

All Kangen Made Easy VIII

ANESPA & UKON



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8 NG

7KH \$QHMSD' [LV D VKRZ HUI LOMUDQG Z DMULRQ] HUV WMP -WHP RYHV
FKRUQH DQG LP SXULWHV IURP \ RXUZ DMUDQG FKDUJHV LVZ LK QHJDMYH
LRQV DQG KHDO\ P LQHDOV

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7KH \$QHMSD' [KDV D GRXEØ I LOMU RI DFWYH FKDUFRDODQG D) XMP D FHUP LF
LQCHU I LOMU 7KH FDUMGJH SXULFDNRQ V WMP HIIHFVYHO UHP RYHV DØ RWV
FKRUQH DQG EDFVHUD 7KLV FDUMGJH DØR KDV D VRXUP DOOH
LP SUHQDMG DFWYDMG FDUERQ IIEHU Z KLFK DFWYDMV Z DMHUE\ XVQJ VXU DFH
DFWYH DQG QHJDMYH LRQ HIIHFV

- 7KH \$QHMSD-QMUDQ&DUMGJH &HUP LF VKRXG EH UHSDFHG HYHU \ HDU
GSHQGQJ RQ Z DMU TXDQV 7KH \$QHMSD ([VMUDQ&DUMGJH VKRXG EH
UHSDFHG HYHU \ HDU GSHQGQJ RQ Z DMU TXDQV &FN KLUH VR Z DMK D
VXVRUDO

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&KRUQH LV VKHP RWFRWH IIFHQVZ DA VR GLQHFVZ DMU NQQ DZ LGH UDQJH RI
EDFVUD YLXVHV DQG RVKHUSDNRJHQV \$VMU FKRUQH LV DGGHG VR VKH Z DMUDV
VKH WHDP HQMSDQV LW QRWHP RYHG VKH IDFWMDWKH FKRUQH VDA V DFWYH
P HDQV VKDVLFRQMOXH VR GLQHFVWKH Z DMUDV LVWDYHO VKURXJK SISHV VKDW
FRXG KDYH EDFVUD RU RVKHU JHUP V LQ VKHP 2 QFH VKDWZ DMU JHV VR \ RXU
KRP H KRZ HYHU LV EHWVR JHWUG RI LV

&KRUQH LV HJ WHP HO GDQJHURXV VR KXP DQ EHLQJV \$VDJDV LVWDVFN VKH
H HV VNLQ DQG OXQV

7KLV FKHP LFDOFDQ EH LQKDQG DQG DEVRLEHG VKURXJK \ RXU VNLQ : KHQ \ RX
VKRZ HUI LQ KRVAZ DMU \ RX LQKDO VKH WMDP VKH Z DMUYDSRUFRQMLQV FKRUQH
DQG GLQHFMRQ E\ SURGXFW QNH VKDØP HMKDQHV DQG P DQ RVKHU Z DMU
SRQVQV

<RXUGJHMYH V WMP LV GHMJQHG VR KDQGO SRWLEØ VRJ LQV LQ DZ DA VKDW RXU
OXQV DUHQWZ KLFK P HDQV VKDWHYHQ ØZ ØYHOJ SRVXUH VR VKMH FKHP LFDOV
VKURXJK LQKDDNRQ P DA KDYH D P XFK P RUH VJQLLEDQWHI IHFVMDQ GUONQJ
VKHP LQ Z DMU 6VXGLHV VXJJHWWKDWWHYHLDOWSHV RI VKDØP HMKDQHV P DA
FDXVH FDQFHU DQG VKHUH DUH LQGFDMRQV VKDWFDOFHU UDMV DUH KJJKHU IRU
SHRSØZ KR GUON DQG EDMKHLQ FKRUQDMG Z DMU

• - Q S H W I F K O R U L P S R U W D Q V H Z H D W B U V L Q I H D F Q V L R Q
 G H F U H M D K S H D W K R J L Q V K Z H D W F I K I O R U J D Q V H D W H Y H Q
 L L W D W R Q F H Q W U D D W R L Z R Q Q V D V P S R U W L D R Q Q W K H
 R F F X U U H R Q V F H Y H G D V H D W K U R K V S D U W L F L Q V K Q W
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0 H G F D O & R O U H R I : L V F R Q M Q U H M D U F K W D P

• - Q K D O D R W L K R Q R U L Q Q F K H P L F Y D S R U W D V X V S H F W H G
 F D X V H R I E U R Q F K L W L V D Q G D V W K P D L Q F K L O
 • 7 K H W H D F L Q K Z C H G B W K E D Q R Q W X S V Q R W L P H V
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 F D Q F U H L U D P R Q J S / W R S G U H L Q N D Q Q E V R U E K O R U L Q D W
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\$QHSD ' [KDV GLIHUHQWP LQHDOY DQG WRQH VWDWXSHU FKDUJH \ RXU
Z DMU FUHDMQJ P LQHDOQRQZ DMU \$QHSD' [DOR KDV D SRZ HUXOP DJQHW
VKDWDFFRUGLQJ VR (QDUJF KDV VKH SRZ HUVR UHVVXFXUH Z DMU

1HRG\PLXP PDJQHW

7XID

7KLVKLVK TXDOW SRZ HUXOP DJQHW
FDQGHFRP SRVHVKHZ DMU
P RÖFXÖV LQVR VP DÖHUFÖVMUJVR
DFVYDM VKHZ DMUDQG FKDQJH LVVR
VQKVÖ VMP XÖMVGZ DMU -VDOR
KHSVZ DMUDEVRLP LQHDOY

\$ P LQHDOVRQH VDNHQ GLHFVÖ
IURP VKH) XVDP DMD5DGLXP +RW
6SUQJ LQ+RNNDLGR -DSDQ 7KLV
VRQHJLYHVVKHZ DMUVKH VDP H
JHQVÖ DQG UHQJ LQJ HIFVRI DKRW
VSUQJ

0LF6VRQH

3RZHU6VRQH

* HQLDMVDFVYDMG P LÖÖ DÖDÖQH
Z DMUZ KLFK LVJRRGIRU\RXUVNQ

* HQLDMVVRQJ QHJDMYH LRQV

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EHQHILV

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7KH Z DMUIRXQG LQ QDMUDOKRWSUQJV FRQMDQV D YDUHW RI GLIHUHQWP LQHDOY
VKH P LQHDOY VRQH V IRUP VKH \$QHSD P D\ KDYH VP LÖUHIFW2 XUERGLHV VRDN
XS VKHM P LQHDOY Z KHQZ H DUH LQ D KRWSUQJ Z KLFK LQFUHDMV FLFXÖMRQ DQG
RYHDOQRJ \ JHQIÖZ

5HGXFH6VHW DQG 3URP RVH6ÖHS

7KH P LQHDOZ DMULQ KRWSUQJV FDQ DOR KHS UHGXFH VHW E\ UHQJ LQJ VQMV
P XVFÖV

+HS Z LVK 6NLQ 3UREÖP V

7KH KLVK VÖFD FRQMQM RXQG LQ KRWSUQJV FDQ VP RRVK DQG VRVMQ GU DQG
URXJK VNLQ \$QHSD Z DMU GRHVQVKDYH VÖFD EXVP DQ\ SHRSÖI KDYH UHSRUMG
EHMMU KHDOXILHUVNLQ Z KHQ VZ LVK LQJ VR VKRZ HUQJ Z LVK VKH \$QHSD

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. DQJHQ 8 NRQ DUH P HGLFDQ IRUP XOMG DQG P DQXIDFWXUHGXUP HUF HJ WDFW FDSVXOM IUHRI JOXMQ VR P LQ HJJ VKHOLVK FRUQ Z KHDWDQG SHDQXW

6HUYLQJ VJ H FDSVXOM

-Q VRP H 8 NRQ ERJ HV LWDA V VKH VHUYLQJ LV FDSVXOM - SHURQDQ VDNH FDSVXOM SHUGA DQG IL -IHQZ HDN MEN KDYH P XVFOI VRUHQHW RUI RLQMSDLQ - VDNH XS VR FDSVXOM GHSHQGLQJ RQ P \ QHHGV <RX FDQ SDA Z LMK \ RXURZ Q GRVDJH VR FDSVXOM DQG VHHZ KDMEHQHILW \ RX VKHP RWW

2 WJDLF 7XLP HUF JURZ Q LQ -DSDQ

7KH 6SUQJ 8 NRQ KDUYMMG HJ FOVLYHO IRU (QDJLF LV JURZ Q RQ GHGLFDMG IDUP V LQ <DQEDUX DQG LV IUHRI KDUP IXOFKHP LFDV XVHG LQ QZ HUTXDQW FRQYHQMRQDOLXP HUF IDUP LQJ

* LRZ Q DQG WHDMHG XVLQJ . DQJHQ: DMU

6SUQJ 8 NRQ DQG \$XVP Q 8 NRQ DUH FODQVHG DQG VDQMJHG E\ 6WRQJ . DQJHQ : DMU DQG 6WRQJ \$FLGF : DMU DMKH (QDJLF 8 NRQ) DFRU 7KLV LV VKH ILWW VXSSOP HQWHYHUSURGXFHG E\ FRP ELQJ FXUXP LQ . DQJHQ: DMU DQG DGGVYH IUH 6SUQJ 8 NRQ HWHQMDORLO

3 DMHQVHG VRI WJHOFDSVXOM

7KH SDMQMG VRIWJHO . DQJHQ 8 NRQ FDSVXOM LV P DGH Z LMK DQMRJ LGDQW LQ UHGLHQW VXFK DV ROYH RLO SHUDD RLO IDJ VHHG DQG VRFRVHQRO -Q DGGMRQ FDUUJHQDQ D VHDZ HHG GHUYDMYH LV XVHG DV DQ LQ UHGLHQW RUVKH FRDMQJ RI VKH FDSVXOM 7KLV FDSVXOM SURVFW IURP QKVDQG KXP LGLW

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7XUP HUF KDV EHHQ XVHG IRU FHQXUHV DV D P HGLFDO SØQWLQ \$VLDQ
FXØXUHV VSHFLDØ IQ -QGD DQG \$\XUYHGF P HGLFLQH 7KH SUP DU
EIRØJLFDO DFWYH FRQWVXHQWRI V\UP HUF LV V\H SROSKHQRO FXUFXP IQ
DQ RUDQJH\HØZ SRZ GHU V\DWKDV SRVHQW DQWLQIQ ØP P D\RU DQG
DQMRJ LGDQWSURSHUWV
&XUFXP IQ LV YHU SRSXØUQRZ DGD V DV D YHU SRZ HUXODQMRJ LGDQW-WLV
RQH RI V\H P RWLQYHVV DVG ELRI ØYRQRLGV
-VKDV VKRZ QVR KDYP DQ EHQHILFDØH HFW IRURXUKHDØK

- P DQDJHP HQWRI RJ LGDMYH DQG
LQ ØP P D\RU FRQGLMRQV
- P HØERØF V QGURP H
- DUKUWV
- KHSV Z LK DQ LHW
- KHSV Z LK GHSUWVRQ
- K\ SHUØSLGH P ID
- FKHP RSURWFWYH
- DQMFØQFHU

- DQMGLEHMF
- DQWREHMLW
- JDWRSURWFWYH
- DIIHFW V\H
- QHXURV WMP
- ZRXQG KHDØQJ
- DQWYHQRP
- DQWYLUDDQMEDFWLUDDO
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-VP D\ DØR KHS IQ V\H P DQDJHP HQWRI HJ HULVH LQGXFHG LQ ØP P DMRQ
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UHØWYHØ ØZ GRVH RI FXUFXP IQ LV HQRXJK GXH V\H SRZ HU RI V\LV
FRP SRQHØWØ RWRRI V\HM EHQHILV FDQ EH DMEXVVG VR LV DQMRJ LGDQW
DQG DQWLQIQ ØP P D\RU HIIHFW

-QJHMØJ FXUFXP IQ E\ LVHØ GRHV QRWØDG VR V\H D\RFIDVG KHDØK
EHQHILV GXH VR LV SRRUEIRDYDLØELOW Z KLFK DSSHØV VR EH SUP DUØ GXH
VR SRRUDEVRLSMRQ UDSLIG P HØERØP DQG UDSLIG HØP IQDMRQ 7KHUH DUH
VHYLUDDO FRP SRQHØW V\DW FDQ LQFUHVMH EIRDYDLØELOW)RU HJ DP SØI
SLSHUQH LV V\H P D\RU DFWYH FRP SRQHØWRI EØFN SHSSHU DQG Z KHQ
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6LP S0 SRS D. DQJHQ 8 NRQ FDSVXØI DQG SXVWKH SDVM RQ \ RXUIDFH DV D
IDFH P DMN 7KLV KHSVVR ØZ HULQI DP DMRQ DQG UHYVWQ H VKH VNLQ / HDYH LVV
IRU DWØDW P LQXMMV RU DQQLKWRQJ UHP HP EHU VR FRYHU \ RXU
SLOZ Z LMK DVZRZ HO

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3RS D. DQJHQ 8 NRQ FDSVXØI DQG XVH VKH SDVM DV DQ XQJXHQM5XE DQG
P DMDJH VKH DUHD Z LMK VMLV SDVM \$V \ RXU VNLQ DEVRLEV VKH 8 NRQ
FXLFXP LQ P DA KHS Z LMK SDLQ DQG LQI DP P DMRQ LQ VKH VDJHMMG DUHD

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3RS D. DQJHQ 8 NRQ FDSVXØI DQG XVH VKH SDVM DV D VRRVMSDVM EUXVK
\ RXU VHMK DV XVXDO <RX FDQ DØR P I VMLV SDVM Z LMK \ RXU UHXØU
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- (QDJIF &RP SDUVRQ } -QQRYDMYH : DMU 7HFQRQJ\ QG (QDJIF KWSV ZZZ HQDJIF FRP "F SURGXFWFRP SDUVRQ Q HV
- 86 : DMU 6\WMP V QG &KQUCQ -Q 6KRZ HU : DMU KWSV ZZZ XVZ DMU\ WMP VFRP VKH WVK DERXWFKQUCQ IQ \ RXUVKRZ HUZ DMU
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- . RMD &RQJH RI 3KDUP DF . RMD 5DNMMKQ -QGD)DFXQV RI 3KDUP DF ' HSDUW HQWRI 3KDUP DFRJQV 3UQFH 6DMW %IQ \$EGXOS]I 8QLYUW \$QKDDM5L DG . LQJGRP RI 6DXGL \$UDEID -DQXDU &XUXP IQ \$ 5HYHZ IRU+HQQ %HQHILW 5HYHZ \$UMFQ KWSV G ZTW []QI FQXGIURQVQHW -55 QFI KDSGI" UHVSQVH FRQMQV
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