

Intro to PPDs

PPDs or Personalised Performance Downloads are a new technology for improving personal performance.

PPDs calm you down, increase your concentration and help you to resolve the restrictive and limiting thoughts and emotions that get in the way of achieving your personal best. PPDs help you raise your game in sports and life.

- ❖ PPDs are MP3 files, each about 2-3 minutes long
- ❖ PPD sets consist of nine different downloads organised into 9-week programmes
- ❖ PPDs are personalised specifically for each individual.
- ❖ You listen to them once a day
- ❖ They are delivered to you by e-mail or they can be downloaded from My PPD Zone on Peter Chappel's website.

The core of PPDs is PPD Resonance Technology which is embedded in a sound of sea waves breaking on the shore.

Resonance acts like a torch that investigates our limiting and restrictive thoughts and emotions, then it highlights, resonates and resolves them and releases them from the system. This particular use of resonance is ancient in principle but completely new as an application.

PPDs target the evolutionary oldest parts of the brain, the instinctive and primitive, where the survival mechanisms fight-flight-freeze-reproduction-food belongs. This area deals with the survival issues.

Even though we are not in the immediate danger the brain reacts excessively to the everyday physical and especially emotional stress and gradually moves to states like chronic stress, adaptation illnesses, chronic anxiety etc.

The background disturbance caused by hyped survival instincts causes people to over react emotionally, have a lot of defences mentally and to lose focus. We live, in effect, on the edge.

People think this is normal because practically everybody lives like this - that's why we don't spot it. This state of being is not natural and conducive to optimum function of the body and mind.

PPDs calm down the primitive instincts and release the restrictive thoughts and emotions connected with them.

Emotions calm down, mental protective structures reduce and we relax and get focused. When people get focused they perform better in sport and generally in all other areas in their lives.

It becomes easier to study, to concentrate, to work in teams, communication with self and others improves, self-confidence increases.