

Holosync Procrastination Buster

Instructions & Information

Procrastination is like a weed, and weeds must be pulled out by the roots or they just grow back! At the root of all forms of procrastination is fear. When we procrastinate, we're letting fear sabotage our efforts to thrive and succeed. But with Procrastination Buster, you have the tool you need to uproot that fear and transform the negative internal self-talk holding you back into positive motivation and fuel to do what you've been dreaming of doing!

Procrastination Buster is a very deep and potent soundtrack using Holosync to bring your brainwaves down to a low delta state.

Included are silent Autofonix affirmations to help you kick procrastination to the curb! Note that it's common for some listeners to fall asleep while listening to Procrastination Buster.

- **Listen with stereo headphones or earbuds.**
- **Listen once or twice per day**
- **Listen at a comfortably low volume level (louder isn't better).**
- **Listen in a distraction-free environment, seated, with eyes closed.**

(Procrastination Buster is part of a suite of Holosync soundtracks and other tools to help you overcome procrastination and succeed! For more information on how to get the complete Holosync Procrastination Eliminator Suite, be sure to visit <https://www.centerpointe.com/buy-the-suite-pe/>

Some Things to Remember About Holosync Listening Sessions:

- Always use stereo headphones or earbuds with Holosync audio soundtracks. While the music or nature sounds can be enjoyed without headphones or earbuds, the Holosync neuro audio technology requires stereo separation to produce the desired effects.
- You do not need highly expensive audio gear to listen, (although the higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. The soundtracks can be played on any media device or smartphone that supports the mp3 format.
- All tracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.
- When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.
- Never listen while driving or riding a bicycle or while doing anything that requires your full attention.
- Not every listening session will yield the same effect. Be prepared for some listening sessions to feel “deeper” or more eventful than others. Never worry about having a “wrong” experience. Your nervous system will provide whatever response it needs to at the time.
- Remember that there is a very wide range of possible benefits and effects of listening to Holosync soundtracks. While some listening sessions will provide an immediate benefit (such as relaxation or a heightened state of focus), other benefits manifest over time as your brain adapts and responds to repeated listening sessions. Be patient and enjoy the changes as they happen!

If you have any other questions or comments, feel free to contact our **Accelerated Results Coaches**. Our telephone support line is open from 9:00am - 4:30pm Monday - Friday, Pacific Time.

503-672-7117

Or you can email support@centerpointe.com.

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