



ENGLISH
EDITION

Gottfried Eckert

The S.K.A.L.-

Method

Out of the stress trap in just 64 seconds!



Energy always follows
the attention.
Decide wisely
where to focus
your attention.

Table of contents

[Preface](#)

1. [Introduction and and theoretical basics](#)
2. [The S.K.A.L.-Method](#)
3. [Add-on: Nutrition](#)
4. [Add-on: Self-massage](#)
5. [Add-on: Lifestyle](#)
6. [Spoiler: The epigenetic L.I.F.E.-Temple](#)
7. [Appendix](#)



Preface

A warm welcome to you. It is great that you are here. And it is great that you are lovingly turning to the most important person in your life right now. Yourself. Thank you very much for allowing me to accompany you on your path. Thank you for your interest, your openness, your attention and your trust. Moreover, thank you for your will and your willingness to take complete responsibility for your health and personal well-being here and now. And thank you for your self-empowerment ...

Out of the stress trap in just 64 seconds?

No problem ... Just practise the S.K.A.L.-Method!

This simple, low-threshold and at the same time highly effective procedure with a Pareto effect (20 % effort - 80 % profit) will empower you to switch off your inner (stress) alarm system. So to say at the push of a button! And the clou is: it is suitable for everyday use. Are you ready?

Cool, then I wish you maximum success with the S.K.A.L.-Method.

Skål ... cheers!

With lots of love

Gottfried Eckert :-)

