

## **I've tried 'self-help' programs before, but I never seem to achieve lasting changes for the better. How do I**

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'Self-help' programs only ever work in the short term, because the habits of thinking behind them do not become automatic. That is why we focus here on the power of habit.

Many such programs also come in the 'one method fits all' format, but everyone is different. Individual people need individual programs. The series of exercises you choose in Intal for your fastest progress will depend on your own personal requirements, so we present a whole set to choose from. [There are specific exercises just to improve the memory, for example.] You can plan your personal program during tutorial 3, in which you can assess yourself in various areas to see what shortcuts you can take.