

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE WITH A BEAUTIFUL ACCENT AND A 30 MINUTE AUDIO TAPE IN A 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 ... Grazie! "

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Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Lonely Planet/Berlitz phrase-book or Pocket Langues Pour Tous

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www.crelearning.com

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1.0 INTRODUCTION

1.1 STRUCTURE

This CRE helps you to understand the structure of the language instinctively, by inserting English into the Italian phrases, to identify the meaning of key Spanish words. There is also a brief note on Grammar, a listing of the 100 most used words in conversation, a daily mini-phrasebook and a brief English-Italian/French/German Dictionary.

1.2 MEMORY

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

Thank you ... grazie ... say ...
... thank you ... I'M SO GGGGGRATEFUL ... grazie ...

What are you called ... como si chiamo? .. say ...
... what are you called ... COME ON ... SO CHARMING ... como si chiamo?

Goodbye ... arrivederci ... say ...
... goodbye ... ARRIVE SAFELY IN DIRT CHIEF ... arrivederci!!! ...

or email robertboland@wanadoo.fr for our CRE 33 Memory Alert.

1.3 PRACTICE

Learn very rapidly the "100 most used words" and each day, take one section of a phrase-book, to make 10 minutes of Italian conversation with a natural speaker ... or aloud with yourself!

1.4 INSTINCTIVE COMMUNICATION

Read everything aloud with a beautiful accent and strong emotions! Begin to repeat each phrase a second time from memory ... not just reading. Have fun "speed reading" to exercise the throat. Make an audio tape of the phrase-book with spaces for repeat or response and play it back to yourself, speaking very loud! Play the CRE tape as you begin to sleep at night. Speak with total body language (eyes, face, arms etc.) to express meaning. Talk to everybody. Be happy and positive and be sure ... to expect some good news ... every day!

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 ... so start chatting now ...!!

Hallo	Ciao
Yes/no	Si/no
Please	Por favore/piacere
Thank you.	Grazie
Excuse me	Mi scusi
Good morning	Buongiorno (day)
Good-bye.	Ciao/arrivederci
My name is ... (I am called)	Mi chiamo
What do you call yourself?	Como si chiama?
How are you?	Como sta?
Fine thanks	Molto bene, grazie
Do you have ...?	Ha ... ?

etc. etc. ... with laughter please ... as on we go ... together

INSTANT RELAXATION TECHNIQUE

1. This a simple useful CRE technique to give you confidence to learn naturally. If you don't believe you can learn ... you won't learn! ... If you are tense, anxious and stressed ... you won't learn! If you have no confidence ... you won't learn. But with instant relaxation, your mind and body become clear, confident and ready to learn. So do the 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 you 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. NOW ... play the audio tape three times ... first time repeating gently, second time repeating in your mind, third time reparting VERY loud ...please ...

3. Then, 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 TO SPEAK AND ENJOY THE LANGUAGE WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... AND 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 evaporating all the anxiety and stress from your mind and body ... through 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.

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 face ... with a code word "IRT"!.

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Italian many times slowly ... and then at very high speed)

Hello	Ciao	CHOW
Mr.	Signore	SEEG-GGNAW-RAY
Mrs.	Signora	SEN-GNORE-EENA
Yes	Si	SEE
No	No	NNO
Good	Buono	BOO-WENO
Please	Per fav-ore	PEAR FARV-OR-RAY
Do you have ...?	Ha ...?	HAH
Thank you	Gra-zie	GR-AA-ZZEE-AA
Goodbye	Ciao/Arrividerci	ARR-EEV-EE-DARE-CHEE
See you soon!!!	Arrivederci a presto	A. ...A-PREST-O
Who?	Chi?	CHEE
What?	Cosa?	KO-ZZA
I want	Voglio	VO-GLEO
Where?	Dove?	DO-VAY
OK!	OK!	OH KAY

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

NATURAL SUGGESTIONS

Plan to do the whole CRE in one 6 hour CRE day, or for an hour a day over a week, 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 CRE, plan revision during your NORMAL ROUTINE in the following week, for just 15 minutes 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 (with breaks as needed) is:

- 1. Do IRT. THEN record sections 2-15 in Italian at high speed - to establish your starting position - just for fun! Do the Throat exercise - 16 key words. Play the tape (30 minutes) with thtext (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 conervation 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)

7. 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!!

8. RECOGNIZE that a TERRIBLE accent is PAINFUL ... for the hearer ... and so strive always for a beautiful accent in EVERY WORD.

9. 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 ...

10, 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.

11. 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 ..

12. 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 REINFORCMENT as needed but not in the car!

13. 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 ...perahps wirh a glass of champagne too ...?.

GENTLE RELAXATION ... READ ALOUD ... BEFORE YOU STUDY

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 (no English please) ... as we have fun ... together ...

2. HERE AND THERE

Io sono (am) qui (here). Sono qui.

I am here.

Lei (you) è là. there (POLITE),
Tu sei là (INFORMAL).

You are there.
You are there.

Lei è là? Sei là?

Are you there?

Note: We may omit personal pronouns
such as io, lei etc. when obvious.

Sì (lei) è là.
(Lei) è qui?

Yes, you are there.
Are you here?

No, non è qui.
È qui.
Dove (where) è?
È qui.
È là?

No, you are not here.
It is here.
Where is it?
It is here.
Is it there?

Non so (know).
Dove è Miguel?
Non è qui.

I do not know.
Where is Miguel?
He is not here.

Dov'è?
Non so.
Perbacco! È là.
È meraviglioso!

Where is he?
I do not know.
Darn! There he is!
He is wonderful!

3. LIKING (... piace):

Lei (you) mi- (to me) piace (liking).
Mi (me) piace a Lei (liking to you)?
Sì, Lei mi piacei.
Lei piac-ciete (plural) i soldi?
Sì, i soldi mi piac-ciono (plural).

I like you (you to-me liking).
Do you like me?
Yes, I like you.
Do you like money?
Yes, I like the money.

L'acqua mi piace.
Lei piace l'acqua.
Certi (some) libri (books) mi piac-ciono (plural).
A lui (to him) piace la macchina.

I like water.
You like water.
I like some books.
He likes the car. (car to-him appeals)

A lei (to her) non piace la macchina.

She does not like the car.

Vi (a Lei) piace la cena?

Do you like the dinner?

No, la cena non mi piace.

No, I do not like the dinner.

Perbacco! Merda!

Oh. Darn! Mate!

Prego (please) non dire Merda!

Please do not say Mate!

4. DOING (fare):

Io faccio.

I do.

Faccio questo (this).

I do this.

Lei fa (do).

You do.

Note: Pronouns may be omitted

(Lei) fa quello..

You do that.

Noi (we) facciamo (do) quello,

We do that

E (we) siamo (are) contenti (happy).

And we are happy.

È facile?

Is it easy?

Sì, non è difficile.

Yes, it is not difficult.

Lei fa quello?

Do you do that?

Fa quello, prego!!

Do that please!!!

Perbacco!!!

Darn!!!

È meraviglioso.

It is wonderful!

5. CAN/ABLE TO DO (potere and beginning to omit persons):

Io posso.

I can

Posso?

Can I?

Sì, posso.

Yes, I can.

Lei può (can) fare (do) questo?

Can you do this?

Sì, posso fare quello (that).

Yes, I can do that.

Posso mangiare (eat) un po' (little).

I can eat a little.

Posso bere (drink) un po'.

I can drink a little.

Posso andare (go).

I can go.

Posso venire (come).

I can come.

Posso dormire (sleep).

I can sleep.

Lei puo (can) parlare (speak).

You can speak.

Può parlare?
Sì, posso.
Può fare (do) questo?
No, non posso fare quello.

Can you speak?
Yes, I can.
Can you do this?
No, I can not do that.

Lei capisce (understand)?
Può capire?
Sì, un po'.
Può dire Merda?
Sì, posso parlare un po' d'italiano!
Perbacco! Sono meraviglioso!

You can understand?
Can you understand?
Yes, a little.
Can you say Mate?
Yes, I can speak a little Italian!
Darn! I am wonderful!

6. UNDERSTANDING:

Io capisco.
Non capisco.
Lei capisce.
Lei non capisce.
Capisce le donne (women)?

I understand.
I do not understand.
You understand.
You do not understand.
Do you understand women?

No. No. Non capisco le donne!
Oh. Perbacco! Merda!
Prego, non dica Merda.
Lei è meraviglioso!

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

7. WANTING (volere):

Io voglio.
Voglio mangiare un po'.
Voglio bere (drink) l'acqua (water).
Voglio andare (go) al gabinetto (toilet).!

I want.
I want to eat a little.
I want to drink the water.
I want to go to the toilet!!!

Voglio. Vorrei,
Vorrebbe mangiare (eat) qualcosa?
No, non ho voglia di mangiare.
Accidenti! Vorrei dartene (give) un po'.
No, grazie.

I like. I would like.
Would you like (politely) to eat a little?
No, I do not want (would not like) to eat,
Damn. I would like to give you a bit.
No, thank you.

(Io) voglio (want) venire (come),
Vuole dormire?
No, non voglio dormire.
Miguel, vuoi mangiar le rane(frogs)?

I want to come.
Do you want to sleep?
No, I do not want to sleep.
Miguel do you want to eat the frogs?

Perbacco! Adesso no, grazie!
Noi siamo meravigliosi!

Darn! Not just now, thank you!
We are wonderful!

8. GETTING:

Prego, mi dia (give) i soldi.
Prego, prendete (take) i soldi.
Io prendo (take) i soldi.

Please give me the money.
Please take the money.
I take the money.

Prego, mi dia il biglietto (ticket).
Prego, prenda il biglietto.
Io prendo il biglietto.

Please give me the ticket.
Please take the ticket.
I take the ticket.

Prego, mi dia la cosa (thing).
Dov'è la cosa?
Non so.
Prego, mi dia un uomo (man)!!!
Perbacco!!! Che donna!!
Lei è meravigliosa.

Please give me the thing.
Where is the thing?
I do not know.
Please give me a man!!!
Darn!!! What a woman!!
She is wonderful!

9. HAVING (avere and tenere):

Io ho una cosa.
Io non ho una cosa.
Lei ha una cosa.
Noi abbiamo (have) una cosa.
Lei (she) ha una cosa.

I have one thing.
I do not have one thing.
You have one thing.
We have one thing.
She has one thing.

Ho un po' di tempo, Signorina!
Ha un po' di soldi, Signore?
No.
Oh Merda!
Prego, non dica Merda!

I have a little time, Miss!
Do you have a little money, Sir?
No.
Oh. Mate!
Please do not say Mate!

10. ORDERING (POLITELY):

Prego, mi dia la cosa.
Prego, mi dia i soldi.

Please give me the thing.
Please give me the money.

Prego, mi dia l'acqua.
Grazie.
Prego, non bevete acqua in Francia.
Beva vino.
Prego, venga qui.
Prego vada là (there).
Prego, beva questo.
Non mangi quello!

Prego, mi dia questo.
Prego, non prenda quello.
Prego dica questo.
Prego, non dica Merda.
Perbacco !!! Lei è meraviglioso!

Please give me the water.
Thank you.
Please don't drink the water in France!!
Drink the wine.
Please come here.
Please go there.
Please drink this.
Do not eat that!

Please give me this.
Please do not take that.
Please say this.
Please do not say Mate.
Darn it!! You are wonderful!

11. GREETING:

Ciao, bella Carmen!
Ciao Paola .
Buongiorno.
Giorno Sancos.

Come sta, Eliza?
Molto bene grazie, Khulu.
Come va, Xavier?
OK grazie, Miguel.
Ciao Giles.
Arrivederci, Judith.

Si, OK, Hollie
È meraviglioso!
Bene, Sam?
Sì, OK, Lucie.
Non male, Henri.

Come stai, amore?
No!!!
Perbacco!!! Lei è meravigliosa!

Hello Carmen my lovely!
Hello Paula.
Good morning Miche.
Good morning Sancos.

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

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

How are you, my darling?
No!!!
Darn!!! She is wonderful!

12. DESCRIBING:

È buono.
È cattivo.
È un libro.
È grande?

It is good.
It is bad.
It is a book.
Is it big?

No, è piccolo.
È facile?
No, è difficile
l'acqua è buona?
No, l'acqua in Francia non è buona!!

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

Oh Merda!!!
Prego non dica Merda
Non siamo meravigliosi?
Perbacco! Sì!

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

13. KNOWING (THINGS & PEOPLE: (sapere & conoscere)

Io so (know) questo.
Lei sa questo?
Sì so questo.
Lei sa quello.
Lei sa quello?

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

No, non so quello.
Conosco (know) quella donna (woman).
Conosco l'uomo.
Lui mi conosce.

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

Conosce quella donna?
No. Buongiorno, Signora.
Sta bene, Signora?
No, non sto bene!! Ciao!!
Lei non la (her) conosci?
Perbacco! Lei è meravigliosa!

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:

Io ho un problema.
Sì, ha un problema.
No, ne ha due (2).
Lui ne ha tre (3).
Lei ne ha quattro (4).

Ne abbiamo cinque (5).
Lei ne ha cinque?
Sì adesso (now) ho cinque problemi!!!
Tutti i bambini (children)!
I bambini sono meravigliosi!

I have one problem.
Yes, you have a problem.
No, you have two
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:

Quanto costa il libro?
Cinque dollari.
Quanto costa questa cosa?
Quanto?
Quattro dollari.

Dov'è?
È là.
No, non è là.
Dov'è il gabinetto (toilet), prego?
Il gabinetto è là.

Cos' è quello?
Scusi. Cosa?
Quello.
Oh, è un buono libro.
Cosa vuole?

Voglio il vino, prego.
Chi è qui?
Siamo qui.

Chi è quella donna?
Non so.

How much is the book?
Five dollars.
How much is this thing?
How much?
Four dollars.

Where is (it)?
(It) is there.
No, (it) is not there.
Where is the toilet, please?
The toilet is over there.

What is that?
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.

Perbacco! È Madonna!
Che donna! È meravigliosa!

Darn! It is Madonna!
What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL -(POLITE AND SLANG)

Sono qui.
Lei è là.

I am here.
You are there.

Lei mi piaci.
Lei piac-ciete i soldi.

I like you.
You like the money.

Lui fa questo.
Lei fa quello.

He does this.
She does that.

Posso parlare un po' di italiano!
Non si può dire Mate?

I can speak a little Italian!
You can not say Mate?

La capisco.
Lei non mi capisce.

I understand you.
You do not understand me.

Voglio andare al bar.
Lei vuole andare al gabinetto.

I would like to go to the bar.
You want to go to the toilet.

Adesso ho un sacco di tempo, Tesoro.
Mai lei ha un sacco di soldi, Signore?

Now, I have lots and lots of time, Honey!
But, do you have lots and lots of money, Sir?

Prego, non bevete acqua in Francia!!
Bevete vino.

Please don't drink the water in France!!
Drink the wine.

Come sta, Eliza?
Sto bene, grazie, Khulu.

How are you, Eliza?
I am well, thank you, Khulu.

E grande Signore?
No, è piccolo. Signorina.

Is it big, Sir?
No, it is small, Miss.

Lei non conosce quella donna.
Perbacco. È meravigliosa!

You do not know that woman.
Darn! She is wonderful!

Sì, adesso io ho cinque problemi!!!
Tutti i bambini!

Yes now, I have five problems!!!
All the children!

Cos'è quello?
Scusi. Cosa?

What is that?
Pardon. What?

Eccolo. È la.
Niente male.

There it is.
Not bad.

Perbacco!!!
OK?
Sì, è in gamba!

Darn!
OK?
Yes, it's cool!

Prego non dica Matel!
Sì, è orgoglioso!

Please don't say Matel!
Yes, it's cool! (upper class)

E non dir Matel!!
Meraviglioso?

And do not say Matel!!
Wonderful?

Sì, Lei meraviglioso!
Ciao ciao. Arrivederci a presto.

Yes you are wonderful!
Bye bye. See you soon!

A little rude slang - only for use with discretion ... on special occasions:
in gamba - cool; **figona/bbona** - sexy; **dài!** - Come on! Hurry up!
che palle! - How boring!'; **cin cin!** - Cheers! ... with discretion please ...

Note: Speed reading - 14 minutes

17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... in that special "Italian place" ... in you mind ... as needs arise ... without conscious effort ...

Just naturally ... in your own way ... as part of you ... instinctively ... as that new part of you ... grows ... stronger and stronger ... you will begin to speak with a beautiful accent ... so easily ... reinforcing your learning ... with a gentle quiet confidence ... which will surprise you ... and such a beautiful accent ... of which you will be proud ... to fit the music of the natural language ... will surprise you even more ... and more ... as you repeat the CRE ... so that ... in every day ... in every way ... you get ... better and better ...

And now as you choose ... to do something ... that makes you feel so comfortable with yourself ... something you will feel more and more ... able to do ... so that you feel ... even more comfortable ... and confident ... naturally ... in your own way ... you can take whatever time you need ... just to process your thoughts ... in your own special way ... and to bring this experience to a comfortable close ...

You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special ... "Italian place" ..in your mind ...

And when you feel ... you are ready ... and you want to ... you can start the process of reorienting yourself ... bringing yourself back ... taking your time ... and when you are ready ... you can fully orient yourself ... and allow your eyes to open ... feeling well ...and happy ... because ... and you will begin to experience confidence ... more and more ... because ... from now ... in every day ... in every way ... you will ... be getting ... better and better ...

And as we end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continual support ... our Team ... which began in Bayonne, France ... August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

18. NATURAL VOCABULARY:

(Write it out by hand ..and discuss with a natural speaker)

a. Greetings/Exclamations:

hello ciao	good morning buongiorno	how are you?` come sta/stai?	I am well molto bene	thank you grazie
goodbye ciao/arrivederci	yes sì	no no	OK OK /bene	not too bad non male
Darn! Perbacco! Medonna!	Mate! Mate	there it is! eccolo!	"cool"!!! In gamba/orgoglioso!!!	

b. Verbs (and first person):

to be essere io sono	have avere ho	like piacere mi piace	want volere/desiderare voglio/desidero	can potere posso
do fare faccio	say/speak dire/parlare parlo	go andare vado	come venire vengo	give dare do
take prendere prendo	eat mangiare mangio	drink bere bevo	sleep dormire dormo	know sapere/conoscere so
understand capire capisco	must dovere devo			

c. Prepositions:

some qualche	a un/una	the il/lo/la/i/gli/le	to a/verso	from da
------------------------	--------------------	---------------------------------	----------------------	-------------------

d. Pronouns:

I Io/mi	you lei/vi	he lui	she lei	we noi
it cio	this questo	that quello	Mr Signore	Mrs. Signora

e. Nouns:

money	thing	man	woman	water
soldi	cosa	uomo	donna	acqua
car	ticket	book	friend	
macchina	biglietto	libro	amico	

f. Adjectives/adverbs/Other:

good	bad	big	small	now
buono	cattivo	grande	piccolo	adesso/ora
later	a little	wonderful!	happy	here/there
dopo/poi	un po'	meraviglioso!	felice	qui/là

g. Interrogatives

how much?	where?	what?	who?	when?
quanto?	dove?	cosa?	chi?	quando?

Note: What is this? **Cos'è questo?**
 Question? ...?

h. Numbers:

one	two	three	four	five
uno	due	tre	quattro	cinque

i. And some survival words:

Please (prego/per piacere/per favore), but (ma), never (mai), food (cibo), train (treno), bus (autobus), home (casa), work (lavoro), time (tempo), today (oggi), tomorrow (domani), paper (carta), newspaper (giornale), day (giorno), week (settimana), year (anno), hour (ora), minute (minuto), hamburger (hamburger), McDonalds (McDonalds), think (pensare), read (leggere), write (scrivere), laugh (ridere), dance (ballare), later (dopo), stop (finire), policeman (poliziotto) ... Merda(compagno) ... bye bye mate (ciao amico)!!

19. NATURAL FEEDBACK AND NEW IDEAS

(to robertboland@wanadoo.fr)

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 ... and discuss with a natural speaker. Speed reading time - 4 minutes))

BASICS:

Hallo	Ciao
Yes/no	Si/no, non
Please	Per favore/per piacere/prego
Thank you.	Grazie
Excuse me	Mi scusi

INTRODUCTIONS:

Good morning	Buongiorno
Good-bye.	Ciao/arrivederci
My name is ... (I am called)	Mi chiamo
What is your name?	Come si chiama?

How are you?	Come sta?
Fine thanks	Molto bene, grazie
And you?	E lei?
Where do you come from?	Da dove (where) viene (come)?

I'm from:	Vengo da:
France	Francia
England	Inghilterra
America	America

I am with:	Sono con (with):
UN	UN
Red Cross	Croce Rossa
Shell	Shell

QUESTIONS:

When/how?	Quando/come?
What/why?	Cosa/perche?
Who/which?	Chi/quale?
Where is/are ...?	Dov'è, dove sono ...?
Where is ...?	Dov'è ...?
How much is it?	Quant'è?
Can you help?	Può (can) aiutarmi?
What does this (thing) mean?	Cosa (what thing) significa questo?

UNDERSTANDING:

I understand.	Capisco
I don't understand.	Non capisco
Please say that again..	Ripeta, prego (please)?
Can you translate this?	Puo tradurmi questo?
Please give me ... ?	Per favore, mi dia /dammi (give) ...

Can you speak: English/Italian?

I don't speak

I speak a little ...

Può (can) parlare (speak) Inglese/Italiano?

No parlo ...

Parlo un poco ...

COMMENTS:

It is:

better/worse

big/small

cheap/expensive

good/bad

hot/cold

near/far

vacant/occupied

E:

miglior/peggio

grande/piccolo

buon mercato/caro

buono/cattivo

caldo/freddo

vicino/lontano

libero/occupato

FOOD:

I would like (very polite) :

breakfast

lunch

dinner.

Vorrei:

la prima colazione

il pranzo

la cena

Could I have a little ... :

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Posso avere (have) un po' di:

pane/burro

formaggio

uova

carne/patate

mele/arance

caffè/tea

latte

succo di frutta

acqua

Can I pay now.

There is a mistake.

It is great here.

Posso pagare (pay) adesso (now)?

C'è un errore (mistake).

È meraviglioso qui (here) .

TRANSIT:

Where is the nearest shop?

Where is a taxi?

How much to go to ...?

Take me to this address.

Dove (where) è il negozio (shop) più vicino?

Dov'è un taxi?

Quanto dista...?

Mi conduca (take) a questo indirizzo (address).

Please stop here.

This is wrong

Go straight ahead.

Si fermi qui (here), per favore.

Questo è sbagliato.

Vada (go) sempre diritto.

It's there, on the:
left/right
before/after
north/south
east/west

È là (there) , a...:
sinistra/destra
primo/dopo
nord/sud
est/ovest

Where is the:
town centre
pharmacy

Dove si trova (finds itself) ...?
il centro- città
la farmacia

SHOPPING:

Do you have ...?
How much is this/that?
I take it.

Ha/hai ...?
Quanto costa questo/quello?
Lo prendo.

What colours have you?
Black
Blue
Red
White

Che colori ha?
nero
blu
rosso
bianco

I would like to buy:
aspirin
soap
kilo apples
litre of milk
film/newspaper

Vorrei comprare (buy) ...:
delle aspirina
del sapone
un kilo di mele (apples)
un litro di latte (milk)
pellicola/giornale

TELEPHONE:

Hello, this is ...
Please speak more:
Loudly/slowly

Pronto qui parla ...
Prego (can) parli più (more):
forte/lentamente

I would like to speak with:
Mr.
Mrs./Miss
When is he returning?
Will you ask him to telephone me?

Vorrei parlare con :
il Signor
la Signora/Signorina
Quando (when) sarà di ritorno (return)??
Vuole (will you) dir-gli (say-him) di telefonar mi?

TIME:

Do we have time?
What time is it? ...
It is:
five past one

Abbiamo tempo?
Che (what) ora è?
E ...:
una e (and) cinque (5)

quarter to three
twenty past four
half past six

tre meno un quarto (quarter)
quattro e venti (20)
sei (6) e mezzo (half)

MEETINGS:

We meet ...:
Today/tomorrow
next week
in the morning/evening
tonight
soon

Ci troviamo...
oggi/ domani
la settimana (week) prossima
di mattina/sera/notte
stasera
presto

You are right/wrong.
That is right

Ha ragione/torto.
Giusto

LOCATIONS:

Here/there
At the office
Is it near/far
How many hours to go there?

Qui/là
In ufficio
È vicino/lontano?
Quante ore ci si mettono per andarci?

21. PLAY QUIZ

Test your instincts ... associate the phrases ... in groups of four)

- | | |
|-----------------------------|-----------------------------------|
| a. I am very well. | Grazie. |
| b. Excuse me | Bene. |
| c. Thank you. | Sto molto bene |
| d. OK | Mi scusi/prego |
| | |
| e. Welcome | Come sta?. |
| f. Well done | Benvenuto. |
| g. Hello | Benfatto |
| h. How are you? | Ciao |
| | |
| i. What is this in Italian? | Mi scusi per il disturbo. |
| j. I can do that. | Come si chiama in italiano?. |
| k. So sorry to bother you | No. |
| l. No | Posso farlo |
| | |
| m. Yes | Cameriere? |
| n. Please | Per piacere/prego/per favore |
| o. Where are you going? | Si. |
| p. Waiter? | Dove va/vai? |
| | |
| q. How much is that? | Che ora è? |
| r. Where is the toilet? | Dove/quando/perché? |
| s. Where/when/why? | Quanto costa quello |
| t. What time is it? | Dov'è il gabinetto? |
| | |
| u. Can you help me please? | Non capisco. |
| v. I do not understand | Cosa vuol dire? |
| w. What does this mean? | Prego parli/parla più lentamente. |
| x. Please speak slowly. | Può aiutarmi, prego? |
| | |
| y. See you later. | Cin cin |
| z. Cheers | Arrivederci a presto. |

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

APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT AND LONG TERM RE-INFORCEMENT - AFTER ONE MONTH

Day 1 - Play the LEARNING REINFORCEMENT ROUTINE and then SPEAK with the tape - 30 minutes ... in the dark ... just before sleeping ... speaking and feeling all the time ... with laughter ... to believe and REINFORCE the musical wave patterns ... in your MIND & BODY ...

Day 2 - SPEED READING the text (Sections 2-16) aloud in about 14 minutes ... (if you can record it now ... it may give you quite a laugh later!) ... then SPEAK with the tape ... walking about ... LOUDLY ...

Day 3 - SPEAK with the tape in THEATRICAL style ... then play with the text (2-16) ... to SHOUT OR SING ... very loudly ... any word or phrase ... that is just "not right" ... for YOU ... then say it gently ... and then SPEAD READING (2-16) ... in 10 minutes ...

Day 4 - SPEAK with the tape ... and then SING ... yes ... gently sing ... with the text (2-16) ... always feeling very positive ... but laughing as you go ...

Day 5 - SPEAK with the tape three times ... a special day ... sitting, walking, lying ... with confidence ... WITHOUT "urrs and umms" ... or hesitations ... BELIEVING in yourself ... in your own special way ... so that you let your BODY ... reinforce the accent you want ...

Day 6 - SPEED READING (2-16) ... in 8 minutes ... then SPEAK with the tape ... BELIEVING in yourself ... with a beautiful ... CONFIDENT ... accent ...

Day 7 - SPEAK with the tape today ... and feel it deeply ... and from this time on ... speak with it whenever you want to reinforce the learning ... so good luck ... and now please send some feedback and ideas ... which are always welcome ... to Dr. Bob Boland and Team ... robertboland@wanadoo.fr

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

SPECIAL VOCABULARY FOR UNHCR

English	Pashto	Dari	Italian (insert)
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxldy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldk	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	
Handicapped	saya	ma-yub	
Health	roghtyaa	seat/syhhat	
Hospital	roghtun	shafakhana	
House	kor	khana/kor	
HQ	mankaz	mankae	
Human rights	dd bashar hakkuna	hokuk e bashar	
Husband	mehra	shwahan	
Lamp	dewan	tsheragh	
Legal protection	kaanuni saatdna	hymayat e kanoun	
Malnutrition	bada ghdzaa	sou-e taghziya	
Material assistance	maadi komak	komak-e mawadi	
Ministry	wdzaarat	wezarat	

Nutrition	ghdzaa	taghziya
Pain - days/weeks	dard worat	dard e ruz/hafta
Pain - months/years	dard hafta	dard e mo/sol
Pain - treatment	dard mehda	dard e ta-dow-wi
Pain - arms/legs	dard bazou/paie	dard e dest/pal
Pain - chest	dard sina	dard e sina
Pain - ears/eyes	dard gauche/sterguee	dard e goch/cheshom
Pain - hands/feet	dard daste/paie	dard e dest/pai
Pain - head/neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e-police
President	mdshir	ra-is
Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i
Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaga
Status	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma
Torture	shekanja	shykanja
Town	khar	shahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna
Tribe	t-dbdr	kabila
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	karya
Voluntrary repatriation	pd rdzaa-sara berta	legal bar-gasht-d yraadi
War	jagara	jangue
water	aaba	aab
ife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

1. Structure - subject, object and verb:
Io SONO (am) qui (here). I AM here.
IL BAMBINO e (is) qui. THE CHILD is here.
IL bambino è qui? Question - THE child is here?
2. Articles - so many (un, una, il, la, lo, le, gli etc.):
UN bambino è qui. A child is here.
3. Nouns - plural, modifier & accusative:
I bambini sono qui. THE child-REN are here.
Il bambino BUONO è qui. The GOOD child is here.
LUI (he) è un bambino. HE is a child.
4. Possession - connections:
Lui è il MIO bambino. He is MY child.
5. Relative - with pronouns:
Il bambino CHE è qui. The child WHO here is.
6. Demonstrative - this and that:
QUESTO bambino è qui. THIS child is here.
QUELLO bambino è LÀ (there). THAT child is THERE.
7. Interrogatives - what, who, where and how much:
COSA (what) è questa cosa (thing)? WHAT is this thing?
CHI è quello? WHO is that?
DOVE è il bambino? WHERE is the child?
QUANTO costa quel libro (book)? HOW MUCH is that book?
8. Imperatives - politely with with the verb root:
FAI/FATE questo! DO this!
VIENI/VENITE qui! COME here!
9. Negatives - yes, no and not:
Sì, (io) HO il libro. YES, I HAVE the book.
NO, (io) NON ho il libro. NO, I do NOT have the book.
NON venire/venite qui! NOT come here.
10. To be, have and want in the present tense:
IO sono/ho/voglio I am/have/want
Lei è/ha/vuole You are/have/want
LUI è/ha/vuole He is/has/wants

APPENDIX D - THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge ... INSERT ITALIAN OVER SPANISH ... and chat with a natural speaker)

1. A/an UNO/UN	2. After DOPO	3. Again ANCORA	4. All TUTI	5. Almost QUASI
6. Also ANCHE	7. Always SEMPRE	8. And E	9. Because PERCHE	10. Before PRIMA
11. Big GRANDE	12. But MAI	13. I can POSSO	14. I come VENGO	15. Either/or O.O
16. I find TROVO	17. First PRIMO	18. For PER	19. Friend AMICO	20. From DA
21. I go VADO	22. Good BUONO	23. Goodbye CIAO	24. Happy FELICE	25. I have HO
26. He LUI	27. Hello CIAO	28. Here QUI	29. How COME	30. I IO/MI
31. I am SONO	32. If SE	33. In NEL	34. I know SO	35. Last NEGARE
36. I like MI PIACE	37. Little UN PO	38. I love AMO	39. I make FACCIO	40. Many MOLTO
41. Me MI	42. More PIU	43. Most MAGGIOR PARTE	44. Much MOLTO	45. My MI
46. New NUEVE	47. No NO	48. Not NON	49. Now ADESSO	50. Of DA
51. Often SOUENTE	52. On SOPRA	53. One UNO	54. Only SOLO	55. Or O
56. Other ALTRO	57. Our NOSTRA	58. Out FUORI	59. Over SOPRA	60. People GENTE
61. Place LOGAR	62. Please PER FAVOR	63. Same MISMO	64. I see VEO	65. She ELLA
66. So DUNQUE	67. Some UN PO	68. Sometimes TAVOLTA	69. Still ANCORA	70. Such QUOLLO
71. I tell DIO	72. Thank you GRAZIE	73. That CHE	74. The IL/LO/GLI	75. Their TORO
76. Them TORO	77. Then POI	78. There is E	79. They LOYO	80. Thing COSA
81. I think PENSO	82. This QU	83. Time TEMPO	84. To A/VERSO	85. Under SOTTO
86. Up ALTO	87. Us CI	88. I use UTILIZO	89. Very MUCHO	90. We NOI
91. What COSA	92. When QUANDO	93. Where DOVE	94. Which QUALE	95. Who CHI
96. Why PERCHE	97. With CON	98. Yes SI	99. You LEI	100. Your VOSTRO

APPENDIX E - 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 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 playback 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 playback 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: robertboland@wanadoo.fr. So, and from now on - relax and remember!!

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE WITH A BEAUTIFUL ACCENT
AND A 30 MINUTE AUDIO TAPE

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 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: Zulu, Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa, Cantonese, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, etc.

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: 33 450 408982 or 199 Chemin Garenne, Prevezin, 01280 France or email: robertboland@wanadoo.fr: www.crelearning.com, from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

