

~~PAIN~~ → POWER

How to Develop True Free Will

Dr. Keith Ablow




True Free Will

According to Dr. Keith Ablow true free will isn't nearly as common as most people think. Pain-2-Power makes it possible.

The background of the top half of the image is a grayscale photograph of an open book. The text on the pages is out of focus, but some words like "when lived in the", "around his", "trunks", "asked to Harry lik", and "frill at" are visible. A dark, diagonal shadow or crease runs across the center of the book pages.

Defining True Free Will

FREE WILL IS NOT JUST THE FREEDOM TO DECIDE;
IT IS THE ABILITY TO FREE ONESELF OF
UNCONSCIOUS EMOTIONAL FORCES THAT TOO
OFTEN DICTATE DECISIONS. -DR. KEITH ABLOW

A thin, solid black vertical line is positioned at the bottom center of the image, extending from the bottom edge up to the bottom of the text block.

Free will really only exists when a person is making decisions based on his or her true character, independent desires, and genuine understanding of the choices and challenges at hand.

And that requires neutralizing
negative patterns of learned
behavior...



IF

You always felt slighted, compared to your siblings and felt that your parents asked more of you or celebrated you less...

Then it's possible that you will have an exaggerated response to an employer or partner or friend who seems to be leaning on you or to be favoring someone else.

-AS A RESPONSE-

You could be the one “choosing” to walk out on your job or fight with your partner or sever your friendship, but it won't be a choice made with true free will, because it will have been fueled by old interpersonal dynamics that never got cleared out of your mind.



True free will is the freedom to decide based on who you *truly* are, what you *truly* want and how you would *truly* react, without the undue intrusion of past chapters of your life story.

Developing True Free Will

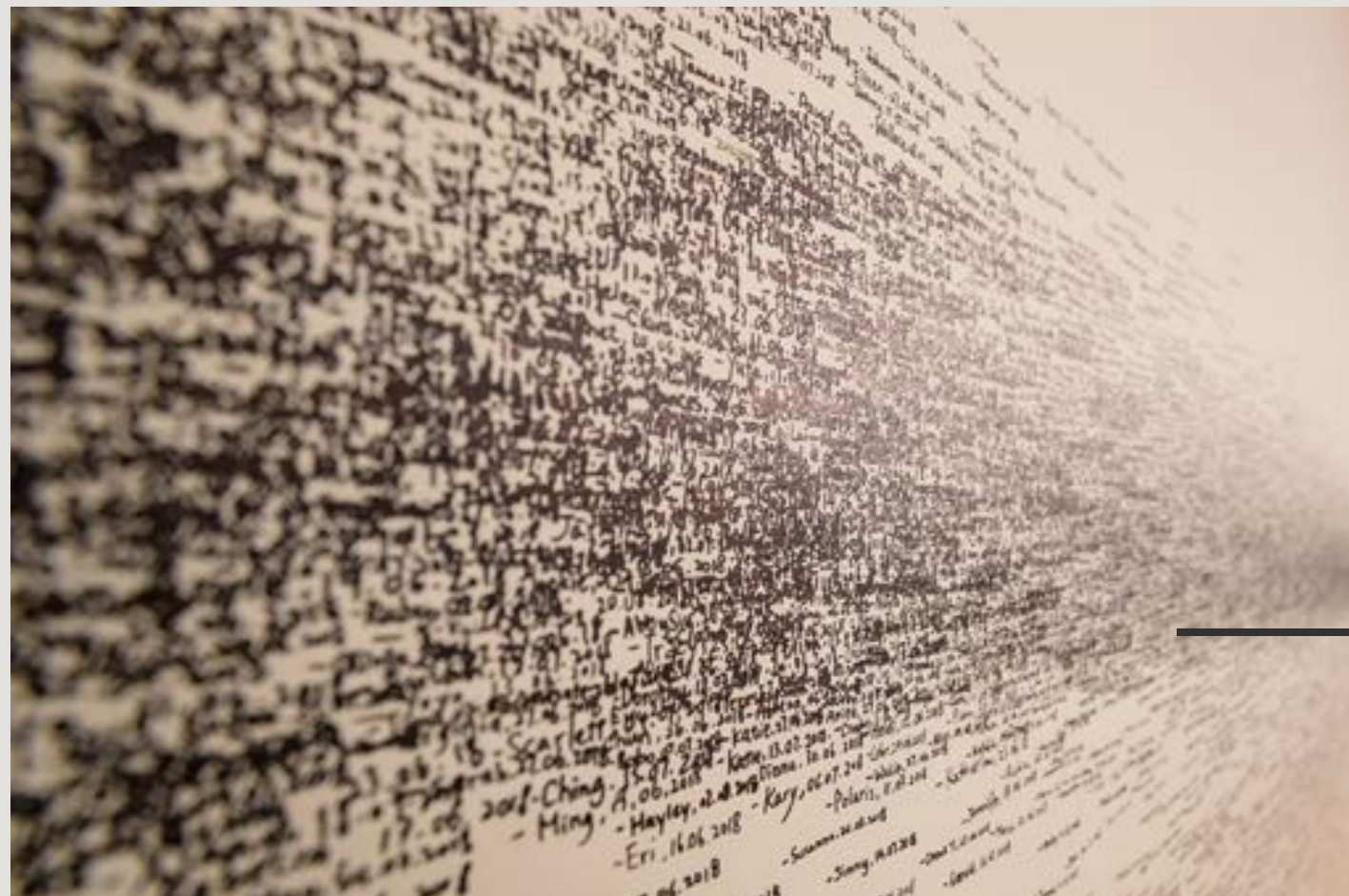


IDENTIFY OLD EMOTIONAL REFLEXES FROM PAST
DRAMAS THAT DON'T SERVE THE PRESENT MOMENT



CLEARING OUT OLD EMOTIONAL REFLEXES

Once identified, they can be cleared out and then no longer contaminate today's decision-making.



HOW CAN YOU RID YOURSELF OF THE OLD PATTERNS THAT OBLITERATE TRUE FREE WILL?

Counseling, psychotherapy or life coaching helps you to shed past habits of thought and behavior, in favor of purer ones that tap into true intention.



Why Does True Free Will Lead to Real Success?

DR. KEITH ABLOW BELIEVES

Exercising *true free will* is, in fact, the only way to achieve genuine success.

achieving genuine success

True free will is a reflection of one's true self, which is a gift from God.

True free will automatically taps into your *true passion* and *true personal power*.

When you have *true free will* you automatically choose to pursue your real dreams and stand for your true ideals and take the right risks, because they come from your core, not from your rote reactions to old intrusions upon you in earlier chapters of your life.

**EXERCISING TRUE FREE WILL IS THE ONLY WAY
TO ACHIEVE GENUINE SUCCESS.**


The logo features the words "PAIN" and "POWER" in a bold, sans-serif font. A large, stylized number "2" is positioned between them, with a blue arrow pointing from "PAIN" to "POWER" passing through the center of the "2". The word "PAIN" is in a lighter blue color, while "POWER" and the arrow are in a darker blue.

PAIN 2 POWER

Restore true free will with the Pain-2-Power program

DR. KEITH ABLOW

The mission of Pain-2-Power is to restore true free will to clients, to leave them unencumbered by the agendas of others, exercising their real intentions, pursuing their real dreams, saying what they really mean and entering into relationships they really want.



The start of your journey with Pain-2-Power is as easy as reading one of Dr. Keith Ablow's concise e-books, designed to jumpstart significant changes in your life. We don't charge for them. Your only investment is a bit of your time and your willingness to become more powerful.

- Truly Powerful Leadership
- Eight Steps to Increase Your Personal Power
- The Future Defines the Past
- Find the Pain to Find Your Power
- Twenty-One Ways to Improve Your Life in 2021
- Explainign Your Emotional Pain is the Opposite of Complaining
- How to Let Go and Move Forward
- And check back often for upcoming releases

DR. KEITH ABLOW'S EBOOKS

Pain-to-Power is a process of rediscovering one's true, core, God-given heart and soul that extinguishes self-defeating patterns of emotion, thought and behavior, fueling new levels of self-esteem, motivation, energy and success—both personally and professionally.



Pain-to-Power brings people to their highest potential using a unique system that facilitates a profound understanding of one's life story, and goals. This frees up massive reservoirs of energy that can then be used to build relationships, achieve dreams and reach one's truest, loftiest goals.



Dr. Keith Ablow courageously engages with clients to replace negative go-to patterns of emotion, thought and behavior with positive and powerful ones that lead to greater happiness and more success than they have ever known in their lives.



PURPOSE



What some of Keith's clients have accomplished

- Founded new companies in the energy, healthcare, and financial services industries
- Released a new album
- Published a new book
- Opened a new restaurant
- Raised millions to expand an existing business

What some of Keith's clients have to say



Working with Keith has been an amazing, prolifically impactful experience—one that's helped me define my goals (both in life and professionally), as well as the things that are holding me back (and how to work through them). Beyond sessions, he touches base with me daily to help hold me accountable in areas we've discussed, along with providing immense insight and feedback—essentially going above and beyond. I would definitely recommend working with him! -BC

Pain to Power is an amazing platform! I'm proud to be part of that infinite well of potentiality. Thank you, Dr. Ablow. - LD

The real deal! Has benefited my business tremendously. -BF.

Dr. Ablow retaught me how to love myself as well as how to move through everyday life dealing with my problems instead of just hiding from them. -PE

The Program

Dr. Keith Ablow has developed his own unique program in which he offers 1:1 coaching and counseling sessions personalized to each client.

PAIN-2-POWER.COM

KEITHABLOW.COM

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Click **HERE** to schedule your free consult today.

Connect with Keith

