



# **El-method - Overcoming Shyness, Fear of Public Speaking, Insecurity, Low Self-esteem, Stage Fright, Excessive Facial Blushing and Any Other Social Anxiety Disorder**

*Tony Gaschler*

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Do you suffer from shyness, self-consciousness, blushing, fear of public speaking, stage fright, lack of self-confidence and other emotional inhibitions?

Then help yourself to eliminate these inhibitions here and now with the EL Method!

The EL METHOD (Emotional Liberation Method) by Tony Gaschler is an INTENSIVE ELIMINATION METHOD, which you can use to rid yourself quickly of unwanted psychological and social inhibitions in a surprisingly easy way without needing help from anyone else.

The EL Method has only been available in an English language version since 2007. The same version is available in German entitled "EE-Methode" and has been presented to great success on German TV, resulting in sales of more than 60,000 copies.

Read how this method works and what it can do for you:

Which NEGATIVE INHIBITIONS are mentioned most often in everyday speech?

There are numerous different psychological and social inhibitions. To help you find out the inhibition traits and feelings that you are suffering from personally, here is a short list:

shyness (in company or towards members of the opposite sex) --- fear of public speaking (fear of failure when speaking) --- insecurity and low self-esteem --- blushing and perspiring hands --- performance anxiety --- fear and lack of confidence when faced with bosses, higher-ranking people, and members of the opposite sex --- social anxiety, fear of other people and lack of contact (self-imposed isolation through anxiety at having to deal with people) --- self-consciousness (unfounded awkwardness due to lack of self-assurance)--- stage fright, fear of stages, and microphones (being petrified of giving speeches, presentations or doing practical tests, anxiety at being the focus of others' attention) --- lack of self-assurance and hesitancy when speaking in company --- lack of assertiveness and courage --- feelings of self-doubt and fear of expressing yourself in front of strangers --- general lack of confidence in meetings, talks, and negotiations --- temporarily at a loss for words, mind goes blank, and stammering in stress situations

These are just some examples of psychological and social inhibitions that make life difficult, cause social anxiety and prevent you from achieving both professional and personal success.

What are the CAUSES of psychological inhibitions?

First of all, it must be clearly and explicitly stated that psychological inhibitions are not abnormal, nor are they a form of illness, put simply, they are completely normal and logical patterns of behavior.

Inhibitions are false and impractical patterns of behavior that, once they have been learnt and acquired, are like any other habit in that they occur automatically and without any conscious intent.

Scientifically put: psychological inhibitions are inhibitory RESPONSE SYSTEMS. They cause the person afflicted to react with inhibitions in social situations and towards other people, and these reactions occur automatically and without conscious awareness.

Contrary to inhibited people, those who are not restrained by inhibitions have an unrestricted and self-assured RESPONSE SYSTEM that allows them to react freely and with self-confidence in any situation and in social interactions.

A person's behavior in any situation is always a consequence of his or her upbringing and personal experience.

The main cause of psychological inhibitions can be traced back to acquired habits, to holding back emotions, and to not expressing them.

People afflicted in this way have usually learnt an unconscious pattern of behavior in their childhood and adolescence that restricts and inhibits their natural way of expressing their emotions. These behavior patterns have often been triggered by learning processes that have repeatedly suppressed the natural development of their emotions during adolescence.

However, this does not cause feelings to be eliminated. On the contrary, suppressed emotions cause inhibitions to become unconscious behavioral responses that trigger feelings of anxiety and self-limitations.

It is not only during our formative years that inhibitions develop; even as adults we can develop inhibitory patterns of behavior following harmful and negative experiences.

Not only is your self-development affected by inhibitions, your feelings of happiness are also affected. Happiness is a natural conscious state that everyone strives to attain. True feelings of happiness can only be achieved if you are able to develop and find self-fulfillment within your own environment and society. Many people from every social group and from every level of education are prevented from finding happiness, from achieving self-fulfillment, from taking their rightful place in society, and from achieving professional recognition because of their emotional inhibitions. If you want to achieve your goals, you have to invest much more time and energy than those who exude self-assurance and confidence.

Tragic though the effects of inhibitions might be, there is also a simple way of removing them. A highly-effective self-help technique with distinct effective factors can be used to help you replace inhibitions with a genuine and self-confident pattern of behavior in a short space of time. You can rid yourself of any feelings of inhibition or any outward signs of inhibition that so often make your life difficult.

What EFFECTIVE FACTORS are used to eliminate my inhibitions?

The well-known psychologist and hypnosis specialist, Tony Gaschler (based in Bavaria, Germany), has spent years researching and developing a special form of autosuggestion: "DYNAMIC AUTOSUGGESTION". This dynamic autosuggestion method systematically erases old patterns of behavior, removes negative inhibitions and replaces them with new, self-assured RESPONSE SYSTEMS.

This dynamic method is unique and particularly effective.

The dynamic autosuggestion method has an advantage over other methods in that it is more intense, is faster and, above all, it acts fully automatically.

>>> It does not matter whether you believe in it or not. It will always produce the same effective results.

<Through your new, self-assured response system you will change your behavior patterns so quickly that even in the first weeks that you start practicing your success will be noticeable to your friends and associates.

Very often, clear noticeable effects take place following the first exercise and these continue to increase day by day. This is especially beneficial as you will find that these in turn increase your joy and enthusiasm for the entire method.

To establish a long-lasting effective and unrestricted response system, the period of time spent learning and practicing the system has been fixed at 10 weeks in total. Even when positive effects occur much earlier, you should still keep to this time period.

All the exercises are structured to fit in with the demands placed on your time schedule by our modern lifestyle. The individual exercises only take a few minutes each day.

Once you have acquired a new and unrestricted response system, this will then start to function automatically at a subconscious level.

Or, to put it another way, the previously inhibited individual will then automatically and subconsciously react to any situation and any other person in a completely unrestricted and self-assured manner. He or she is now free of their former repressive inhibitions and can develop freely and without any restrictions.

As a side effect, you will notice an increased joy of life, you will experience more feelings of happiness and will start to enjoy social interactions.

#### GENERAL ADVICE

The EL Method serves exclusively to remove inhibitions systematically by replacing these with new, unrestricted and self-assured response mechanisms.

The EL Method has a very deep and lasting effect on the entire psyche. Therefore it can also have healing effects and improve general health. Even psychosomatic illnesses may improve or disappear entirely when using the EL Method.

Under the German act on alternative practitioners, this method may not be advertised for use as medical treatment, it may only be used to achieve unrestricted and self-assured personal development. The side effects described above are therefore to be viewed solely as concomitant phenomena.

#### SCOPE OF DELIVERY

1 Introductory guide --- 10 Step Programs with theoretical explanations and practical instructions and exercises (28cm x 20cm, total of 201 pages) --- Exercises for assistance in using the dynamic autosuggestion technique --- 1 Pendulum Board

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