

# Successful Living Sessions

## Use your mind for a change

The effortless way of using your mind to get the most out of yourself and life. Based on the cutting edge of today's Mind Technology and on the latest validated University Research. This research now conclusively shows that each of us has a Blueprint in our minds that causes our success or failure. We now know how to change that Blueprint to bring about the results we want.

Let us work with you to bring about the changes you want in business, success, health, healing, self and life-improvement. Our methods are continually monitored and updated by Dr. Tony Quinn M.Sc., D.CH.

### How to get started

Call to or phone one of our centres listed below and you can begin changing your life today. If you wish you can also see our free Introductory Video.

### Successful Living Sessions

Call to one of our Centres and begin changing your life today

- **DUBLIN CENTRAL**  
Aideen Cowman, 9-11, Grafton St., Dublin 2.  
Tel: (01) 671 2788, 830 4211
- **DUBLIN CENTRAL**  
Aideen Cowman, 66, Eccles St., Dublin 7.  
Tel: (01) 830 4211, 830 3717.
- **DÚN LAOGHAIRE**  
Christine Kelly, 96, Lr. George's St.  
Tel: (01) 280 9891.
- **RATHMINES**  
Rita Kelly, 2, Wynnefield Road. Tel: (01) 497 4234.
- **ARMAGH**  
Yvonne Sherry, 41, Upr. English St.  
Tel: (01861) 525742.
- **CORK**  
Imelda Farrell, 20, Academy St. Tel: (021) 276364.
- **DUNDALK**  
18, Jocelyn St. Tel: (042) 38097.

**Further information on all our Centres can be obtained by calling (01) 671 2788**

**NOTE:** Under no circumstances are we suggesting or implying that this approach should take the place of medical advice or, where necessary, medical treatment. However, we believe that it is a valuable addition to any form of therapy.

## RESULTS FROM OUR CENTRES COUNTRYWIDE

### Exam Success

Since coming to the sessions, I have received excellent results in all areas of my life. I have found them extremely beneficial with regards to my concentration level and ability to study. I have had an incredibly relaxed approach to all of my exams and have experienced excellent recall of information within the exams themselves. I have also gained a brilliant and practical philosophy towards my approach to life.

**Barbara Connell, Co. Kildare.**



### A Doctor's story

In 1984 I had a good secure job in the civil service and there was good potential for my future career there. However I wanted to go to London to do nursing. I was also in a relationship and confused about what was right for me. All of the factors pointed towards staying put but deep down I questioned the relationship, my happiness in my work and where I wanted to go in my life. I had heard about Tony Quinn's Blueprint for Living which was in the Royal Dublin Hotel at that stage. The course was unlike anything I had ever experienced. I've always heard of how certain experiences have changed people's lives and was dubious about these as we all are. Yet this course changed the course of my life. I went to London did nursing and then went on to do medicine. I have just qualified as a doctor. With regards to the relationship it was indeed not right for me. I met my husband in London in 1986 and am sure that we are meant for each other. I am temporarily back in Dublin and have been coming to the Successful Living Sessions with my mother. I had not expected or desired to gain anything in particular from these but yet subconsciously, unexpectedly and in a rather strange way things are happening for me.

**Dr. Jeanette Smith.**



### Relief from Depression

I suffered from post natal depression after the birth of my baby girl. I can honestly say that it is a horrible frightening illness that challenges ones own sanity. I attended my doctor who prescribed anti-depressants which were very necessary. The tablets allowed me to keep going through the day, but the quality of my life and my happiness ceased to exist. While taking them, I attended for acupuncture and homeopathy. Both of these approaches helped me along the way, nevertheless I continued to struggle with my negative thoughts. Late last year, a friend advised me to go to the Tony Quinn Centre. She attended and highly recommended it. I decided to give it a try. At this point I was willing to try anything. On my first visit the therapist chatted with me and in a very short time she assured me I would be all right. I attended two weekly sessions of relaxation and I began to feel the benefits immediately. The internal mental fight was over at last. I could relax, enjoy myself, laugh and be myself. It was the best decision I had taken in a long time. I strongly recommended the Educo system. I truly believe it does work, and the everyday benefits are enormous. Take that one step to any centre and it will enhance and change your life. It's magic.

**Christine Lyons, Cork.**

### Relief from pain of whiplash

Late September I was involved in a car accident. I was really in bad shock and I was getting only four hours sleep all night. I also started getting loads of infections. I was also suffering with whiplash as a direct result and even with medical attention. I felt no relief from my neck and shoulders. They were stiff and painful. I am attending the Successful Living Sessions and all these symptoms have

cleared. In only one session here at the Centre the neck pain went. I began to use my neck again with complete movement. I am delighted with this. Over a period of attending for three months my immune system has really built up as all those continuous problems just stopped. My energy is greatly improved and I am enjoying my life now.

**Louise, Dublin.**



### Student of the Year

I am writing this letter to say thanks for all my successes over the past couple of months due to attending Successful Living Sessions in Cork. Just a couple of weeks ago I was awarded Student of the Year. I am doing my Leaving Cert in June and the study is no problem. I know I will get the result I want. Everything I have requested has come true. I am a lot happier, more relaxed, confident and have greater energy and peace. Before coming to the sessions I could say life was okay but not brilliant, but now I see things differently, more positively and I know I can have the perfect life. All I have to do is relax and believe and trust in myself.

**Hilda Crowley, Co. Cork.**