A -You may feel your mind is pulled here and there by conflicting fears and feelings, often making you unable to take decisions, or even stopping you from doing what you really want to do and making you do things you later regret. People often say, genuinely, "I wish I hadn't said / done that!" But you're also being anxious. An anxious mind accepts no chance of change. An anxious mind thinks, "Well, life is hard, but what can I do?" and withdraws, which is the equivalent of running away. A fit mind thinks, "Right then, what can I do?" and interacts.

Fortunately, a fit healthy mind IS 'your nature'. We become unfit when we turn away from our nature, and this is what has happened. You know this unconsciously because you want to stop. Intal can help you get back into alignment with your biology and show you techniques for improving both your self control and your decision-making abilities by giving you techniques to reduce anxiety, improve your brain chemistry and change your habits. If you want to know more about how, you'll have to read the tutorials!