

# Thinking One Can (1906)

## The original story of The Little Engine That Could



**A free gift from:**

**[TheUniverseWithinUs.com](http://TheUniverseWithinUs.com)**

**Lovingly compiled - with activities - by:**

**Tina J Costello**

**Original author unknown**

## The history of: 'The Little Engine That Could'

(Ref. [http://en.wikipedia.org/wiki/The\\_Little\\_Engine\\_That\\_Could](http://en.wikipedia.org/wiki/The_Little_Engine_That_Could))

The little engine has a personality like Thomas the Tank Engine and Ivor the Engine. The best known incarnation of the story **The Little Engine That Could** is attributed to "Watty Piper", a pseudonym used by publishing house Platt & Munk. With illustrations by the esteemed Lois Lenski, this retelling of the tale **The Pony Engine** appeared in 1930. The first edition attributes Mabel C. Bragg as the originating author. However, Mabel C. Bragg, a school teacher in Boston, Massachusetts, never claimed to have originated the story. Indeed, **The Pony Engine**, which first appeared in the Kindergarten Review in 1910, was written by Mary C. Jacobs (1877-1970).

But a much briefer, prior version of the tale appeared under the title **Thinking One Can in 1906**, in Wellsprings for Young People, a Sunday school publication. This version reappeared in a 1910 publication by the Daughters of the American Revolution. Its text reads exactly as the text used for this book.

In 1954, Platt & Munk published a now familiar version of **The Little Engine That Could** (pictured in **The Law of Attraction** video created by **The Universe Within Us**), with slightly revised language and new, more colourful illustrations by George and Doris Hauman.

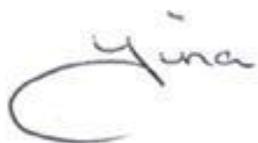
An early edition of this story appeared in the six-volume Bookhouse Books, which were copyrighted in the UK in 1920 and sold in the U.S. via door-to-door salespersons. Although this version contained no author attribution, it was edited by Olive B. Miller and published in Chicago. The Bookhouse version began, "Once there was a Train-of-Cars, and she was flying merrily across the country with a load of Christmas toys for the children who lived way over on the other side of the mountain."

### Trivia

- In the Watty Piper retelling, the engine that breaks down and **The Little Engine That Could** are female, while all of the engines that refuse to help are male.
- The engine's chant of "I-think-I-can-I-think-I-can" was included in part of the train scene in Dumbo.
- This book was chosen by "Jumpstart Read for the Record" to be read worldwide to tens of thousands of children on August 24th, 2006.
- The first six words of the books are "Puff-puff-puff. Chug-chug-chug." has caused much dispute because of its subliminal message of smoking and drinking.
- The Little Engine is based on a locomotive with a 4-2-4 wheel arrangement.
- A full-size replica of **The Little Engine That Could** makes an annual circuit around the United States.

I hope that you enjoy reading this book to the children who bless your lives, and can relive the joy it once brought you. The message is timeless, and ageless. Always remember to 'think you can' and you will be amazed at the results.

Warm regards,



Tina J Costello - NLP Masters, Advanced Clinical Hypnotherapist, DTAS



A little railroad engine was employed about a station yard for such work as it was built for, pulling a few cars on and off the switches.

One morning it was waiting for the next call when a long train of freight-cars asked a large engine in the roundhouse to take it over the hill.



"I can't; that is too much a pull for me," said the great engine built for hard work.

Then the train asked another engine,  
and another, only to hear excuses  
and be refused.

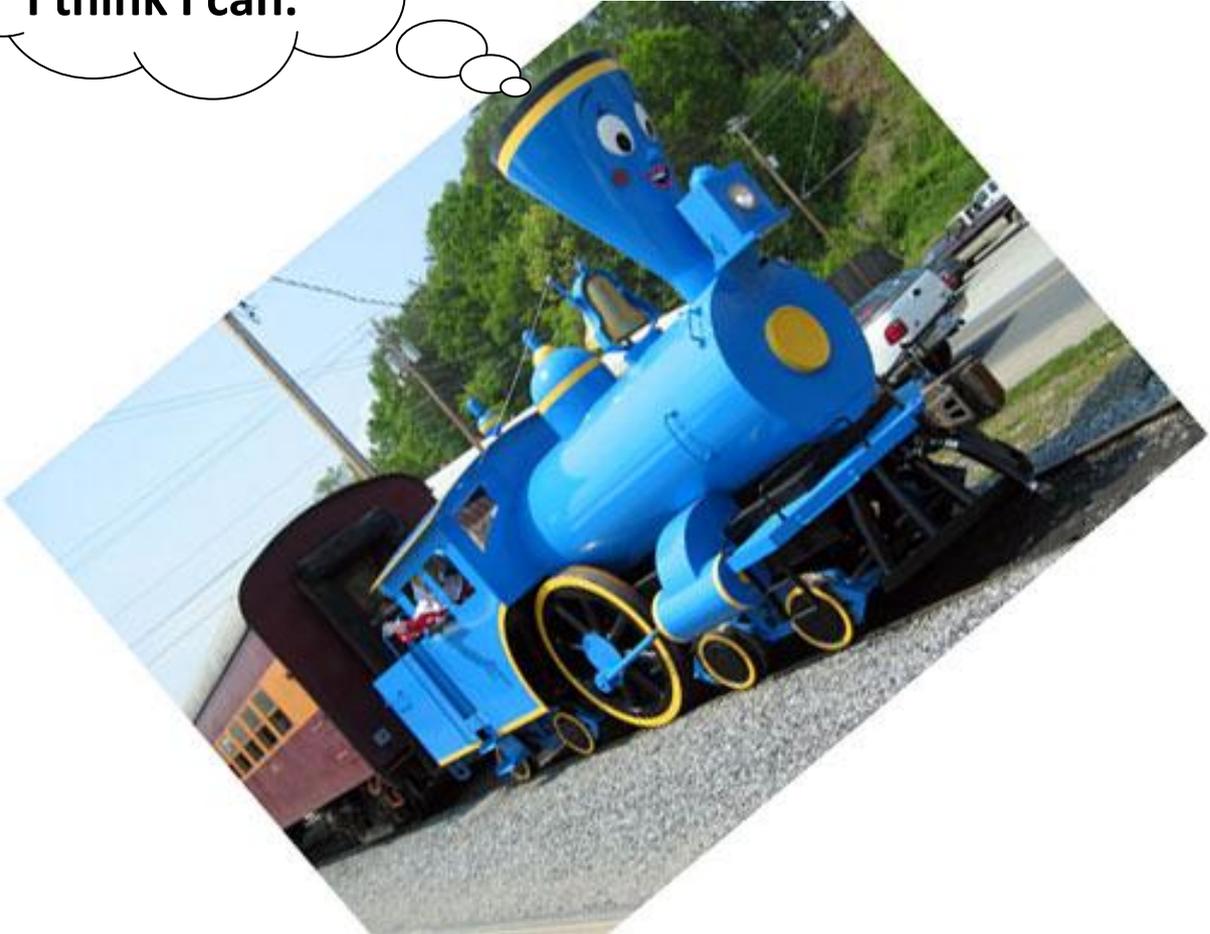


**I think  
I can.**



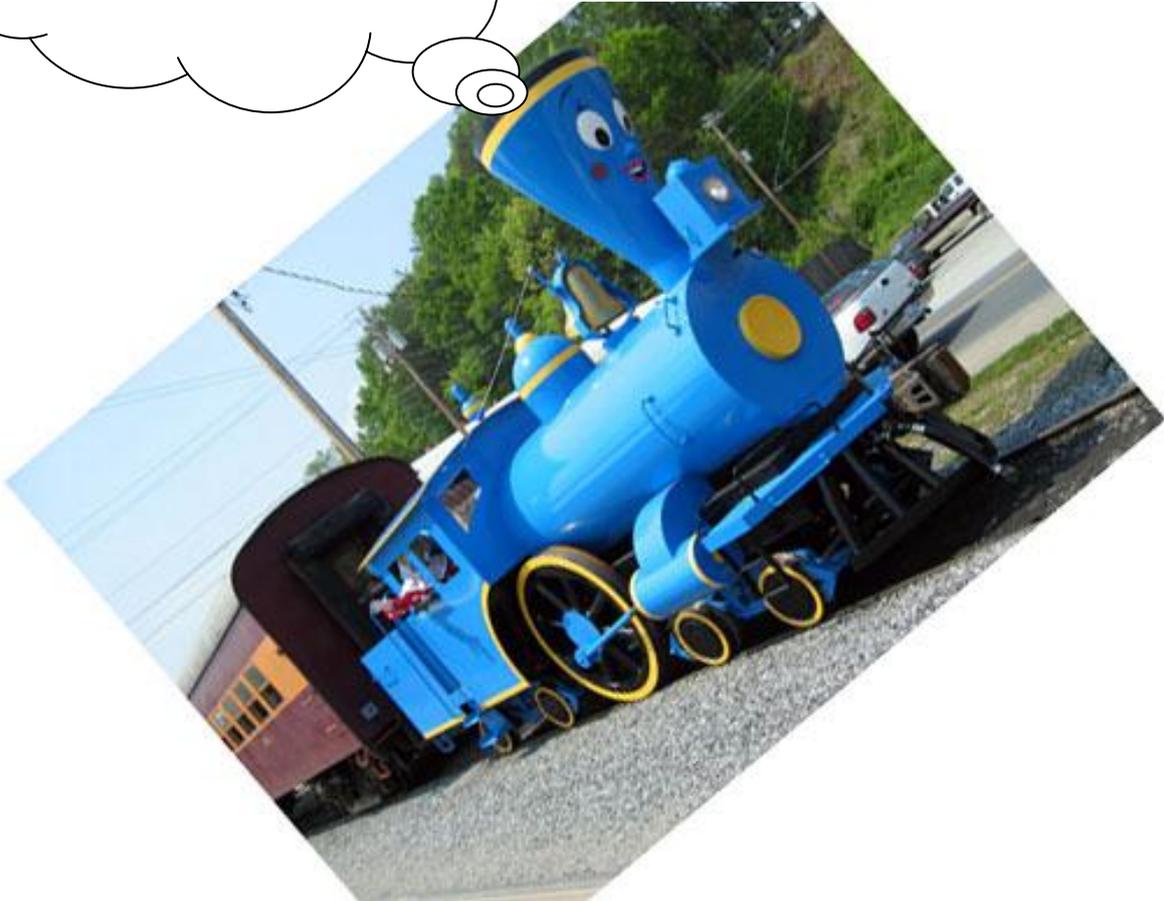
At last in desperation the train asked the little switch engine to draw it up the grade, and down on the other side. "I think I can," puffed the little locomotive, and put itself in front of the great heavy train.

I think I can,  
I think I can,  
I think I can.



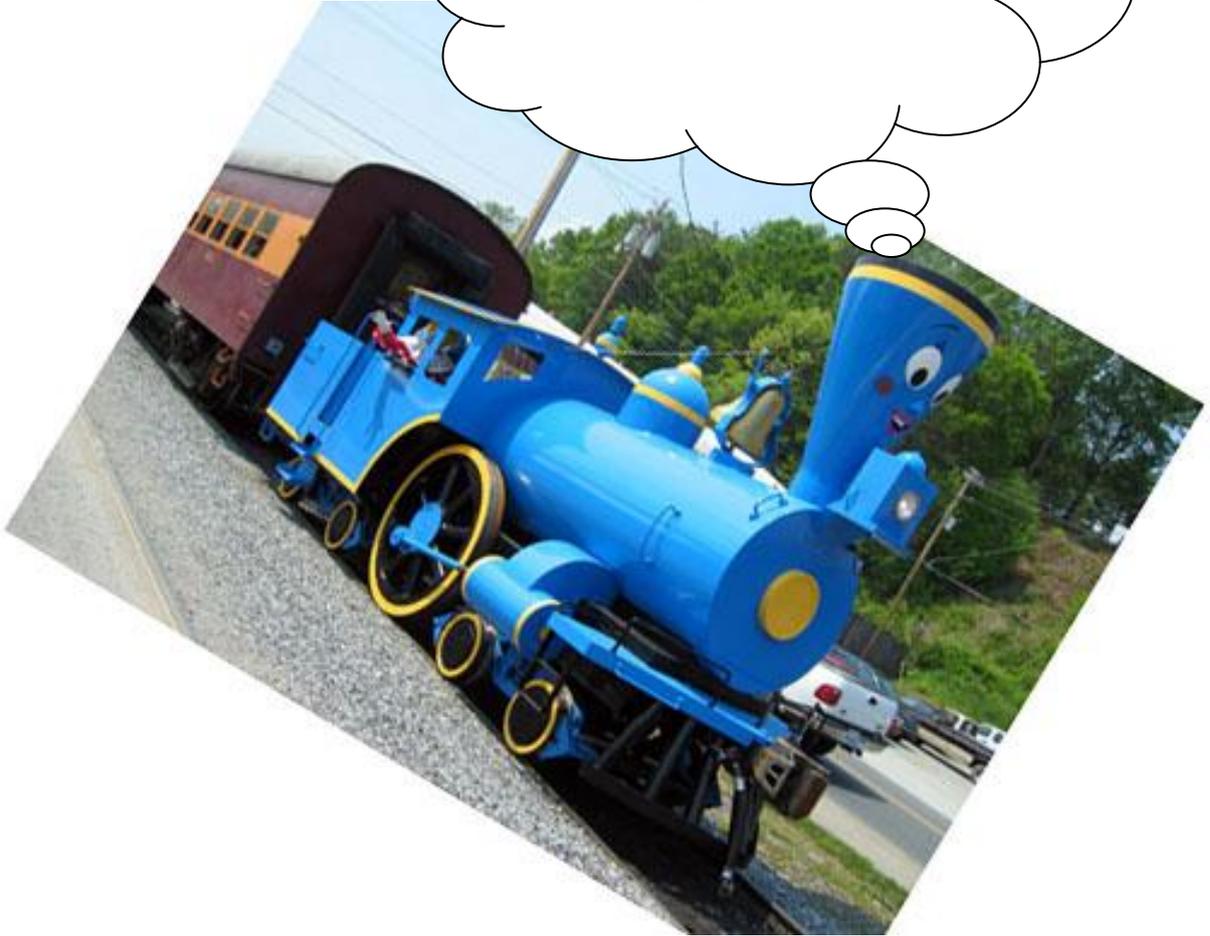
As is went on, the little engine kept bravely puffing faster and faster, "I think I can, I think I can, I think I can."

I think I can,  
I think I can,  
I think I can.



Then, as it neared the top of the grade, that had so discouraged the larger engines, it went more slowly, but still kept saying, "I--think--I--can, I--think--I--can."

**I thought I could,  
I thought I could.**



It reached the top by dint of brave effort, and then went on down the grade, congratulating itself, "I thought I could, I thought I could."

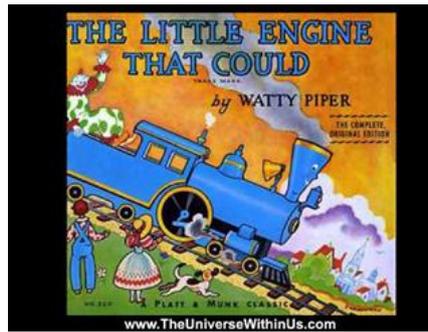
To think of hard things and say, "I can't" is sure to mean "Nothing done."

I thought I could,  
I thought I could,  
I thought I could.



To refuse to be daunted, and insist on saying, "I think I can," is to make sure of being able to say triumphantly by and by, "I thought I could, I thought I could, I thought I could."

# The Universe Within Us



**The Little Engine That Could** was featured in a **free video** titled 'What Is The Law Of Attraction?', where I explain how our continuous thought vibrations impact the quality of our lives, and provide some simple techniques to assist you in designing the life you desire.



View the free video and more at: [TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

During the recording of the video, I recalled an example of a lesson I learned as a child. This led me back to the many happy hours I spent reading **The Little Engine That Could**, and I realised I could credit this little book in providing the foundation for the positive person I was to become. I concluded the video with a reading of the original 1906 version, 'Thinking One Can'.

I hadn't given **The Little Engine That Could** a thought in many, many years. As soon as I rediscovered it, I immediately knew that I wanted to share it with as many adults, and children, as possible. That is how this free – print quality – version came into creation, and it is my hope that the brightly coloured graphics will make it enjoyable for the children you have in your lives. To add to their experience, I have included a series of **The Little Engine That Could fun activities** that they can enjoy as well. These activities can be printed many times for continued fun and learning. You will find them on the following pages.

**TheUniverseWithinUs.com** features authors who wrote about the power of our thoughts a hundred years ago. There we match select books with quality audio. We also provide a comprehensive array of **FREE GIFTS** for our visitors. What good is knowledge, if it can't be freely shared? **I think I can!** You will also discover some of my range of **Clinical Hypnotherapy CD's** which I release for general sale periodically, as well as our exclusive and original CD's, **Classical Baby Sleeps©** - with **Beethoven's Music Box©** - and **Christmas Baby Sleeps©** - with **Christmas Baby Plays©**, my reading of 'Twas the Night Before Christmas in video and audio, complete with the eBook and colouring book. These unique and original Australian productions contain - below our specifically selected music - a mother's heartbeat and the sounds Baby will remember from their time resting safely in the womb. They come guaranteed and really do work.

I hope you will find the time to visit us at [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com) soon.

Wishing you an abundance of everything you truly desire.

~  
Tina

Tina J Costello - NLP Masters, Advanced Clinical Hypnotherapist, DTAS

# SHAPE UP WITH THE LITTLE ENGINE

Can you find the different shapes that are hidden in this picture?



How many did you find of each shape?

CIRCLE

RECTANGLE

SQUARE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Use a marker to outline the shapes that you find.

# CLOWNING AROUND

Circle the clown that is different from the rest.



What is different about this clown?

---

# MATCHING GAME

The Little Engine works up an appetite chugging up the big mountain. Help her and her animal friends get something to eat by matching their pictures with their favorite food.



Horse



Coal



Monkey



Hay



Train



Peanuts



Elephant

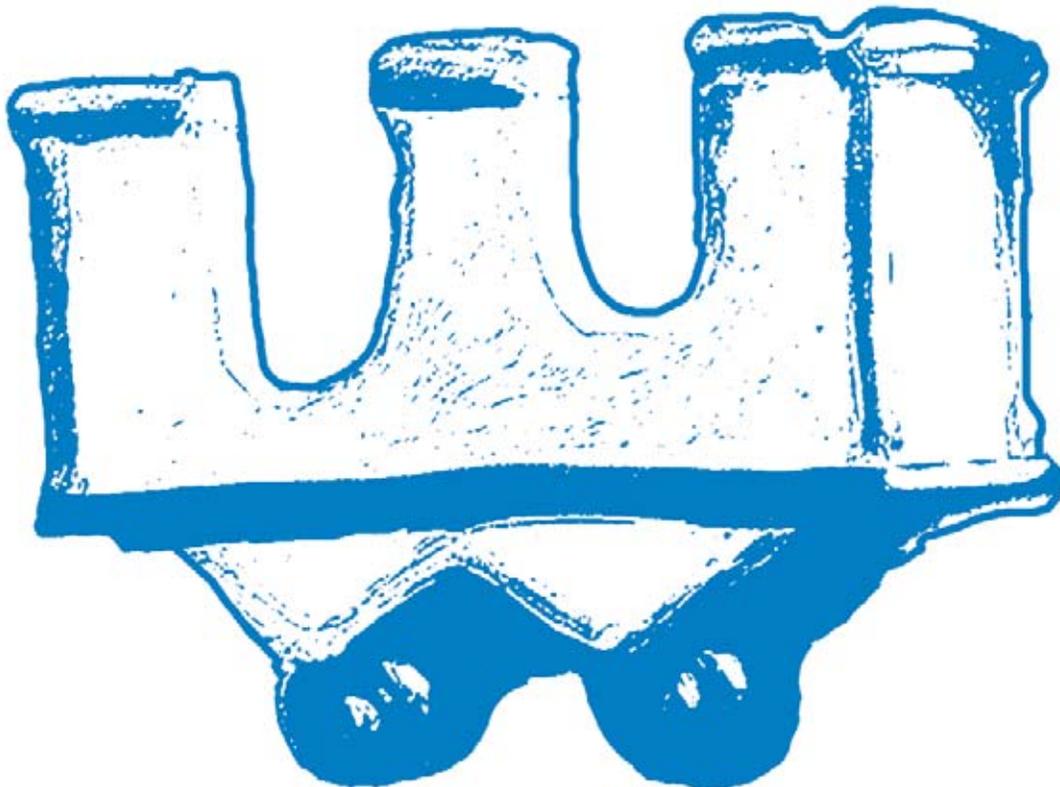


Banana

# BUILD YOUR OWN TRAIN!

The Little Engine is chock full of toys.

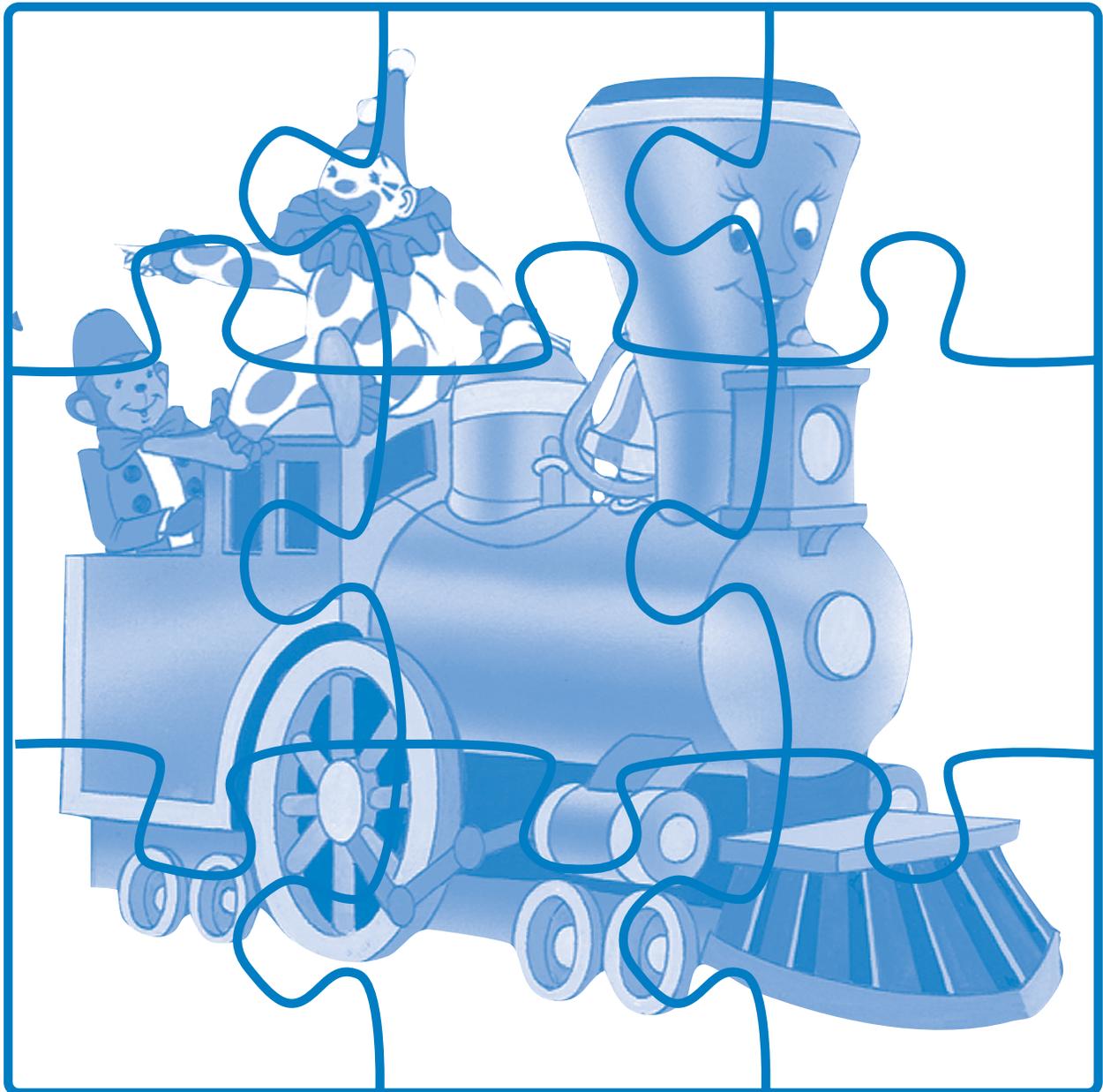
If you were a train, what sorts of things would you want to carry? Use the space below to draw train cars filled with your favorite things!



# JIGSAW PUZZLE

Color in and cut out the  
jigsaw puzzle pieces below.  
The first person to put the pieces  
back together wins a prize!

Great  
Take-Home  
Activity!



# BINGO!

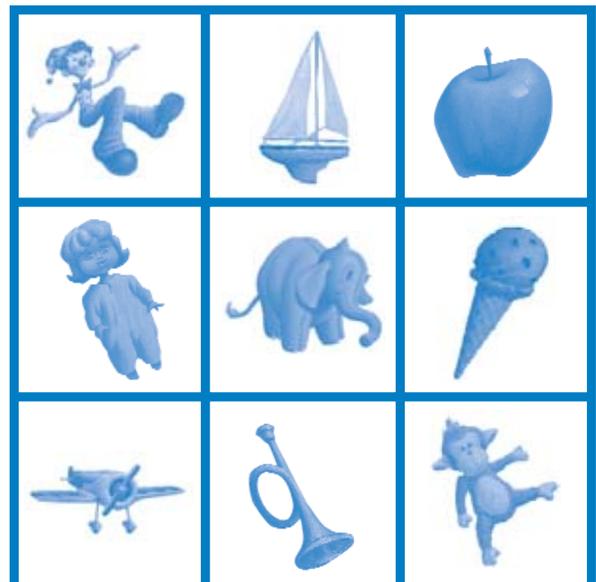
Photocopy the bingo boards below and hand out to your guests with a pencil or a marker (1 bingo board and 1 pencil/marker per player).

Make a copy of the boards for yourself. Cut your boards into individual tiles.

As the leader of the game, you will draw these tiles from a hat.

To play:

Draw the tiles from the hat one at a time. As you draw the tiles, tell the players the image that is on each one. They will mark that image with an x on their bingo boards. The first player to ex-out an entire row on their board (vertically, horizontally or diagonally) wins!



# PUT ON YOUR I THINK I CAN™ CAP

Using the instructions below, create your very own “I Think I Can” Conductor’s cap. Wear it whenever you need a little bit of inspiration!

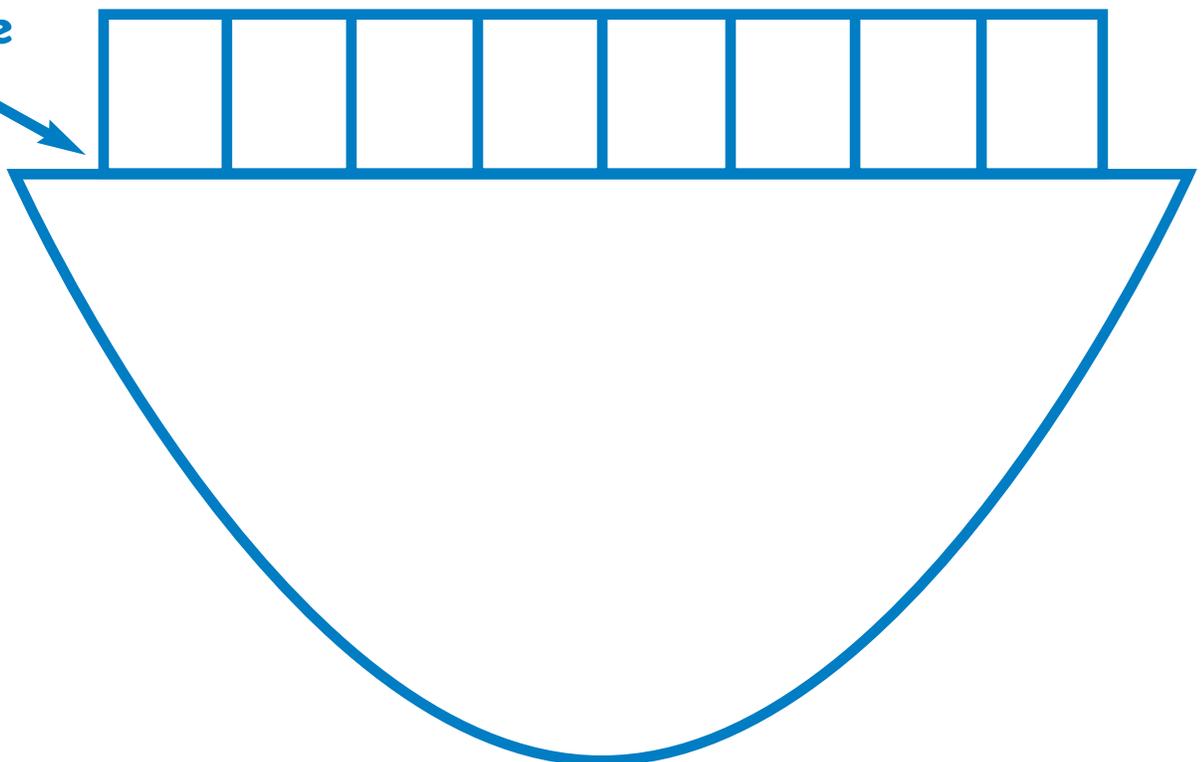
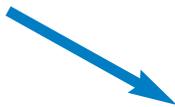
## Materials needed:

- Safety scissors
- Tape
- I Think I Can™ Conductor’s Cap template (below and at right)
- Crayons/markers to decorate your cap

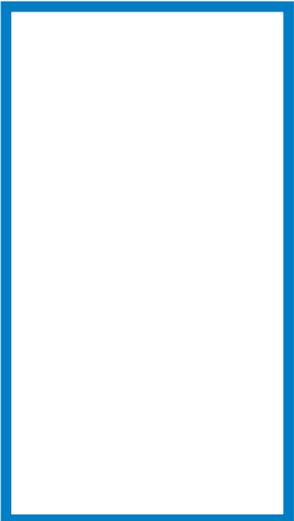
## Instructions:

- Cut out the wedge shape. This will be the brim of your cap.  
Be sure to score the edge of the brim as indicated. This will help your cap fit better when you wear it.
- Cut out the 2 rectangles. This will form the sides of your cap.
- Write your name in the square shown on one of the rectangles
- Tape the rectangles together so that they form one long strip.
- Tape the wedge shape below the square on the strip.
- Using crayons or markers, decorate your hat.  
You can add stripes to make it look like an official conductor’s cap or draw pictures of your favorite things that inspire you (like your mom, tigers, or flowers)
- To finish, tape the ends of the strip together so that you can wear your cap!

**Fold Here**



**I think I can . . . I think I can . . . I think I can . . .**



**I think I can . . . I think I can . . . I think I can . . .**



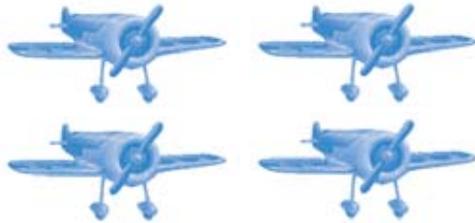
# CHUG CHUG CHUG. PUFF PUFF PUFF.

The Little Engine is a happy little train.  
Her cars are full of good things for boys  
and girls. Can you count how many  
of each toy she is bringing?



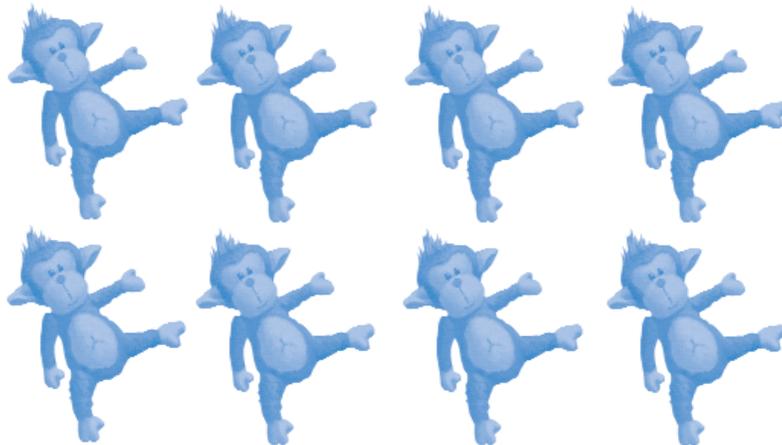
---

CLOWN



---

AIRPLANES



---

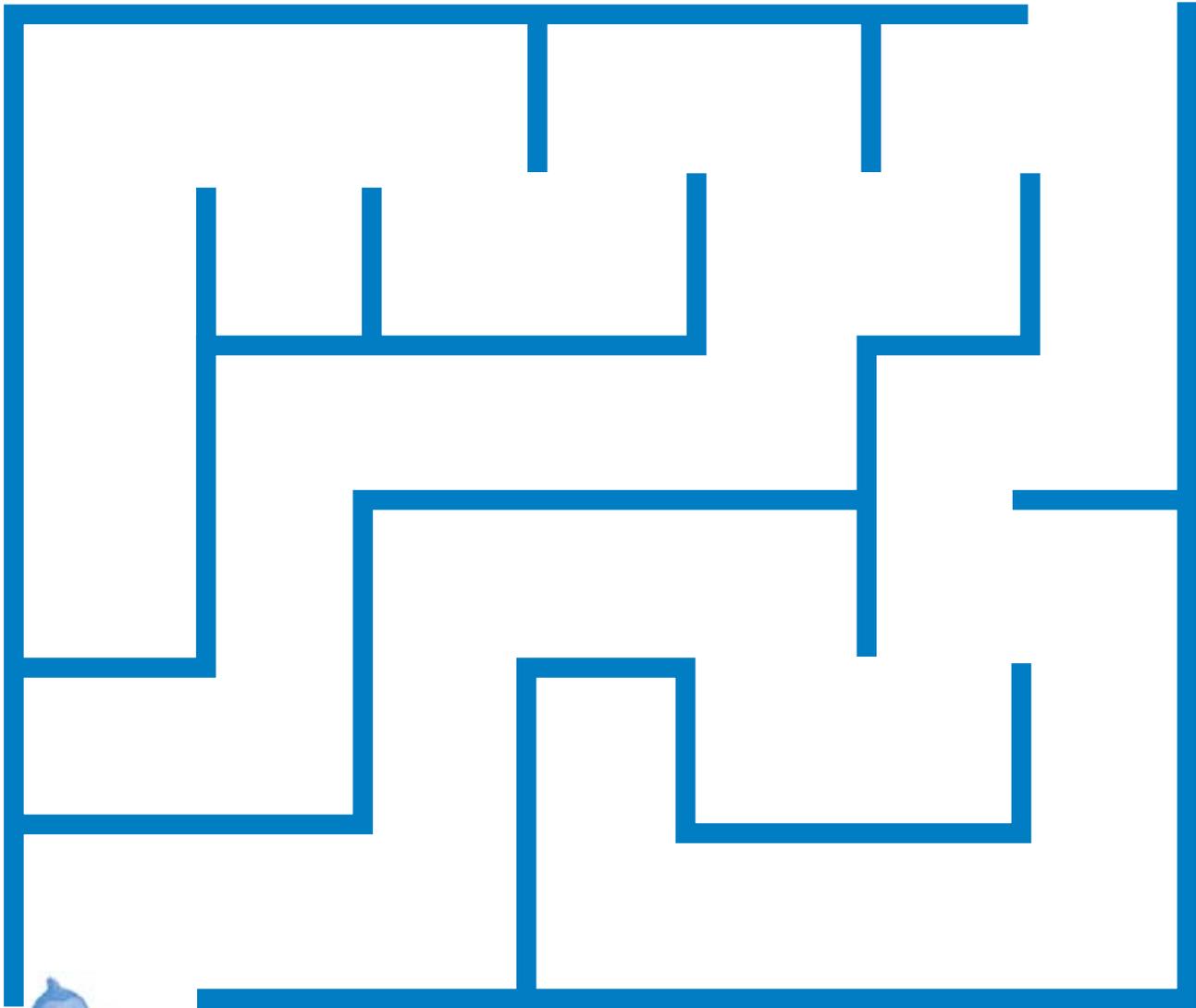
MONKEYS

# ON THE RIGHT TRACK

Help the Little Engine get on the right track back to the train depot.



Start

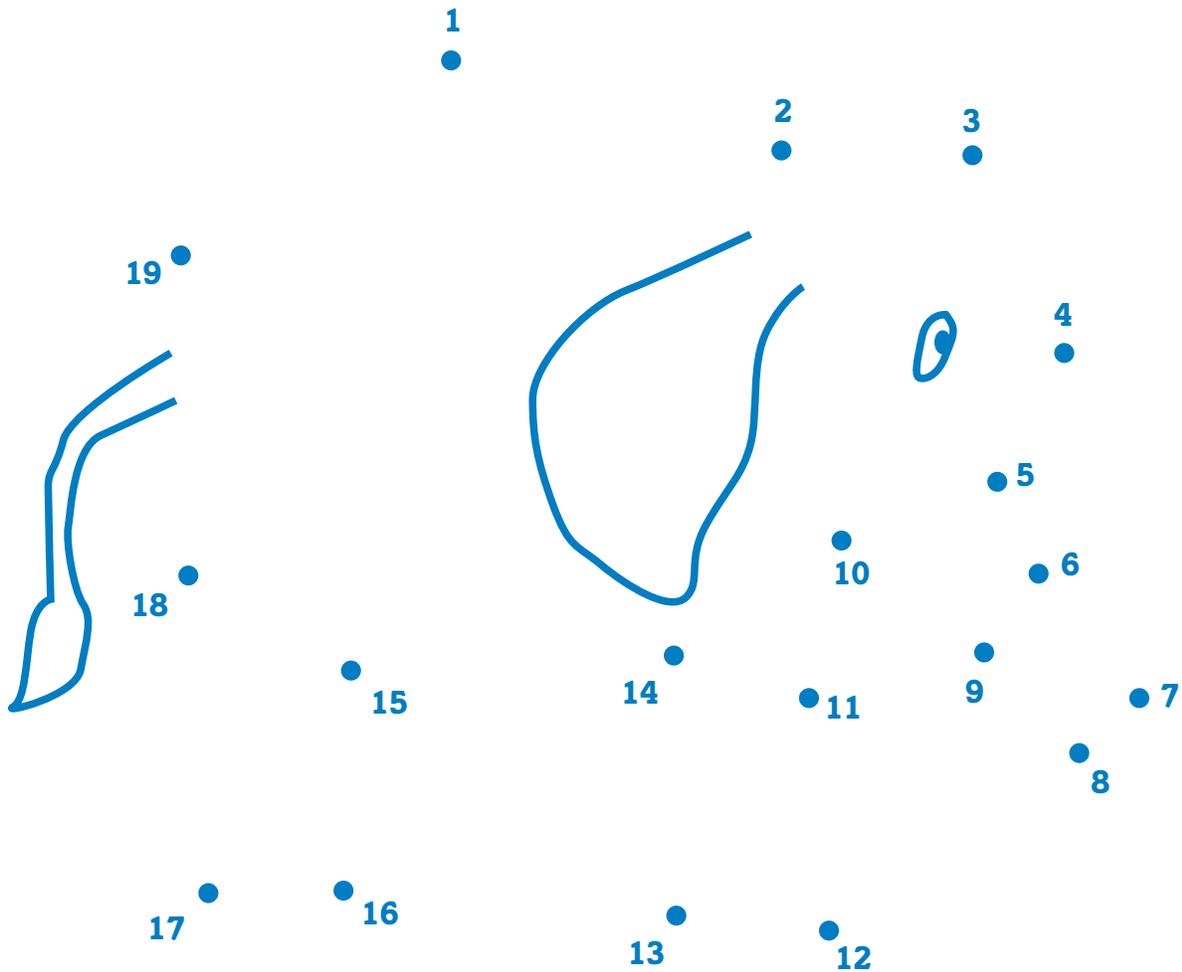


Finish



# CONNECT THE DOTS

Connect the dots below to reveal one of the Little Engine's friends!



# The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

Clinical Hypnotherapy by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

For a limited time only

**\$24.95** Plus P&H

ALSO  
AVAILABLE

## Classical Baby Sleeps® Containing Mother's Heartbeat & Sounds from the Womb, Classical Music & the Calming Ocean

\*\* Please remember that this CD has been exclusively created for Baby's ears. What might sound a bit confusing to you is comforting for Baby as these are the sounds they remember from the womb.\*\*



This is how the CD will look when it arrives.



**A FREE GIFT -Beethoven's Music Box® will be included on Classical Baby Sleeps®.** As the Music Box plays its sweet, clear chimes, you will hear the clean rain gently fall and the sounds of nature welcoming its bath. Baby will also contentedly hear the gentle heartbeat and familiar sounds from the womb; feeling safe, relaxed, and happy.

**Classical Baby Sleeps®** and **Beethoven's Music Box®** are **EXCLUSIVE** to **TheUniverseWithinUs.com** and are available in **CD** or **mp3** format – you choose. These two recordings have been merged into a continuous 59 minute track, and a continuous 10 minute track. We have done this to retain the continuity of the mother's heartbeat throughout for the comfort of the baby. We recommend you set your CD player to 'repeat' for **Classical Baby Sleeps®** to begin with. It won't be long until Baby associates the beginning of the recording with sleep and dozes off within a few minutes. To achieve the quickest results, we recommend you play **Classical Baby Sleeps®** at every nap time.

The components of **Classical Baby Sleeps®**

**1. Classical Piano Music by leading composers.** Our computer generated piano has the same beautiful tones as a real piano. The selection of pieces has been chosen for their tones with relation to the ability to relax the mind and have been arranged within the recording at specific places. Each piece gets deeper and slower as the recording plays through to achieve the desired result.

**2. White Noise of the Waves at the Beach.** Layered over the music is the relaxing sound of waves caressing the beach in the evening while the birds, crickets, etc sleepily greet them in preparation for the nights rest.

**3. Mother's Heartbeat and Sounds Your Baby Heard in the Womb.** The final touch to this beautiful recording is the subtle

sound of a mother's heartbeat as heard from the womb, along with the gentle slurry of noises your baby would have heard during the 9 months it safely rested and grew within.

The components of **Beethoven's Music Box®**

**1. A Classical Music Selection composed by Beethoven recorded in Music Box tones.** Our selections here were for brighter tunes to encourage Baby to become alert, focused, and ready to learn new things. 10 minutes is a perfect duration to play this recording during bath time, change time, or brief play times. Baby will remain relaxed and happy while discovering their new surroundings.

**2. White Noise of Gentle Rain.** Layered over the music is the sound of rain gently falling while singing birds welcome nature's own bath time.

**3. Mother's Heartbeat and Sounds Your Baby Heard in the Womb.** The final touch to this beautiful recording is again the subtle sound of a mother's heartbeat as heard from the womb, along with the gentle slurry of noises your baby would have heard during the 9 months it safely rested and grew within.

The **CLASSICAL Music**

It has long been known about the positive affect classical music has on the human brain; how classical music does help babies / children / mums / dads / wives /

# The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

Clinical Hypnotherapy by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

For a limited time only

**\$24.95** Plus P&H

## Classical Baby Sleeps®

### Containing Mother's Heartbeat & Sounds from the Womb, Classical Music & the Calming Ocean

#### GUARENTEED!

Yes. **Classical Baby Sleeps®** comes with a money-back guarantee. If you use **Classical Baby Sleeps®** EVERY nap time, and your baby's sleep patterns don't change within 21 days, we will happily refund your purchase price. It takes 21 days for a new habit to be formed in an adult, but this can be much shorter for babies and infants, as they will be repeating this process several times a day.

Our guarantee is based on your commitment to ensure this continuity. Do this, and your entire family will thank you as they sleep peacefully as well, and calm will return to your home.

#### POSTAGE

To keep the postage costs down for our internet customers, your CD will leave here in a CD detailed printed paper sleeve, packed snugly in a strong Australia Post CD Mailer, and travelling by standard local mail (\$2.50) or Air Mail (AU\$5.50).

husbands etc fall asleep. We have taken special care choosing the music for this CD, and that is because of two main reasons.

Firstly, choosing a piano (and not a full orchestra) we are able to simplify what is heard, and have more control over the tones themselves. As for the classical pieces chosen ... you won't find any stressful 'Attack of the Bumble Bee' or fast 'Sugarplum Fairy' here. Our songs take you from a relaxing place and then slow down further and get deeper in tones gradually rocking you to sleep. We have been selective in our songs and their placement in this CD. Having said that, the inspirational composers we selected our music list from for this CD are: Chopin, Beethoven, Brahms, Schumann, Liszt, Faure, Debussy, and Liadov.

#### The SOUNDS OF THE SEA and NATURE

Another reason for keeping the recording as a long single track is so there would be no break in the sounds of the sea, and the sounds from the womb.

There's nothing like the sounds of the gentle ebb and flow of ocean waves rhythmically lapping against the shore to lull babies to sleep. Add the cooing of tropical birds and other night creatures waking up to start their own day, and it is relaxation heaven. The volume has been recorded as equal to that of the piano in the classical music, so the baby can decide for themselves which of the piano, or ocean, will be the white noise.

#### The Sounds of MOTHER'S HEARTBEAT and the Sounds from the WOMB

We have mixed this portion of the recording at a lower level so it doesn't conflict with the beats in the classical music, but is still heard. You might find it difficult to distinguish the sounds from the womb as your conscious memory has faded, but Baby will recognize them instantly.

Scientists once believed that the womb was silent, but this couldn't be further that the truth. We now know that the womb is actually awash with sound: the noises from mother's own body—the beating of her heart, the hum of blood pumping through her arteries and placenta, the flow of air in and out of her lungs, and her voice; and then there is the outside noise that filters to Baby through the abdominal wall and the amniotic fluid. Altogether it makes a combined sound of the heart beating, and a sort of slushy sound of moving liquid.

The most important reaction will come from your baby who will relax almost immediately and return to its memories of sleeping safety within the womb.

A full exclusive CD range of **NLP Hypnotherapy Sessions** available include **I Now Choose to Live Smoke Free** (4 CD's) **The Confident You** (3 CD's) & **The Slimmer You** which now includes **Gastric Lap Band Hypnosis Surgery** (4 CD System), **Self-Love ~ Self-Confidence ~ Sleep** CD & MANY MORE! For information please email [sales@TheUniverseWithinUs.com](mailto:sales@TheUniverseWithinUs.com) **Limited Worldwide Skype Private NLP Hypnotherapy Sessions** available. Please email us to see if you qualify.

# The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

Clinical Hypnotherapy by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

For a limited time only  
**\$24.95** plus P&H

## Sleep Baby Sleep Music Box<sup>®</sup> Containing Mother's Heartbeat & Familiar Sounds Baby will remember from the Womb

ALSO  
AVAILABLE



This is how the CD will look when it arrives.

Each especially selected lullaby becomes slower and slightly deeper in tone than its predecessor to encourage Baby to fall into a relaxed and natural sleep.

Some of the songs included are: Rock a Bye Baby; Are You Sleeping Brother John?; Did You Ever See a Lassie?; A-Tisket A-Tasket; Cockles & Mussels; Twinkle Twinkle Little Star; This Old Man; Mary Had a Little Lamb; Bye Baby Bunting ... AND MORE!



**A FREE GIFT -Beethoven's Music Box<sup>®</sup> will be included on Sleep Baby Sleep Music Box<sup>®</sup> CD as Track 2. As the Music Box plays its sweet, clear chimes, you will hear the clean rain gently fall and the sounds of nature welcoming its bath. Baby will also contentedly hear the gentle heartbeat and familiar sounds from the womb; feeling safe, relaxed, and happy.**

**Sleep Baby Sleep Music Box<sup>®</sup> and Beethoven's Music Box<sup>®</sup> are EXCLUSIVE to TheUniverseWithinUs.com and are available in CD & mp3 format – on the same disk totaling 1 hour and 20 minutes.**

You can play the CD versions while at home and the mp3 versions while out. These two recordings have been merged into a continuous 30 minute track, and a continuous 10 minute track. We have done this to retain the continuity of the mother's heartbeat throughout for the comfort of the baby. We recommend you set your CD player to 'repeat' for **Sleep Baby Sleep Music Box<sup>®</sup>** to begin with. It won't be long until Baby associates the beginning of the recording with sleep and dozes off within a few minutes. To achieve the quickest results, we recommend you play **Sleep Baby Sleep Music Box<sup>®</sup>** at every nap time.

### What makes our recording unique?

It is proven that continuity is paramount for any relaxation session and this is even more important for babies. This is why we have NOT created a recording of dozens of short lullabies and nursery rhymes with various rhythms and beats. Really, the actual songs are only for the parents. Your baby doesn't know one song from another yet. What makes lullabies successful is their simplicity and basic format. They slow down babies breathing and heartbeat relaxing them.

It is also not important for these tunes to be in full orchestra - again, this is for the enjoyment of the parents. The majority of lullabies were written for one instrument. This is because babies prefer them this

way. Simple music boxes have been encouraging babies into restful sleep for hundreds of years. We did not see the point of altering such a successful formula for this CD.

What we have done is take it to the next level. What you will discover on **our Sleep Baby Sleep Music Box<sup>®</sup>** recording are **especially selected lullabies** in slightly extended versions - to offer the continuity - and **each lullaby becomes slower and slightly deeper in tone than its predecessor**. The tones used, and the rhythm, are very important in the relaxation process. Not only does this work wonderfully well with babies, but also with production teams - people were nodding off everywhere while producing this CD! This is another reason why we warn you **NOT to play this recording while driving**.

**Sleep Baby Sleep Music Box<sup>®</sup>** was produced by **Tina J Costello** who, among other things, is a qualified advanced clinical hypnotherapist. Relaxation is her business and she seamlessly brings this expertise across to her baby range of recordings. She was a pioneer in incorporating a mother's heartbeat, and sounds from the womb, into her recordings. **Others who use this format now would have initially discovered the concept via her recordings.**

### The SOUNDS OF Mother's Heartbeat and the Sounds of the Womb

Having no breaks between each track allows for the heartbeats to never miss a

# The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

Clinical Hypnotherapy by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

For a limited time only

**\$24.95** plus P&H

## GUARENTEED!

Yes. **Sleep Baby Sleep Music Box** comes with a money-back guarantee. If you use **Sleep Baby Sleep Music Box** EVERY nap time, and your baby's sleep patterns don't change within 21 days, we will happily refund your purchase price. It takes 21 days for a new habit to be formed in an adult, but this can be much shorter for babies and infants, as they will be repeating this process several times a day.

Our guarantee is based on your commitment to ensure this continuity. Do this, and your entire family will thank you as they sleep peacefully as well, and calm will return to your home.



Also available in our **Baby CD Range** is our **BEST SELLING Classical Baby Sleeps** which contains specifically selected classical **Piano Music by leading composers**; **White Noise of the Waves at the Beach**; and **Mother's Heartbeat with Sounds Your Baby will Remember from the Womb**. You will discover the full information on our website or you can email us for a flyer.

## Sleep Baby Sleep Music Box<sup>®</sup> Containing Mother's Heartbeat & Familiar Sounds Baby will remember from the Womb

beat throughout the entire 30 minute recording.

Scientists once believed that the womb was silent, but this couldn't be further than the truth. We now know that the womb is actually awash with sound: the noises from mother's own body—the beating of her heart, the hum of blood pumping through her arteries and placenta, the flow of air in and out of her lungs, and her voice; and then there is the outside noise that filters through to Baby though the abdominal wall and the amniotic fluid. Altogether it makes a combined sound of the heart beating, and a sort of slushy sound of moving liquid. We sort of liken it to getting water in our ears while swimming. It is not 'exactly' like that, and we guess it could sound differently to different people.

The most important reaction will come from your baby who spent nine wonderfully safe and relaxed months listening to the sounds inside the womb. These sounds are the icing on the cake for babies. They will relax almost immediately when hearing it and return to its memories of safety within the womb.

### FREE Beethoven's Music Box<sup>®</sup> for Bath Time Play

The components of **Beethoven's Music Box**

**1. A Classical Music Selection composed by Beethoven recorded in Music Box tones.** Our selections here were for brighter tunes to encourage Baby to

become alert, focused, and ready to learn new things. 10 minutes is a perfect duration to play this recording during bath time, change time, or brief play times. Baby will remain relaxed and happy while discovering their new surroundings.

**2. White Noise of Gentle Rain.** Layered over the music is the sound of rain gently falling while singing birds welcome nature's own bath time.

**3. Mother's Heartbeat and Sounds Your Baby Heard in the Womb.** The final touch to this beautiful recording is again the subtle sound of a mother's heartbeat as heard from the womb, along with the gentle slurry of noises your baby would have heard during the 9 months it safely rested and grew within.

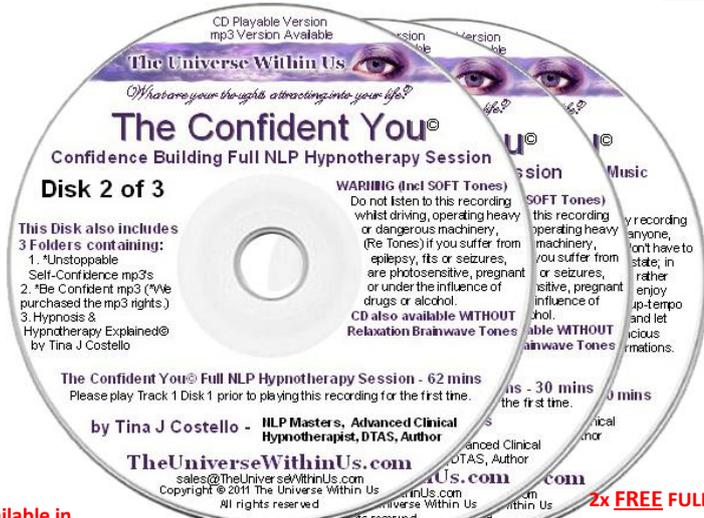
### POSTAGE

To keep the postage costs down for our internet customers, your CD will leave here in a CD detailed printed paper sleeve, packed snugly in a strong Australia Post CD Mailer, and travelling by standard local mail (\$2.50) or Air Mail (AU\$5.50).

A full **exclusive** CD & mp3 range of **Clinical Hypnotherapy Sessions** available include: **The Confident You Clinical Hypnotherapy** 3 CD Pack, **I Now Choose to Live Smoke Free** Clinical Hypnotherapy System 4 CD Pack, **The Slimmer You NLP Hypnotherapy MINI System** 4 CD Pack, plus our **Self-Love Self-Confidence & Sleep** Clinical Hypnotherapy CD plus **The Calmer You** ~ Anxiety Disorders and also **The Calmer You** ~ Stress Relief assisting with **Stress, Anxiety and Depression, PLUS MANY MORE.**

For more information please visit our website or email [sales@TheUniverseWithinUs.com](mailto:sales@TheUniverseWithinUs.com) **Limited Worldwide Skype Private Clinical Hypnotherapy Sessions** available. Please email us with "**Skype Sessions with Tina**" in the subject line to see if you qualify.

Here are some other titles included in our **EXCLUSIVE** Clinical Hypnotherapy CD Range



Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



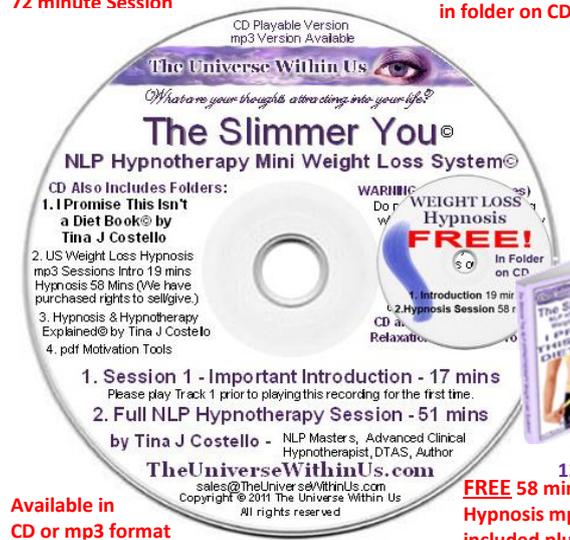
Available in CD or mp3 format 72 minute Session

Now includes FREE 44 min Hypnosis mp3 in folder on CD!



Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



Available in CD or mp3 format

FREE 58 min Hypnosis mp3 included plus more!

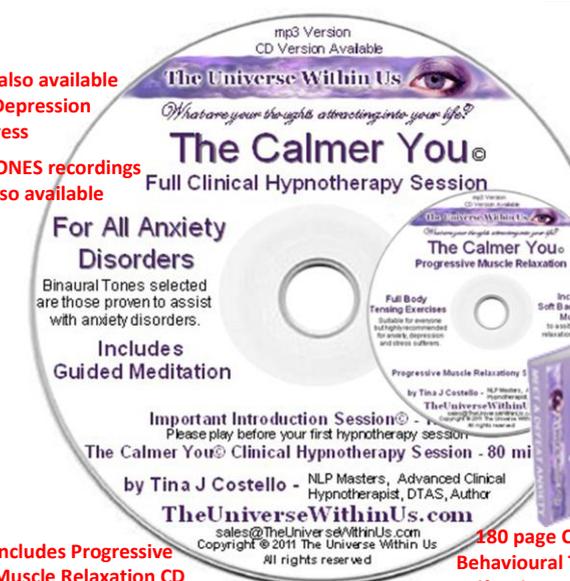


Available in CD or mp3 format

FREE Beethoven's Music Box

Sets also available for Depression & Stress

NO TONES recordings are also available



Includes Progressive Muscle Relaxation CD

180 page Cognitive Behavioural Therapy Self-Help Workbook

These quality Clinical Hypnotherapy CD's are usually reserved for Tina J Costello's private practice clients and will only be available to the general public at these special prices for **a limited time**. Other CD's in her range will be released soon. **Please check back regularly.**

[www.TheUniverseWithinUs.com/The\\_Confident\\_You\\_3\\_CD\\_Hypnotherapy\\_Pack\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Confident_You_3_CD_Hypnotherapy_Pack_Flyer.pdf)

[www.TheUniverseWithinUs.com/Self-Love\\_Self-Confidence\\_Sleep\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/Self-Love_Self-Confidence_Sleep_Flyer.pdf)

[www.TheUniverseWithinUs.com/I\\_Now\\_Chose\\_to\\_Live\\_Smoke-Free\\_System\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/I_Now_Chose_to_Live_Smoke-Free_System_Flyer.pdf)

[www.TheUniverseWithinUs.com/The\\_Slimmer\\_You\\_NLP\\_Hypnotherapy\\_Mini\\_Weight\\_Loss](http://www.TheUniverseWithinUs.com/The_Slimmer_You_NLP_Hypnotherapy_Mini_Weight_Loss)

[www.TheUniverseWithinUs.com/The\\_Calmer\\_You\\_Anxiety\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Calmer_You_Anxiety_Flyer.pdf)

[www.TheUniverseWithinUs.com/Classical\\_Baby\\_Sleeps\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/Classical_Baby_Sleeps_Flyer.pdf)

For more Information please view the Flyers to share, go to the website below, or email us for special pricing updates – which can be available – with the name of the specific recording in the subject line. **Flyer 'Special Prices' are at time of printing and may change without notice.**