



# Elite Emotional Intelligence Quartet: Scripts & Instructions for Self-Hypnosis and Guided Meditations

*Brian Birchmeier*

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The *Elite Emotional Intelligence Quartet* is a combination of our four best-selling audiobooks. *Maximize Your Emotional Intelligence* is an eight-week program of hypnotherapy and meditation that instills the attributes of emotional Intelligence, affecting lifelong change.

*Maximize Your Self-Discipline* is an eight-week program with each segment improving and locking in self-discipline that you never dreamed that you had - automatically. You'll create anchors that act as "safety nets", you'll change your activation points to reduce resistance to achievement, you'll go to the the crossroads of amazing self-discipline, and you'll train fear to be your greatest ally.

*In The Zone* is also an eight-week program that prepares and positions your mind and body to be able to enter the zone automatically. Your environment will trigger your instant and focused attention - automatically. This program has been used by business professionals and athletes and is very effective.

*10 Supplemental Mindfulness Meditations* include wonderful adjunct exercises to the fundamental meditations found in the 4 x 4 Series. Each 4 x 4 program is meant to be a stand-alone work that is effective for beginners in both hypnotherapy and mindfulness meditation. Therefore, each builds the foundation of concentration by using the breath awareness meditation, of compassion using the loving kindness meditation, of change or impermanence using the mountain meditation, and of managing fear using the training fear meditation.

The supplemental meditations will help you expand your practice, providing variety and guidance. Together you have a powerful system which employs the most powerful technologies of behavioral modification known. Your performance will see marked improvement. The Maximum Performance 4 x 4 Series provide effective and structured solutions to behavioral modification problems, ensuring that as long as you follow the steps of each program, that your life is going to change.

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