

# CRE - CREATIVE RELAXATION EXERCISE

## THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN ONE DAY

KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR mind,  
they give you the CONFIDENCE to RELAX and LEARN naturally  
without EFFORT ... Medaase!

### NO. 373A - TWI (Ghana language) from ENGLISH

Version 1 - with a few errors - April 2006  
FEEDBACK WELCOME

#### Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for accent improvement. Books to buy: "Twi Made Easy" - Kofi Frempong-Barfi ([godatlove@yahoo.com](mailto:godatlove@yahoo.com)), Berlitz African Phrase Book and Lonely Planet books and a small dictionary.

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## DEDICATION

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001.

He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values.

He suggested ... that 30 minutes of a new language ... should be enough to start to make one-self understood ... and then ... the best way ... to progress ... was to speak ... confidently ... more and more ... with natural speakers of the language ...

So on we go ... for one whole day ... with a partner or small group ... speaking and speaking ... and moving ... face, hands and body language to reinforce your communication ... and ending with almost instinctive ... easy inter-active conversation ... in the natural language ... and if you are lucky enough to find ... ANY natural speaker for the day ... to be a partner ... or just part of the small group ... that would be just great!! Chatting with EVERY natural speaker we find ... to get practice ... and confidence ... using the Mini Phrasebook ... as a basis for easy interaction ...

Medaase

Ete sen

Aane/Dabi

Wo ho te sen? Aane/Dabi!

Wofiri he?

Ehe ne ...?

Me din de...

Wodin de sen?

Ehe na sotoo?

Eye papa?

Mepa wo kyew

Thank you

Hello

Yes/No

How are you? Yes/No!

Where are you from?

Where is ...?

My name is ...

What is your name?

Where are the shops?

Is it good?

Please

**Mepe**

**I want**

**Da yie/ Nante yie**

**Goodbye**

**... so NOW ... start speaking ... to EVERYONE ... and have fun ...**

# 1.0 INTRODUCTION

## 1.1 STRUCTURE

This program gives you practice in understanding the structure of the language almost instinctively, as for each difficult phrase, English words are inserted. There is also a Mini Phrase-book, a Brief Note on Grammar and a list of the 100 "most used" words in conversation.

## 1.2 MEMORY

A simple technique for the memory of difficult sounds is to make up a ridiculous English phrase as a memory "trigger", for example:

Yes ... aa-ne... say ...

... aa-ne ... it's right you know ... aa-ne

Goodbye ... da yi ... say ...

... darn you for now .... da-yi

I want ... me pe ... say ...

... I want my pay ... me pe

or email [drbobboland@hotmail.com](mailto:drbobboland@hotmail.com) for our CRE 33 MemoryAlert.

## 1.3 PRACTICE.

Learn very rapidly the list of "most used 100 words" and each day, take one page of the mini-phrase-book, to make 10 minutes of Twi conversation with a natural speaker or aloud with yourself. Then make a friend of the main Twi Phrase-book.

## INSTANT RELAXATION TECHNIQUE

1. This is a simple IRT exercise, to give you confidence to learn naturally. When you don't believe you can learn ... you won't learn! ... When you are tense, anxious and stressed ... you won't learn! When you have no confidence ... you won't learn. But with relaxation, your mind and body become clear, confident and ready to learn. So do the IRT exercise now ... and again before every CRE session. It takes only three minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand.

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open your hand and allow the warmth to evaporate. Close the hand again, and recognize the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn to speak and understand the natural language without effort.

3. Now, relax with the hands on the lap, and fix your eyes on the marble as you repeat aloud ... the following sentence ... four times, feeling free to change the wording a little ... to fit your style ... four times ... aloud ... in all:

"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... AND HELP OTHERS TO LEARN ... TO SPEAK AND ENJOY ... THE NEW NATURAL LANGUAGE ... WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... EASILY ... WITHOUT EFFORT"

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation ... and imagine ... each exhalation ... as transferring all the anxiety and stress ... from your mind and body ... through to the marble in your hand.

5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking **ONLY** of your breathing ... nothing else ... no self talk at all ... just concentrate on the **BREATHING** ... very important, counting down from 20 to 1

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident and ready to learn. The marble is now your very personal symbol ... of your confidence to learn and speak the natural language with a beautiful accent.

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you have to face. Keep the marble always to hand, as a symbol ... of your confidence ... to feel comfortable ... in the new natural language ... and to speak almost instinctively ... without stress or effort ...

## SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat each TWI word many times slowly ... and then at VERY high speed)

Thank you	Medaase	ME DAA SE
Hello	Ete sen	E TE SEN
Mr.	Owura	O WU RA
Mrs.	Owura yere	O WU RA YE RE
Yes	Aane	AA NE
No	Dabi	DAA-BI
Good	Eye	E YE
Please	Mepa wo kyew	ME PA WO KYEW
Do you have?	Wowo?	WO W]
Goodbye	Da yie	DA YI E
See you soon!	Yebehyia	YE BE HYI A
Who?	Hwan?	HWAN
What?	Eden ?	EDE EN

**I want**

**Mepe**

**ME PE**

**Where?**

**Ehe?**

**E HE**

**OK!**

**Yoo**

**Y O O**

**Note: For simplicity ... the program is typed without accents!**

**THERE ARE TWO DISTINCT ALPHABETS IN TWI WHICH CAN'T BE TYPED WITH THIS SOFTWARE.**



# NATURAL SUGGESTIONS

Plan to do the whole CRE in one 6 hour CRE day, with a partner or a small group. A natural speaker (if available) would be most welcome as a partner or group member. On the day before, as pre-learning (alone), play the 30 minute tape, just before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything.

After the one full day of CRE, plan revision during your NORMAL ROUTINE in the following week, for just an hour a day. Feel free to do it in any way ... that YOU know ... will suit YOU best ... and will allow you ... both to speak AND to understand ... what is spoken to you ... so relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minute audio tape ... of new natural language ... which becomes part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ...

Our suggested schedule for the 6 hour CRE day (with breaks as needed) is:

- 1 - Do IRT. Do the Throat exercise - 16 key words  
Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel)  
make it fun! Review the Glossary (2 pages).
- 2 - Repeat the text (Sections 2-4) to understand every word!  
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE  
AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.  
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).  
Review the Grammar (1 page) and the Glossary.
- 3 - Repeat the text (Sections 5-10) to understand every word!  
Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.  
Repeat the Throat exercise.  
Begin to create simple conversation with the Mini-phrase book (Hello etc.).
- 4 - Repeat the text (Sections 11-16) to understand every word!  
Play the tape with the text, SPEAKING SOFTLY with a good accent.  
Do SPEED READING (Sections 2-16) and Mini-phrase Book.

**5 - Play the tape WITHOUT the text, speaking with three different voices - just for fun!. Create conversation with the Mini-phrase book. Do SPEED READING (2-16).**

**6 - Play the tape SPEAKING with a beautiful CONFIDENT accent. Do the quiz (1 page). Create conversation with mini phrase book. Do SPEED READING (2-16) and Mini-phrase book 14 minutes. Do APS and plan for review next week, helping partners as needed.**

## NATURAL SUGGESTIONS (continued)

Generally:

1. REINFORCE the learning in the CAR/TRUCK at any time ... make it an amusing THEATRE of one ... YOU!!! ... by playing and acting out ... ONLY Sections 2 - 16. DO NOT play the relaxation sections in the car ... skip them please! Play the Learning Reinforcement side of the tape as needed for encouragement, be sure to blame your strategy, and not yourself!!
2. RECOGNIZE that a TERRIBLE accent is PAINFUL ... for the hearer ... and so strive always for a beautiful accent in EVERY WORD.
3. Be POSITIVE and NEVER apologise for your language ... you are making the effort to learn the LANGUAGE ... and the HUMAN VALUES ... and thus the CULTURE ... of the people you speak with ... and THEY will appreciate MORE than you can EVEN imagine!! If they reply to you in ENGLISH ... then YOU just CONTINUE to speak in the NATURAL new language ... and they will too
4. LISTEN very carefully to what PEOPLE say to YOU ... and BEFORE replying ... REPEAT in YOUR MIND ... EXACTLY what they said ... this gives you excellent PRACTICE in recognising good STRUCTURE.
5. HESITATE before you SPEAK ... and then speak FREELY and CONFIDENTLY ... without long pauses and ... WITHOUT ... "Urrs and Umms" which are so ANNOYING and BORING ... for the listener ...
6. When you do not know a necessary word ... do NOT hesitate ... simply USE the ENGLISH word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the LEARNING REINFORCEMENT as needed but not in the car!
7. Use SIMPLE SHORT sentences and be CONFIDENT as you begin to talk to people ... expect SUCCESS ... and you will NOT be disappointed and try just one MORE new thing ... just for fun in this one week ... drink one litre of WATER EVERY DAY ... it rinses mind and body and has a REMARKABLE preventive/curative therapeutic effect ... to support new learning ... on we go together.

## 1. GENTLE RELAXATION ...

And now ... I'd like you to arrange yourself ... in a position that is so comfortable ... and natural ... for you ... so that you can sit ... or lie ... for a while ... easily and effortlessly ... and where you can be comfortable ... and yet still remain alert enough ... to focus on the meaningful ... natural language learning ... that we will do together ... natural language ... gentle ... quiet ... peaceful ... and instinctive ... without any effort ... as you absorb its deepest meaning ... interpretation ... and value ... in terms of very personal expectations.

And then when you are ready ... to focus yourself ... you can begin by taking a few deep relaxing breaths ... breathing slowly ... and feeling the rise of your chest ... as you gradually inhale ... feeling that each breath in ... and out ... relaxes you ... calms you ... and re-acquaints you ... with deeper parts of yourself that you are sometimes too busy to notice.

You know ... and I know ... it's very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself ... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

And as we go on together ... repeating the phrases ... in the natural language ... with your whole body involved ... moving hands and face ... feelings and body ... to express ... and absorb the words and phrases ... as they will come ... instinctively ... to your mind ... as you speak softly ... with a beautiful accent ... yes ... with a beautiful accent ... which will please and surprise you... as it fits the music ... of the natural language

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural

language ... as you create new wave patterns ... in that special... "Two Place" ... in your mind ...

## 2. HERE AND THERE:

Mewo ha (here)

I am here.

Wowo ho

You are there.

Wowo ho (there)?

Are you there?

Aane, wowo ho

Yes, you are there.

Wowo ha ?

Are you here?

Dabi, (no) wonni ha

No, you are not here.

Ewo ha.

It is here.

Ewo he?

Where is it?

Ewo ha

It is here.

Ewo ho?

Is it there?

Mennim

I do not know.

Miguel wo he?

Where is Miguel?

Onni ha

He is not here.

Owo ehe?

Where is (he)?

Mennim

I do not know.

Aha! Ono ni!

Darn! There he is!

Ne ho ye fe!

He is wonderful!

## 3. LIKING:

Mepe wo asem.

I like you.

Wope me asem?

Do you like me?

Aane, mepe wo asem.

Yes, I like you.

Wope sika ?  
Aane, mepe sika.

Do you like money?  
Yes, I like the money.

Mepe nsuo.  
Wope nsuo  
Mepe nwoma bi.  
Ope kaa no.  
Ommpe kaa no

I like water.  
You like water.  
I like some books.  
He likes the car  
She does not like the car.

Wope anwummere aduane no?  
Dabi, memmpe anwummere aduane no  
Oh dabida! Mate!  
Mepa wo kyew mannka se Mate!

Do you like the dinner?  
No, I do not like the dinner.  
Oh. Darn! Mate!  
Please do not say Mate!

#### 4. DOING:

Meye.  
Meye yei.  
Woye.  
Woye saa  
Yeye saa  
Na yen ani agye.

I do.  
I do this.  
You do.  
You do that  
We do that  
And we are happy.

Eye mmere ?  
Aane ennye den .  
Woye saa?  
Ye saa, mepa wo kyew!!!  
Dabida!!!  
Eye fe

Is it easy?  
Yes, it is not difficult.  
Do you do that?  
Do that, please!!!  
Darn!  
It is wonderful

## 5. CAN/ABLE TO DO:

Metumi

I can

Metumi ?

Can I?

Aane metumi.

Yes, I can.

Wobetumi aye saa?

Can you do this?

Aane,metumi aye saa.

Yes, I can do that.

Metumi adi kakra.

I can eat a little.

Metumi ano kakra.

I can drink a little.

Metumi ako.

I can go.

Metumi aba.

I can come.

Metumi ada.

I can sleep.

Metumi akasa.

You can speak.

Wobetumi akasa?

Can you speak?

Aane metumi.

Yes, I can.

Wobetumi aye yei ?

Can you do this?

Dabi, menntumi nnye saa.

No, I can not do that.

Wobetumi ate asee ?

You can understand?

Wobetumi ate asee?

Can you understand?

Aane, kakra.

Yes, a little.

Wobetumi aka Mate ?

Can you say Mate?

Aane metumi aka kakra!

Yes, I can speak a little

Ah! Meye adee!

Darn! I am wonderful!

## 6. UNDERSTANDING:

Metee asee  
Mennte asee.  
Wote asee.  
Wonnte asee.

Wote mmaa asee?  
Dabi. Dabi . mennte won asee!!!  
Oh.Dabida! Mate!  
Mepa wo kyew mannka Mate!  
Wo ho ye nwanwa!

## 7. WANTING:

Mepe  
Mepe se mdidi kakra.  
Mepe se menom nsuo no.  
Mepe se meko tiafi !!  
Wope se wodidi kakra?

Dabi, mwmmpe se medidi.  
Ah! Mepe se mema wo kakra  
Dabi, medaase.  
Mepe se meba.  
Wope se woda ?

Dabi, memmpe se meda.  
Miguel wope se wowe aponkyerene no ?  
Dabida! Ennye seesei,medaase!  
Yen ho ye nwanwa!

I understand.  
I do not understand.  
You understand.  
You do not understand.  
  
Do you understand women?  
No. No. I do not understand them!!!  
Oh. Darn! Mate!  
Please do not say Mate!  
You are wonderful!

I want.  
I want to eat a little.  
I want to drink the water.  
I want to go to the toilet!!!  
Do you want to eat a little?  
  
No, I do not want to eat.  
Darn! I want to give you a bit.  
No, thank you.  
I want to come.  
Do you want to sleep?  
  
No, I do not want to sleep.  
Miguel do you want to eat the frogs?  
Darn! Not just now, thank you!  
We are wonderful!



## 8. GETTING:

Mepa wo kyew ma me sika no.

Mepa wo kyew gye sika no.

Mafa sika no.

Mepa kyew ma me tikiti no.

Mepa wo kyew gye tikiti no.

Mafa tikiti no.

Mepa wo kyew mame ade no.

Ade no wo he ?

Mennim .

Mepa wo kyew ma me obarima !

Ah!!! Obaa ben niel!

Ne ho ye fe!

Please give me the money.

Please take the money.

I take the money.

Please give me the ticket.

Please take the ticket.

I take the ticket.

Please give me the thing.

Where is the thing?

I do not know.

Please give me a man!

Darn-t!!! What a woman!!

She is wonderful!

## 9. HAVING:

Mewo ade baako.

Menni ade baako.

Wowo ade baako.

Yewo ade baako.

Owo ade baako.

I have one thing.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

Mewo mmere kakra pe, Awuraa!

Na wowo sika kakra, Owura?

Dabi.

Oh. Mate!

Mepa wo kyew mannka Mate!

I have a little time, Miss!

But, do you have a little money, Sir?

No.

Oh. Mate!

Please do not say Mate!

## 10. ORDERING (POLITELY):

Mepa wo kyew ma me ade no.

Please give me the thing.

Mepa wo kyew ma me sika no.

Please give me the money.

Mepa wo kyew ma me nsuo no.

Please give me the water.

Medaase.

Thank you.

Mepa wo kyew ma nnom nsuo wo Fraseaman mu!

Please don't drink the water in France!!

Nom waen no.

Drink the wine.

Mepa wo kyew bra ha.

Please come here.

Mepa wo kyew ko ho.

Please go there

Mepa wo kyew nom yei.

Please drink this.

Manni yei!

Do not eat that!

Mepa wo kyew ma me yei.

Please give me this.

Mepa wo kyew mannfa saa.

Please do not take that.

Mepa wo kyew ka yei.

Please say this

Mepa wo kyew mannka Mate!

Please do not say Mate!

Ah! Medaase, wo ho ye nwanwa

Darn! Thank you. You are wonderful!

## 11. GREETING: Polite & Slang

Ete sen Michelle.

Hello Michelle.

Ete sen Paula.

Hello Paula.

Maakye Miche.  
Maakye Sancos.  
Wo ho te sen, Eliza?

Good morning Miche.  
Good morning Sancos.  
How are you, Eliza?

Me ho ye, medaase, Khulu.  
Abrabo mu te sen, Xavier?  
Eye, medaase, Miguel.  
Nante yie, Giles.  
Bae bae, Judith.

I am well, thank you, Khulu.  
How goes it, Xavier?  
OK , thank you Miguel.  
Goodbye Giles.  
Bye bye Judith.

Aane, yoo, Hollie  
Eye fe, Heidi!  
Yoo, Sam.?  
Aane,yoo , Lucie.  
Ennye bone koraa, Henri.

Yes OK, Hollie.  
It is wonderful, Heidi!  
OK Sam?  
Yes OK, Lucie.  
Not too bad, Henri.

Wo ho ye, medofo?  
Dabi!!  
Ah ne ho ye fe!

Are you well, my darling?  
No!!!  
Darn! She is wonderful!

## 12. DESCRIBING:

Eye papa/Eye.  
Ennye papa/Ennye.  
Eye bone.  
Eye nwoma.  
Eye kese/Eso?

It is good.  
It is not good.  
It is bad.  
It is a book.  
Is it big?

Dabi, eye ketewa.  
Eye mmere?

No, it is small.  
Is it easy.

Dabi eye den.  
Nsuo no ye papa?  
Dabi nsuo no nnye wo Franseman mu!!

Oh! Mate!!!  
Mepa wo kyew mannka Mate.  
Yen ho ye nwanwa?!  
Ahi! Aane!!

No, it is hard.  
Is the water good?  
No, the water is not good in France!!

Oh Mate!!!  
Please do not say Mate!  
Are we wonderful?!  
Darn! Yes!!

### 13. KNOWING (Things & people):

Menim yei.  
Wonim yei ?  
Aane, menim yei.  
Wope saa?  
Wonim saa ?

Dabi mennim saa.  
Menim saa obaa no.  
Menim obarima no.  
Onim me.  
Wonim saa obaa no?

Dabi. Maakye Maame?  
Wo ho ye Maame?  
Dabi, Me ho nnye!! Bae,Bae!  
Wonnim no!  
Ah! Ne ho ye fe

I know this.  
Do you know this?  
Yes, I know this.  
You know that?  
Do you know that?

No, I do not know that.  
I know that woman.  
I know the man.  
He knows me.  
Do you know that woman?

No. Good morning Madame?  
Are you well, Madame?  
No, I am not well!!! Goodbye!!!  
You do not know her!  
Darn! She is wonderful!

## 14. NUMBERING:

Mewo ohaw baako.

Aane,wowo ohaw.

Dabi wowo mmienu.

Owo mmiensa.

Owo nnan.

Yewo nnum (5)

Wowo nnum?

Aane , mewo ohaw nnum!!!

Mmofra no nyinaa!!

Mmofra ho ye fe/anika!

I have one problem.

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Children are wonderful!

## 15. ASKING:

Nwoma no bo ye sen ?

Dolar nnum.

Saa ade yi bo ye sen?

Ne bo ye sen/Eye sen?

Dolar nnan.

How much is the book?

Five dollars.

How much is this thing?

How much?

Four dollars.

Ewo he?

Ewo ho (there).

Dabi enni ho.

Tiafi ni wo he, mepa wo kyew?

Tiafi no wo ho .

Where is it?

It is there.

No, it is not there.

Where is the toilet, please?

The toilet is over there.

Eden ne saa ?

What is that?

Mesre, eden?

Saa.

Ah, eye nwoma papa.

Wope den?

Mepe waen no, mepa wo kyew.

Hwan na owo ha?

Yewo ha.

Hwan ne saa obaa no ?

Mennim.

Ah!. eye Madnna!

Obaa ben ni! Ne ho ye fe!

Pardon. What?

That.

Oh, it is a good book.

What do you want?

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

Darn! It is Madonna!

What a woman! She is wonderful!

## **16. EVERYTHING - Colloquial - Polite & Slang:**

Me wo ha.

Wowo ho.

Mepe wo.

Wope sika.

Oye yei.

Oye saa.

Meka Twi kakra

Wonntumi nnka Mate?

Mete wo ase.

Wonnte me ase.

Mepe se meko nsanombea ho.

I am here.

You are there.

I like you.

You like the money.

He does this.

She does that.

I speak a little Twi

You can not say Mate?

I understand you.

You do not understand me.

I want to go to the bar.

Wope se woko tiafi.

Mewo mmere kakra bi, Awuraa!

Na, wowo sika kakra, Owura?

Mepa wo kyew mannom nsuo wo Franseman mu!!

Nom waen no.

Nom waen no.

Wo ho te sen Eliza?

Me ho ye, medaase, Kulu.

Eye kese?

Dabi, eye ketewa.

Wonnim no!

Ah! Ne ho ye fe!

Aane, seesei mewo ohaw mmiensa!!!!

Mmofra no nyinaa!

Eden ne saa?

Mesre?Eden?

Eno na ewo ho no.

Ennye ade bone.

Ah!!!

Yoo?

Aane, eye papa!

Aane, eye fe yie!

Aane, eye papa mapa!

Mepa wo kyew mannka Mate.

Ennye papa mapa!!

You want to go to the toilet.

I have a little time, Miss!

But, do you have a little money, Sir?

Please don't drink the water in France!!

Drink the wine.

Drink the wine.

How are you, Eliza

I am well, thank you, Kulu.

Is it big?

No, it is small.

You do not know her!

Darn! She is wonderful!

Yes now, I have five problems!!!

All the children!

What is that?

Pardon. What?

There it is.

Not bad.

Darn!

OK?

Yes, it's cool!

Yes, it's cool! (classy)

Yes, it's cool! (upper class)

Please do not say Mate!

It is not cool (upper class)!!!

Ese se meye yei.

I must do this.

Ese se woye yei.

You must do that

Eye fe?

Wonderful?

Aane wo ho ye fe!

Yes you are wonderful!

Bae Bae, yede besi ha!

Bye bye, for now!

Erenkye yebehyia!!!

Be seeing you soon!!

Speed reading time: 14 minutes



## 18. NATURAL VOCABULARY:

(without accents)

a. Greetings/  
Exclamations:  
(Nkyea/ Nteam)

hello	good morning	how are you?	I am well	thank you
<b>ete sen</b>	<b>maakye</b>	<b>wo ho te sen?</b>	<b>Me ho ye</b>	<b>medaase</b>
goodbye	yes	no/not	OK	not too bad
<b>baebae</b>	<b>aane</b>	<b>dabi</b>	<b>yoo</b>	<b>ennye ade bone</b>
Darn!!	there it is!	"cool"!!!	please	
<b>Ah!</b>	<b>Eno na ewo ho</b> <b>no</b>	<b>eye !</b>	<b>mepa wo kyew</b>	

b. Verbs:  
(Adeye)

to be	have	like	want	can
<b>ye</b>	<b>wo</b>	<b>pe</b>	<b>pe</b>	<b>betumi</b>
do	say/speak	go	come	give
<b>ye</b>	<b>ka/kasa</b>	<b>ko</b>	<b>bra</b>	<b>ma</b>
take	eat	drink	sleep	know
<b>gye</b>	<b>di</b>	<b>nom</b>	<b>da</b>	<b>nim</b>
understand	must	get	find	
<b>te ase</b>	<b>ese se</b>	<b>gye</b>	<b>hwehwe</b>	

c. Prepositions:  
(Ntamgyinafo)

some	a	the	to	from
<b>bi/</b>	<b>bi</b>	<b>no</b>		<b>firi</b>

d. Pronouns:  
(Edinnsiananmu)

I	you	he	she	we
<b>me</b>	<b>wo</b>	<b>ono/no</b>	<b>ono/no</b>	<b>yen</b>
it	this	that	Mr	Mrs.
<b>eno</b>	<b>yei</b>	<b>eno/saa</b>	<b>owura</b>	<b>owurayere</b>

e. Nouns:(Edin)

money	thing	man	woman/wife	water
<b>sika</b>	<b>ade/biribi</b>	<b>obarima</b>	<b>obaa/yere</b>	<b>nsuo</b>
car	ticket	book	friend	food
<b>kaa</b>	<b>tikiti</b>	<b>nwoma</b>	<b>adamfo</b>	<b>aduanne</b>

f. Adjectives/  
adverbs/: (Edin  
Nkyerekyeremu  
/ Adeye mu  
kyerefo)

good	bad	big	small	now
<b>papa, eye</b>	<b>bone</b>	<b>kese</b>	<b>ketewa</b>	<b>seesei</b>

later	a little	wonderful!	easy	difficult
<b>akyire yi</b>	<b>kakra</b>	<b>eye fe/nwanwa!</b>	<b>eye mmere</b>	<b>eye den</b>

here	there
<b>ha</b>	<b>ho</b>

g.  
Interrogatives:  
(Abisae)

how much?	where?	what?	who?	when?
<b>Ahe/sen ?</b>	<b>ehe ?</b>	<b>eden ?</b>	<b>hwan ?</b>	<b>da ben/ bere ben ?</b>

<b>Note:</b>	What is this?	Do not say ... !	Question?	Is there ....?
	<b>Eden ne yei?</b>	<b>Mannka ...!</b>	<b>Asemmisa?</b>	<b>Ewo ho... ?</b>

h. Numbers:  
(Nkontabuo)

one	two	three	four	five
<b>baako</b>	<b>mmienu</b>	<b>mmiensa</b>	<b>nnan</b>	<b>num</b>

i. And some survival words:

<b>WC (tiafi)</b>	<b>today (enne)</b>
<b>always (bere biara)</b>	<b>tomorrow (okyena)</b>
<b>fast/slow (ntem/breoo)</b>	<b>paper (krataa)</b>
<b>but (nanso)</b>	<b>newspaper (dawubo krataa)</b>
<b>never (dabida)</b>	<b>day (eda)</b>
<b>food (aduane)</b>	<b>week (nnawotwe)</b>
<b>train (ketekye)</b>	<b>year (afe)</b>
<b>bus (boos)</b>	<b>hour (donhwere)</b>
<b>home (fie)</b>	<b>minute (sims)</b>
<b>work (adwuma)</b>	<b>hamburger (hamburger)</b>
<b>time (bere)</b>	<b>think (dwene)</b>

read (kenkan)  
write (twere/kyerew)  
laugh (sere)  
dance (sa)  
stop (gyina/gyae)  
policeman (polisini)  
six (nsia)  
seven (nson)

eight (nwotwe)  
nine (nkron)  
ten (edu)  
hundred (oha)  
thousand (apem)  
bye bye (bae,bae/nante yie)  
see you soon (erenkye yebehya)!

## **19. NATURAL FEEDBACK AND NEW IDEAS**

(to drbobboland@hotmail.com please)

**1. HOW LONG DID YOU TAKE TO STUDY THE CRE?**

**2. WHAT WAS GOOD ABOUT IT?**

**3. WHAT WAS BAD ABOUT IT?**

**4. WHAT NEW IDEAS?**

**5. HOW CAN WE HELP YOU IN THE FUTURE?**

## 20 - DAILY MINI PHRASE BOOK

(Write out your copy - and start to chat with everyone - speed reading 4 minutes)

### BASICS:

Thank you.	Medaase
Hallo	Ete sen
Yes/no/not	Aane/dabi
Please	Mepa wo kyew
Excuse me	Mesre wo

### INTRODUCTIONS:

Good morning	Maakye
Good-bye.	Bae-bae, nante yie
My name is ...	Me din de...
What is your name?	Wo di de sen?
How are you?	Who te sen?
I am well, thanks	Me ho ye, medaase.
And how are you?	Na wo ho te sen?
Where do you come from?	Wofiri he/Ehe na wofiri?
I'm from ...:	Mefiri ...:
France	Franseman mu
England	Enyiresi Aburokyire
America	Amerika
I'm with:	Meye adwuma wo.:
UN	UN
Red Cross	Red Cross
Nokia	Nokia

## QUESTIONS:

When/how?

What/why?

Who/which?

Where is ...?

Where can I find ...?

How much is it ?

Can you help me?

What does this mean?

Da ben/kwan ben so?

Eden/Aden?

Hwan/Emu dee he, ?

Ehe na ...?

Ehe na mehuhu...?

Ne bo ye sen?

Wobetumi aboa me?

Yei ase kyere sen?

## UNDERSTANDING:

I understand

I don't understand.

Can you translate this for me?

I want ... ?

Do you speak:

English/Twi?

I don't speak Twi.

I speak a little Twi.

Metee ase

Mennte ase

Wobetumi akyere yei ase ama me?

Mepe ...?

Wotumi ka ?:

Borofo kasa/Twi kasa

Mnntumi nnka Twi kasa

Meka Twi kasa kakra!

## COMMENTS:

It's:

beter/worse

big/small

Eye ...:

papa/bone

kese/ketewa

cheap/expensive

good/bad

hot/cold

near/far

fofofo/ne bo ye den

papa/bone

hye/nwunu

eben/tenten

## FOOD:

### I like:

breakfast

lunch

dinner.

### Mepe:

anopa aduane

awia aduane

anwummere aduane

### May I have some (I can get some):

bread/butter

eggs

meat/potatoes

apples/oranges

coffee

milk

fruit juice

water

tea

### Metumi anya:

borodo/bota

kosua

nam/santom

appre/akutuo/ankaa

kofe

milike

aduaba mu nsuo

nsuo

tii

I want to pay.

I think that you make a mistake.

Thank you.

Mepe se metua.

Megye di se woaye mfomso.

Medaase

## TRANSIT:

Where is the nearest shop:

Sotoo ben na eben?



Where is a taxi?

How much to go to ...?

Take me there.

Please stop here.

This is the wrong road.

Go straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Where is the ... nearest:

town centre?

pharmacy?

#### SHOPPING:

Do you have any ...?

How much is this?

I will take it.

What colours have you?

Black

Blue

Red

White

Green

Taxi wo he ?

Ahe na metua ako ...?

Fa me ko ho.

Mepa wo kyew gyina ha.

Kwan yi nnye kwan papa no.

Ko w'anim tee.

Ewo:

benkum/nifa

etoe / akyi

atifi/anafo

apue/atoe

Ehe na eben?

Kuro mfinimfini?

Adutonbea?

Wowo ...?

Ne bo ye sen/Eye sen?

Meto/Mepe se meto

Eden ahosuo(colours) na wo wo?

Tuntum

Biribiri/bruu

Kokoo

Fitaa

Ahahanmono

**I want to buy:**

aspirin/soap  
half kilo apples  
litre of milk  
film/newspaper

**Mepe se meto:**

aspirin/samina  
apre kilo fa  
milike pintoa baako  
sini/dawubo krataa

**TELEPHONE:**

**Hello, this is ...**

**Please speak:**

louder  
slowly

**Hallo/ete sen, ... me ne.....**

**Mepa wo kyew kasa:**

denden  
breoo

**I want to speak to:**

Mrs.  
Miss

**Mepe se mekasa kyere:**

Owura  
Owurayere  
Awuraa

**Tell him I called.**

**Ka kyere no se mfree.**

**TIME:**

**Do you have enough time?**

**What time is it? ...**

**It is:**

five past one  
quarter past three

**Wow mmere be bree?**

**Abo sen?**

**Abo:**

nnon nnum apa ho sima baako  
nnon mmiensa apa ho sima dunnum

## MEETINGS:

We see you:

today

in the morning

in the evening

tomorrow

now

See you soon

That is right

Yebehunu wo/Yebehyia wo:

enne

anopa

anwummere

okyena

seesei

Erenkye yebehyia

Eye nokore

## LOCATIONS:

Here/there

At the UN office

Is it near/far

How many hours?

Ha/ho

wo UN adwumam

eben/eware/eye tenten?

Donhwere sen?

## 21. PLAY QUIZ

Test your Twi instincts ... associate the phrases ... with the correct Twi expression ...

- a. I am well.
- b. Excuse me
- c. Thank you.
- d. OK

Yoo  
Medaase.  
Me ho ye.  
Mesre wo.

- e. Where is the nearest shop?
- f. What is your name?
- g. Hello
- h. How are you?

Wo ho tesen?  
Ete sen  
Wo din de sen?  
Sotoo a eben no wo he?

i. Do you have any ..	Eden ne yei?
j. Is it easy?	Mepa wo kyewma nsuo no.
k. Please give me the water.	Wowo....
l. What is this?	Eye mmere?
m. Yes	Mepe se meto
n. Please	Maakye
o. Good morning	Mepa wo kyew
p. I want to buy:	Aane
q. How much is that?	Abo sen?
r. Where is the toilet?	Ehe ..Daben?
s. Where/when?	Ehena tiafi nowo?
t. What time is it?	Ne bo yesen?
u. Can you help me?	Mepa wo kyew kasabreoo
v. I do not understand	Yei asekyere ne sen?
w. What does this mean?	Mennte ase
x. Please, speak slowly	Wobetumi aboa me?
y. See you soon.	Nante yie
z. Good-bye.	Erenkye yebehya

Answers: In the phrase book ... or call the Team ...

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT  
AND LONG TERM RE-INFORCEMENT AFTER ONE MONTH -  
TRY TO WORK WITH A PARTNER AND A NATURAL SPEAKER  
FOR JUST ONE DAY MORE**

**RELAX** with ... a very **POSITIVE** attitude ... and a very confident **EXPECTATION** of **SUCCESS** ... in just one more day ... of **PLAYING** with the natural language ... instinctively ... naturally ... completely relaxed ... without stress or effort ... just play!

**Our natural suggestions are:**

**1 - Do APS, Then play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts. LIST your five key problems!**

**2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes. USE the Mini-phrase Book for easy interactive conversation**

**3 - SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes. USE the Mini-phrase Book for easy interactive conversation**

**4 - SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting! Review your five problems.**

**5 - USE the Mini-phrase Book for easy interactive conversation. Then do it as SPEED READING (reverse-mode) in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!**

**6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording. Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to drbobboland@hotmail.com.**

## APPENDIX B - ADDITIONAL VOCABULARY SELECTED TO MEET THE SPECIAL NEEDS OF EACH CLIENT ORGANIZATION (100 WORDS)

### Special Vocabulary for UNHCR

(Challenge - insert TWI ... and then discuss with a natural speaker)

English	Pashto	Zulu	Twi
Airport	hawaa dagar	air-porti	
Army	pauz	impi	
Asylum	panaah	inqaba	
Border	pdlay	iphathelo	
Camp	dd kaamp	iginqwa	
Children	muchouman	abantwana	
Clothing	jama	izivatho	
Cooking pot	chainaq	imbiza	
Cooperation	hamkari	ukusizana	
Customs	gumruk	umkuba	
Delay	nawakta	libazisa	
Detention	ndzar-band	ukuhamba	
Development program	dd wadi program	ukukhuka iprogram	
Displaced persons	be-zaya shdwi xaldek	abantu abalahlekelwo	
Electricity	breshna	ugesi	
Emergency	hajol	ingozi	
Expulsion	shar-dl	ukuxoshwa	
Family	koranay	indlu	
Government	hokumat	uhulumeni	
Grandparents	padar kalan	umkulu	
Handicapped	saya	bambeko	
Health	roghtyaa	ukuphila	
Hospital	roghtun	isibhedlela	

House	kor	indlu
HQ	mankaz	komkulu
Human rights	dd bashar hakkuna	obuntu phansi????
Husband	mehra	imdoda
Lamp	dewan	isibani
Legal protection	kaanuni saatdna	omthetho unumgubuzelo
Malnutrition	bada ghdzaa	ukuntula ukudla okunomonga
Material assistance	maadi komak	usize kholwa???
Ministry	wdzaarat	ungqongqoshe???
Nutrition	ghdzaa	ukudla okunomongo
Pain - days/weeks	dard worat	ubulunghu - usuki/ iweki
Pain - months/years	dard hafta	ubulunghu - injangi/ umnyak
Pain - treatment	dard mehda	ubulunghu - impatho
Pain - arms/legs	dard bazou/paie	ubulunghu - ingali/ umlenzi
Pain - chest	dard sina	ubulunghu - isifuba
Pain - ears/eyes	dard gauche/ sterguee	ubulunghu - indlebi/ isi
Pain - hands/feet	dard daste/paie	ubulunghu - andli/ nyawi
Pain - head/neck	dard sav/garden	ubulunghu - khanda/ intamo
Pain - stomach	dard mehda	ubulunghu - isusu
Persecution	zawrawdi	umshushiso
Petrol	tel	upetroli

Police-station	dd polis st-eshan	ipohlisiteshi
President	mdshir	umongameli
Prison	bandy-khana	ijele
Province	ayaalat	iprovinci
Reception centre	dd melma paaldne	undawo
Refugee	mohajer	impabanga
Representative	astaazy	ifanekisayo
Rural	da kdll	asemaphandleni
Sanitation	hyfzu-syhna	indlela philisayo
Shelter	rijdi	ukusitheka
Status	haysiyat	ukuma
Tent	rijdi	itende
Torture	shekanja	gazinga
Town	khar	ithawini
Transportation	transport	ukuthwala
Travel Documne	sdd safar sanaduna	incwa ukuhambi
Tribe	t-dbdr	uhlobo
Truck	lan mot-dr/lari	ingolovane
Urban	dd khari	asemzini
Village	kday	umuzi
Voluntrary repatriation	pd rdzaa-sara berta	ukubuya kokuvuma legal
War	jagara	impi
Water	aaba	amanzi
Wife	kaza	umfazi



## APPENDIX C - BRIEF GRAMMAR

(Challenge - study the TWI and then discuss with a natural speaker)

### 1. Structure - subject, object and verb:

Mewo ha

I am here.

Abofra no wo ha

The CHILD is here.

Asemmisa-Abofra no wo ha?

Question - is the child here?

### 2. Articles :

Abofra bi wo ha

A child here is.

### 3. Nouns:

Mmofra wo ha ?

Child-REN are here.

Abofra pa no wo ha

The GOOD child is here.

Oye abofra.

HE is a child.

### 4. Possession:

Oye m'abofra.

He is MY child.

### 5. Relative:

Abfra no a owo ha

The child WHO here (is).

### 6. Demonstrative:

Abofra YEI wo ha.

THIS child is here.

SAA abofra no wo HO.

THAT child is THERE.

### 7. Interrogatives:

Eye EDEN ade?

WHAT is this thing?

HWAN no no?

WHO is that?

Abofra no wo HE ?

WHERE is the child?

Nwoma no bo ye SEN/AHE ?

HOW-MUCH is the book?

**8. Imperatives:**

**YE YEI!**

**DO this!**

**ZO ha!**

**COME here!**

**9. Negatives:**

**Aane Mewo nwoma.**

**Yes, I HAVE a book.**

**Dabi MENNI nwoma**

**No, I do NOT have the book.**

**Emma/Mannma**

**Do NOT come here.**

**10. To be, have and want:**

**Meye, mewo/mepe/**

**I am/have/want**

**woye/wowo/ wope**

**You are/have/want**

**Oye/Owo/Ope**

**He is/has/wants**

**CRE - CREATIVE RELAXATION EXERCISE  
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT  
WITH A 30 MINUTE AUDIO TAPE IN ONE DAY**

**KEY CONCEPT:** "WHEN you create new positive wave patterns in YOUR mind they give you the CONFIDENCE to RELAX and LEARN naturally without EFFORT"

Opportunity for staff and AID WORKERS on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local companies, governments, refugees, client and project staff, as they perceive the effort to speak the local language with a good accent, and thus to show clearly a deep respect for local values and culture.

Description: dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa, Cantonese, Zulu, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, Tsonga, Sotho etc. and with other languages in process:

Designed for: mature motivated learners who need to achieve very rapidly, the personal confidence to speak and understand, basics of the local natural language. Designed also for current speakers to who want to achieve significant accent improvement.

Course duration: one full six-hour day with a partner or small group, followed by daily brief individual revision, in the following week and one day reinforcement a month later.

Application: individual training or as a small part of any management training program to stimulate creativity, because: "Each language is an intellectual treasure-house of communication, culture and humanitarian values" - Professor Kenneth Hale - linguistics expert of MIT who spoke 50 languages fluently and died October 8th 2001.

Method: uses CRE techniques to achieve relaxation and intuitive absorption of the natural language with confidence and without stress or effort. Designed to handle varying individual value systems and needs. CRE techniques, once acquired, can be easily used for any other languages or dialects. Uses IRT - the Instant Relaxation Technique create the confidence to learn.

Further information: email: [drbobboland@hotmail.com](mailto:drbobboland@hotmail.com) from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

# THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge: Insert Twi ... and then discuss with a natural speaker)

- |            |               |               |            |               |
|------------|---------------|---------------|------------|---------------|
| 1. A/an    | 2. After      | 3. Again      | 4. All     | 5. Almost     |
| 6. Also    | 7. Always     | 8. And        | 9. Because | 10. Before    |
| 11. Big    | 12. But       | 13. I can     | 14. I come | 15. Either/or |
| 16. I find | 17. First     | 18. For       | 19. Friend | 20. From      |
| 21. I go   | 22. Good      | 23. Goodbye   | 24. Happy  | 25. I have    |
| 26. He     | 27. Hello     | 28. Here      | 29. How    | 30. I         |
| 31. I am   | 32. If        | 33. In        | 34. I know | 35. Last      |
| 36. I like | 37. Little    | 38. I love    | 39. I make | 40. Many      |
| 41. One    | 42. More      | 43. Most      | 44. Much   | 45. My        |
| 46. New    | 47. No        | 48. Not       | 49. Now    | 50. Of        |
| 51. Often  | 52. On        | 53. One       | 54. Only   | 55. Or        |
| 56. Other  | 57. Our       | 58. Out       | 59. Over   | 60. People    |
| 61. Place  | 62. Please    | 63. Same      | 64. I see  | 65. She       |
| 66. So     | 67. Some      | 68. Sometimes | 69. Still  | 70. Such      |
| 71. I tell | 72. Thank you | 73. That      | 74. The    | 75. Their     |

- |             |          |              |           |           |
|-------------|----------|--------------|-----------|-----------|
| 76. Them    | 77. Then | 78. There is | 79. They  | 80. Thing |
| 81. I think | 82. This | 83. Time     | 84. To    | 85. Under |
| 86. Up      | 87. Us   | 88. I use    | 89. Very  | 90. We    |
| 91. What    | 92. When | 93. Where    | 94. Which | 95. Who   |
| 96. Why     | 97. With | 98. Yes      | 99. You   | 100. Your |

## **APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM**

- 1. Make a special 30 minute APS audio tape recording of all the material that you want to absorb into your long term memory, as follows:**
  - a. Speak with a gentle persuasive tone. This encourages perception and retention without effort.**
  - b. Speak only for about 8 seconds ... pause for about 4 seconds .... continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress,**
  - c. Add seven key learning points which were important to you! Thus provides "associations" in your mind for the new learning.**
- 2. The NEXT DAY, relax and playing the tape (using ear-phones) while watching some interesting TV show WITHOUT audio e.g. a football match or other a sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just to relax and gently give all attention to the TV show. Relax and let your mind absorb the data WITHOUT ANY CONSCIOUS EFFORT at all.**
- 3. Play this once more.**
- 4. Finally on the FOLLOWING DAY, do IRT (relax), and playing the tape (with ear phones) while gently viewing and repeating the text material (hear, see, say and feel).**
- 5. Adapt APS to your special needs and personality. Use it for any new material that you want to absorb without stress or effort. And please remember to email feedback and new creative ideas to our Team at: drbobboland@hotmail.com. So from now on - relax and remember!!**