a set of ebooks and e-reports I've written over the last few years.

These are in pdf format. (If you would like them printed out and ringbound, you can have these at a little more than cost price for duplicating: in the region of 60 Dirhams.)

Many of the pdfs include exercises you can do to move your life forward significantly. And each pdf comes with an mp3 recording of the contents so you can listen in your car, while running, or doing chores.

Please note: These are SHORT reads, with each document only taking 10-15 minutes to read and digest.

Titles include...

Dissolve Your Mental Shackles

Thank You For Everything

Hit The Bull's Eye: 7 steps to making your dreams come true

Stop Your 'Shoulding'

The Toothbrush Theory

The Dot Principle

"My Life Isn't Working!"

Get To Feel Okay

Falling In Love Again

“At the end of each session, I felt grounded, inspired and enthused with life. Before I knew it, I had achieved every single one of my goals.



“Chris is an extraordinary man who has had a profound effect on me. He has given me such inspiration and vision that he has changed the direction of my life. He is playing a major role in helping me discover who I am and what my dreams are.

“I now have a clear sense of the direction in which I want to take my life and the confidence, knowledge and practical skills to change careers and establish my own business.

“Chris has taught me to look at the world with a sparkle in my eye. Meeting Chris was the first of many miracles in my life. I cannot speak highly enough of his talents, I believe it would be impossible to spend time with Chris, someone with such an unwavering purpose, without being inspired and guided by him. He has utterly transformed my ideas about what I can do in my life.”



Triumph Over Challenges

The Green Eggs Principle

...and many more.

I look forward to sharing what I've learned over 17 years and US\$308,000 in investment in myself in training (in the area of personal development and marketing (which is a lot about understanding how to communicate with people)).

The Effort-Free Life System

A few years ago I created a CD set called *The Effort-Free Life System* based on everything I had learned in my studies of what creates an inspired life. The Standard course consisted of 7 lecture-type CDs, plus one CD full of processes, including some where you close your eyes and let me guide you into what I call the Living Present. I also created a Silver and Gold Edition. The Gold set included 3 CD recordings of me helping a couple resolve their relationship issues, plus various other CDs with theory and exercises.

In all, the Gold Edition consisted of 19 CDs, a 69-page playbook, a further 27-page Sizzling Relationships Playbook and a DVD.

I marketed this CD set in the UK using direct mail and sold thousands of sets. My company was deluged with testimonials, only a few of which are on my websites, and in this brochure.

Business partners in the US and Australia marketed these CDs in their countries, and sold thousands of sets. As a consequence they invited me to run seminars for their customers.

When I launched the CDs I started a monthly subscription newsletter. It was very inspiring to be mailing out thousands of copies of this at a time. I went on to write 45 monthly issues, each with more than 10,000 words. As I sometimes included articles by other experts, I reckon that of the total 450,000 words, I wrote about 300,000 of them. I also ran 45 monthly teleconference calls of 90 minutes each, where I gave a talk for 10-15 minutes then opened the floor so listeners, mostly from the UK, US and Australia, could ask me questions, and I would

answer them, and generalise my answers so everyone on the call would benefit. As you might imagine, my thinking refined considerably over those 45 months. So this CD set is now a little out of date! I even disagree with a few things I say on the CDs. So I don't promote these CDs on my latest site – but within the next 6 months I'll have a new improved set of recordings. However the great testimonials below are still relevant.

Some mention **CAP** and **ROBERTA**: these are mental exercises I teach which take 3-4 minutes to do. I recommended that people do one or the other twice daily.



The Effort-Free Life System Standard Edition CD set



Just some of the 45 issues of the Effort-Free Newsletter I created

Improve relationships

"Our relationship works so much better"

Gerry Smit, a dentist, living in Kent says...

"I now walk into work feeling really calm and relaxed, instead of all grumpy and miserable as I used to do.

"When I do CAP on me and my wife getting on better, our relationship works so much better – the System works fantastically well.

"I approach life differently, I approach my relationship differently, and I approach other people differently. As a result, magic happens: little synchronicity come out of nowhere. It's amazing how it just works.

"To be honest, I'm a self help addict. I own about 50 different programmes, and this CD set is the only one that I have never put away after I've listened to it – I've kept using it continuously since I ordered it. It's that good."



Loving daughter and mother

Diane Gallo from Pacific, California says...

"My daughter is a wonderful girl but I found she got angry quickly and didn't seem to like me. I ordered the Effort-Free Life System and started using it the day I received it (4-5 days ago). The next day I felt wonderful.

"I can't believe how often my daughter smiles now, she gives me hugs that she rarely did before, and she says she loves me on her own. I have felt so open to her which I found spilled over to nearly everyone around me. I feel such a connection to people that my fears (shyness, ignorance, etc) are gone.

"My mother and I have rarely felt close. In fact I can't remember the last time we did feel that way. She just returned from a trip and we talked about all sorts of things including this method. I can't believe how much love I feel for her. I am so grateful to have this System and to be able to experience this with my mom. She is just showering me with love that I've never known before."

"My shyness has gone... I'm more extrovert"

Gaynor D from Perthshire says: "I used CAP to melt my

resistance to making love with my husband – and it worked a treat!

“CAP has really helped me to open my heart more and more to receiving more love and more joy in my life – instant happiness!

“I have really transformed... more extrovert, comfortable smiling at complete strangers as I walk down the street and, my shyness has gone.”

“I met someone new”

David Bartlett from Surbiton, says:

“I have recently had a tortuous split from my partner who left me without warning, and have found it very hard to find anyone else attractive. On the day I did CAP on my belief that I would never meet anyone I would find more attractive than my ex, I met someone at a party who I found very much more attractive!”

“I used the CAP to help me accept my past relationship with my ex-husband. He came to the house one evening and for the first time in years we talked, and now he is making an effort to spend time with his son and to contact his daughter. Our relationship is now better than it has been for many years.” – Gill Herbert

“After a number of years I finally found the strength to leave a disempowering relationship.” – Cathy Baker

Feel happier in yourself

“My life is just getting better and better”

Julie Haigh from Glamorgan says:

“I noticed on Sunday, for the first time in years, that I was actually looking forward to going to work! This was amazing; I felt light and happy, and I can’t remember the last time I felt this way. I’ve just come back from work having found that the week went by so fast, and I got more done. Life just gets better and better!”

“In harmony with life”

Julie Murdoch from Merseyside says:

“I find that, if I miss doing my daily CAP, the day does not flow the same. When I do it for 3 minutes in the morning, I feel in harmony with life, I stay present in the moment and everything flows brilliantly.

“My mind now thinks only 10 minutes ahead. It’s like I am so grounded, and rooted to the present, nothing else is allowed in. My mind feels so empty – it’s not clogged up anymore. Amazing!”

“It works”

Clive Cambridge from Merseyside says:

“I find myself giggling at what I previously considered were really serious issues. I’ve finally bought something that works!”

Career success

Back to work success

Jo Shaw from Newcastle-Upon-Tyne says:

“I rang for a coaching session, then when I put the phone down it immediately rang. I was in such a great mood from the session that I answered in a very positive manner. It was a guy offering me the chance of a job, and inviting me to an assessment the following week!

“I have now completed 3 weeks training and my first full week of full-time work in 25 years!! It’s brilliant!! It is pretty potent stuff Chris is helping me to access!! I reckon this one is a proper miracle! Profound is the word I’m looking for!! You guys are total stars.”

Free advert fills up her diary

Claire McMillan from West Molesey says:

“Recently my diary began to look rather empty. When you are self-employed this is always a worry. I did the CAP around money and bookings. That afternoon the guy I deal with at the local paper rang to say that they’d had some spare space in the paper and had run my ad free of charge, as a thank you for being such a good customer over the years! The diary began to fill again.”

12 new bookings out of the blue!

Carol Lloyd from Cheltenham says:

“8 days before a workshop I was holding I was 10 people short, and I didn’t want to cancel. I did ROBERTA a few times and got 12 extra in the last week!”

“I got my dream job and increased my salary!”

Cathy Baker from Bridlington says: “3 months after buying the Effort-Free Life System I have finally managed to secure a new job, on more pay, after 2 years of trying.”

“I’m back at work again!”

Maria McNamara, a teacher based in Buxton, says:

“Before I learned the System I was on long-term sick leave, and now I’m back at work again – and have just been featured on radio as teacher of the week!”

“I resigned from my teaching job”

Penny Humphries from Stockport says:

“I have been teaching 6-year-old girls in a prep school for many years. Learning the Effort-Free Life System led me to attend a hypnotherapy course. I qualified, and I have been successfully charging £65 an hour or £250 for one stop-smoking session.

“I resigned from my teaching job 2 days ago, so I’m now a full-time hypnotherapist. I’m a past-life regression



therapist too, and, wonderfully, Take A Break magazine – with 1.25 million weekly sales – promoted my past-life regression workshops for free, so people are ringing every day about them. The next workshop is fully booked. It's amazing!"!...

10 goals achieved effortlessly

Katy Hughes writes from Sale to say:

"The System has helped me set up my own business! I wrote down 15 major things I wanted in my life. Amazingly 10 of them have already come true, and the other 5 are moving along very nicely! I've stopped worrying and searching, but I have started cycling so I'm getting fitter! It has all been so effortless!"

Improve your mental wellbeing

'Bad vibes' disappear

Miranda Rota from Stourbridge writes:

"Before I started using the System I was very frequently getting into really bad vibes. This had been going on for about 9 years.

"Within months of using CAP and ROBERTA [which you learn on the CDs], my 'bad vibes' had totally disappeared! I really cannot tell you how wonderful it feels to be free of this life-spoiling syndrome. Thank you. It's like I now start my day looking out from the 75th floor instead of the basement."



"I was depressed – now I'm happy"

Julie Murdoch from Merseyside says:

"I was depressed, unhappy, full of worry and fear about the future. With so many issues going on inside my head, I was always exhausted, and had no energy. My life has changed so much thanks to you! I'm much happier with no depression, worry, fear, and anger about the past!

"I'm full of energy, I only need half the sleep that I used to, and I'm raring to go instead of being drained and tired all day long! I'm more positive, easier going and relaxed in myself. I'm finally accepting myself after 43 years, and feeling comfortable in my own skin."



Relaxed before an operation

John Gallagher from Bridlington says:

"On the evening before a third cancer operation within a year, I did a 15-minute CAP. Then I felt completely relaxed, and gently drifted into a deeply restful sleep. Although my operation was postponed for almost 7

hours I stayed totally relaxed and at ease, remaining in a totally anxiety-free state even as they wheeled me into the pre-op room. I watched my heart monitor never go above 60 beats per minute. Great thanks for CAP."

"Income tripled!"

"I used to work at a job that was numbingly boring, because that was all I believed I deserved. I was lost in despair. Within 4 weeks of beginning using the System, I've started a new job, on track to earn THREE TIMES what I earned before! I've magically created a beautiful new man in my life. I'm happier than ever, and I'm so easy going. I invited my friend Lisa up to my new flat. 'Where did this place come from?' she asked. 'From Chris Payne,' I replied!" – Debbie Margolis, Dance Instructor, Manchester



"Earnings more than doubled!"

"Suddenly I began getting lots of new business out of the blue! My income has more than doubled over the last 6 weeks. It's almost like magic!" – Wendy Barratt, Graphic Designer, Brighton



"I've now made more than £400,000"

"Dear Chris, Just a short note to tell you that I've now made more than £400,000 (US\$600,000) using your Effort-Free Life System. I've enclosed a copy of my bank statement to prove it! I've banked much more than that, but I've



Kenny and me when he visited my office for the first time

also had to pay out a ton of money to lawyers and the like as well. But I've netted £400,000 plus.

"Please would you mask out my address, my bank address and the company that paid me the money? Thanks. Other than that, please use this statement as you see fit.

"As I've said before, all I've ever done is spend 3-7 minutes a day doing the CAP mental process, and there have been many days when I've not even done that!

"Despite this, my life has become effortless, opportunities have fallen into my lap, I'm making a ton of money, and I'm working less than ever! Thanks a million for your System." – Kenny Goodman, Manchester