





Most REBOOT participants have a history of failed attempts to heal from their combat trauma through other channels. If that's you, what are some of the things you've tried prior to REBOOT? Why do you think they didn't work?

What are some of the things you want to make sure we discuss during the next 12 weeks together?

Here's our contract with you:



We can't promise that your symptoms will get better. We do promise that, in spite of your symptoms, you can live a life that is full of joy and freedom.

Completing REBOOT may be one of the hardest things you'll ever do, but it also may be the most rewarding. Now, the work begins. Digging down to the root system of a tree isn't easy, but will you commit to working hard for the next 12 weeks?



YES or NO