



Personal Shielding to Deflect Hostility (Book & Training CD)

Richard Driscoll, PhD

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Do you deal with irritable co-workers, an angry boss, an upset mate, critical parents, or complaining children? Are you easily stressed and intimidated by the negativity around you?

Learn to brush off hostility instead of taking it personally. Shielding protects against anger, contempt, manipulation, insult, and general ill will

Allow others to work through their own negative feelings on their own, without allowing it to affect you so strongly.

Easy to learn and highly effective. Of those who listen to the audio training twice, 80% report being clearly calmer in confrontations with family members or at work.

The audio CD combines carefully chosen stress reduction components into a powerful training experience. You should benefit from your first session, and benefit further with additional ending sessions. Complete the training now, at home, and be prepared later when angry words fly your way.

To secular participants, the shield is seen as a bubble or a material shield such as Lancelot might take into battle. Yet those with religious convictions are invited to see the shield as the presence of the Holy Spirit or as Jesus or as a guardian angel. Each participant chooses his or her own image: When Paul speaks of the armor of the Lord and the shield of faith, he is not talking about metal and leather, but about emotional, psychological, and spiritual protection from the everyday ill will around us. Personal Shielding is a unique combination of psychological healing and spiritual assistance. Thus we have here a training experience which combines secular learning principles with the mystic power of the heavens. While it is unusual to see the two together, the combination produces the exceptionally strong benefits attained here.

The Shielding offering includes a 80 page booklet and a 34 minute Training CD. The booklet explains the method and how to use it, while the CD fashions your shield and gives you practice using it to feel protected in confrontations. Most participants are able to experience being protected during the training, and transfer that experience into real life situations.

Confident optimists tend to brush off failure and negativity, but relish their triumphs and the support of their friends. In contrast, insecure pessimists tend to dwell on the insults and on their failures, while hardly noticing their successes at all. Personal Shielding trains you to brush off the insults and negativity, and so frees you to focus on the successful aspects of your life.

Those who say they care too much about approval often have it backwards. To often, you care too much about avoiding disapproval and hardly even notice the approval at all. Shielding helps you brush off life's insults, so you feel safe enough to appreciate the compliments.

Protect yourself with the shielding training, and stay free of surrounding negativity and ill will.

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Amanda Young:

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