

60 Second Sessions™

Give up believing the stories your ego creates about difficult circumstances. The stories are why the circumstances are difficult.



My ego (separate self) uses worry, self-judgment, and blame to perpetuate a familiar “solid,” experience of life.



Everybody has their opinions but no one knows the whole picture.



Written and Designed by Jeff Krock

© Copyright 2008 by Jeff Krock. All rights reserved. 60 Second Sessions™ is a trademark of Jeff Krock.
www.jeffkrock.com