

Special Listening Instructions For Morry Zelcovitch Advanced Subliminal Recordings

DO NOT LISTEN WITH HEADPHONES...

Play in the background over speakers and go about your daily/nightly activities

DO NOT LISTEN AT A LOUD VOLUME

- If you can barely hear it, then its loud enough. You may want to make sure that small animals (particularly dogs and cats) are not present while playing these recordings)

Affirmations used in Accept Criticism Subliminal recording

Feedback strengthens my abilities
I am grateful for advice
I am open to criticism
I choose whom I accept criticism from
I enjoy receiving critiques
I handle criticism better every day
I recognize helpful feedback
I request feedback from strong people
I request sincere critiques
I see the truth in criticism