



# Gottfried Eckert

# The S.K.A.L.

# Method

Out of the stress trap in just 64 seconds!



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**The S.K.A.L. Method**  
**Out of the stress trap**  
**in just 64 seconds!**

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

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**Gottfried Eckert**

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### **Gottfried Eckert, «The S.K.A.L. Method. Out of the stress trap in just 64 seconds!»**

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## **Preface**

A warm welcome to you. It is great that you are here. And it is great that you are lovingly turning your attention to the most important person in your life ;-) 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 :-)









# 1

## **Introduction and theoretical basics**





## 2 The S.K.A.L. Method



**Out of the stress trap  
in just 64 seconds?**

**No problem ...**

**Just practice the  
S.K.A.L. Method!**

Standing	Sitting	Lying	Walking	<b>64 s</b>
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### **3**

## **Add-on: Nutrition**







4

## **Add-on: Self-massage**





## **5**

### **Add-on: Lifestyle**





6

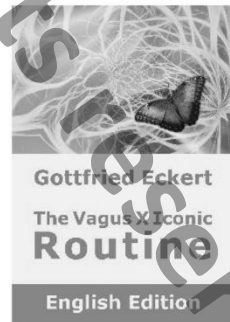
**Spoiler:  
The epigenetic  
L.I.F.E. Temple**





## 7 Appendix

Media tip **ADVERTISING**





## Author



### **Gottfried Eckert**

Gottfried Eckert (born 1966) is an expert in health promotion and management. He heads the Institut für berufliche Bildung, Gesundheit und Soziales and is the owner of 3TRUST e.K.

## **Publishing house**

### **3TRUST e.K.**

In der Schleth 7

D-56567 Neuwied/Germany

Phone: +49 2631 405535

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### **Institut für berufliche Bildung, Gesundheit und Soziales. Gottfried Eckert**

In der Schleth 7  
D-56567 Neuwied  
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Phone: +49 2631 405535  
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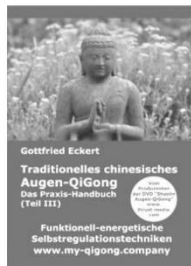
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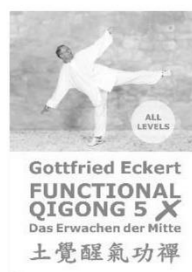
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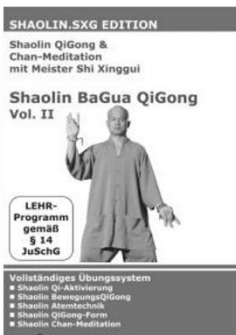


## DVDs and CDs (German)

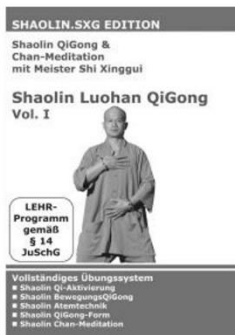
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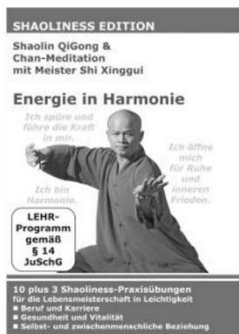
**Shaolin QiGong & Chan-Meditation mit Meister Shi Xinggui**  
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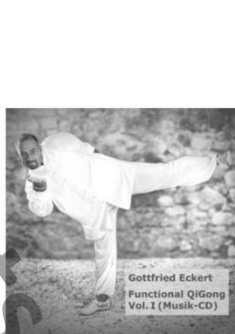
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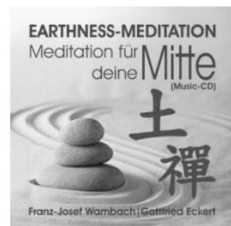
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„If you have a problem,  
try hard to solve it.  
If you can't solve it,  
don't make it a problem.“

Buddha Shakyamuni