

## **Is Intal some kind of assertiveness training, or NLP type of thing?**

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A-Intal is not some kind of assertiveness training! Mentally, Intal promotes and enables scenarios where everybody wins. It is based on our growing knowledge of how intelligence works, and what intelligence can do. It is a training program for mental fitness, strength, and flexibility; and it is not coincidental that they are the skills necessary for success. In the modern world, they are survival skills, just as in the ancient world, a human's ability to escape dangers, light fires and hit things accurately with spears were the survival skills enabled by intelligence. Today the mind is still our most expedient tool for personal (and group) success.