

# Freedom Philosophy

Join *Philosophy & Freedom* – A Course to help you:

- Discover your inner wisdom and true potential
- Develop a clear life plan to be your Best Self
- Master your mind and break free of unhelpful habits

## Starting Soon

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**Week 1: Born Free** – Learn to Wise Up

**Week 2: Break Out** – Your 'Inside' Story

**Week 3: Make The Escape** – The Road Less Travelled

**Week 4: Being Free** – Mastering Your Mind

**Week 5: Living Free** – Accepting The Challenge

**Week 6: True Freedom** – Keeping It Real

- 70 minutes per week - All guided by tutors and assistants
- Everyone will be treated with respect and as equals
- No tests, no exams, but plenty of practical discussion

Complete the full course and receive a Book & Certificate signed by Dr Paul Wood.



Please register with your PCO