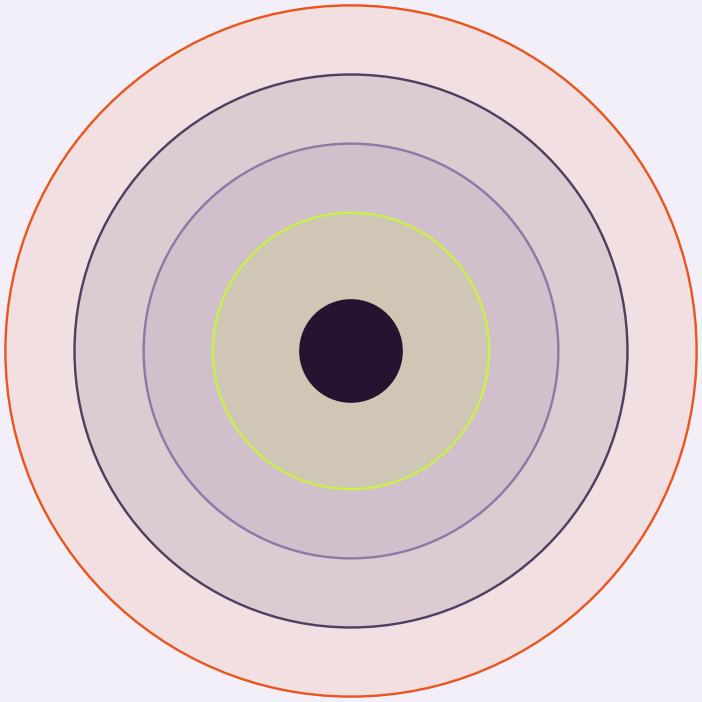


# Your Wish Is Your Command

A reading of the book by Kevin Trudeau (2009)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Your Wish Is Your Command, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

# The book in a minute

Fourteen CDs billed as a live Swiss Alps seminar whose attendees, the seller claimed, paid $10,000 each: the teachability index, the four stages of learning, and a manifestation system presented as the private property of a secret brotherhood. Most of the useful material is a century old and free. The seller was later sentenced to ten years for lying to his customers.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

# The takeaways

1 HOURLIFE TAKEAWAY

### The teachability index is the one genuinely useful tool in here: your willingness to learn multiplied by your willingness to change. If either is zero, the product is zero.

Take this and leave the rest. It is the clearest thing in fourteen hours and it costs nothing to apply.

2 HOURLIFE TAKEAWAY

### The four stages of learning — you do not know what you do not know, then you do, then it takes effort, then it does not.

Standard competence-model material, taught well here, and taught for free everywhere else.

3 HOURLIFE TAKEAWAY

### The secret brotherhood framing is the sales device, not the content. What is actually taught is Napoleon Hill and Earl Nightingale with a new wrapper.

Once you have read Think and Grow Rich, the Swiss Alps stop being mysterious.

4 HOURLIFE TAKEAWAY

### Nothing in here needs to cost $10,000. A price like that is not what the information is worth — it is what scarcity and secrecy are used to justify.

The pitch is a demonstration of scarcity selling, and the thing it serves is the seller's income.

5 HOURLIFE TAKEAWAY

### Specific goals, written down, reviewed daily, with a deadline. The part of the system that survives contact with evidence.

Goal specificity has actual research behind it. It arrived here from the same place everything else did.

6 HOURLIFE TAKEAWAY

### Trudeau was convicted of criminal contempt in 2013 and sentenced to ten years for lying in infomercials about his own book. He served eight.

Not a smear and not a tangent — it is the documented outcome of trusting this seller's claims.

7 HOURLIFE TAKEAWAY

## The FTC judgment against him ran to more than $37 million, on top of two felony fraud convictions in the early 1990s.

A record long enough that it has to be part of any honest description of the product.

8 HOURLIFE TAKEAWAY

## Manifestation as taught here has no mechanism and no evidence. Writing down a goal changes what you notice and what you do — that is the whole effect, and it is enough.

Attention and action are doing the work the metaphysics is taking credit for.

PUT IT TO WORK

# Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Score your own teachability index
- [ ] Read the originals instead
- [ ] Write your goals with a number and a date
- [ ] Look up the seller before you buy the system
- [ ] Set your own price ceiling for information

KEEP UP DAILY

- ◯ Convert one goal into this week's actions
- ◯ Review the written goals daily, briefly
- ◯ Notice when scarcity is being manufactured

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

# Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

# The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

# The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

## Score your own teachability index

Two numbers out of ten — how willing you are to learn something new, and how willing you are to change what you already do.

Multiply them. Under 50 and no course you buy will move anything.

MY VERSION DONE ON

☐ SETUP 2

## Read the originals instead

Think and Grow Rich (1937), The Strangest Secret (1956), Psycho-Cybernetics (1960).

This is where nearly all of it comes from, and they are in every library.

MY VERSION DONE ON

☐ SETUP 3

## Write your goals with a number and a date

Not 'more money' — an amount and a deadline.

The specificity is the part that has evidence behind it, independent of any belief about how the universe operates.

MY VERSION DONE ON

☐ SETUP 4

## Look up the seller before you buy the system

Search the name plus 'FTC', 'lawsuit', 'settlement'.

Five minutes, every time, on any four-figure programme. It would have answered this one.

MY VERSION DONE ON

☐ SETUP 5

## Set your own price ceiling for information

Decide, now and in the calm, the most you will ever pay for a course.

Written down in advance, it survives the pitch. Decided during the pitch, it does not.

MY VERSION DONE ON

DAILY HABIT 1 OF 3

# Convert one goal into this week's actions

Every week, take one written goal and name the three things you will actually do about it by Sunday.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 ○ | 12 ○ | 13 ○ | 14 ○ | 15 ○ |
| 16 ○ | 17 ○ | 18 ○ | 19 ○ | 20 ○ | 21 ○ | 22 ○ |
| 23 ○ | 24 ○ | 25 ○ | 26 ○ | 27 ○ | 28 ○ | 29 ○ |
| 30 ○ | | | | | | |

## December 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | 1 ○ | 2 ○ | 3 ○ | 4 ○ | 5 ○ | 6 ○ |
| 7 ○ | 8 ○ | 9 ○ | 10 ○ | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

# Review the written goals daily, briefly

Sixty seconds, first thing.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 ○ | 12 ○ | 13 ○ | 14 ○ | 15 ○ |
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## December 2026

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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

# Notice when scarcity is being manufactured

Secret, limited, closing tonight, members only.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
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| 30 ○ | | | | | | |

## December 2026

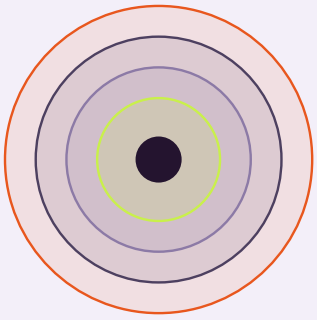
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



**Test the method on its own terms, and test the seller on his. A technique can be useful and the person selling it can still be taking you — those are two separate questions and you are allowed to ask both.**

HOURLIFE DISTILLATION