Thank you so much for signing up for the eCourse, “Overcome Your Inner Critic.” I’m honored to have the chance to share this experience with all of you. I believe it is an admirable and courageous act to dedicate your time to better understanding yourself, learning who you really are and how to go about pursuing what really matters to you in life. This course is all about coming to know and challenge that inner critic we all possess that keeps us from this goal. Because, this critic is so prevalent, the lessons in this course can benefit every area of your life.

I’ll be posting the first course materials on Sunday, Sep. 14 on the eCourse website and will be making new lessons available each week thereafter. You can see the weekly lessons on the eCourse page by visiting the website, clicking on the course title and scrolling down to where it says “Lessons.” You can then click on any lesson that has been published. You must log in using your username and password to access these materials.

I understand that you all have different schedules, and therefore, we will be leaving the course materials up indefinitely, so you can go at your own pace and access lessons at your convenience.

Each week, I will be introducing a weekly intention. The cornerstone of each lesson will be a multimedia presentation that we recommend you watch before moving on to the other materials, which will include suggested readings, supplementary videos and various exercises and activities.

We have self-reflective exercises, such as journal activities and quizzes, planned for each lesson. You’ll be doing some of these exercises online, but we suggest that you have a journal or a special folder on your computer where you can keep these materials or explore the ideas further.

I have recommended the book, [*Conquer Your Critical Inner Voice*](http://cts.vresp.com/c/?TheGlendonAssociatio/2e24f1c5bb/TEST/4405a5d003), as it illustrates the concepts covered in the course in more depth and includes additional exercises that will allow you to explore the topics covered further.

Every week, I will be adding questions to our discussion forum where we can have an ongoing conversation. We will also have two live Q&A sessions during the course, to which you will receive an invitation to attend live or watch on the eCourse website. Please, feel free to email me anytime during the course, and I will answer as many of your questions as I can in these Q&A sessions.

I am so excited to get started! Let us know if you have any questions, as the course approaches. Thank you again for joining me!

Thank you,

Dr. Lisa Firestone

[**Sign in**](http://cts.vresp.com/c/?TheGlendonAssociatio/2e24f1c5bb/TEST/37dd2410e3)**to the course now to see an introduction and to watch a welcome video from Dr. Lisa Firestone**