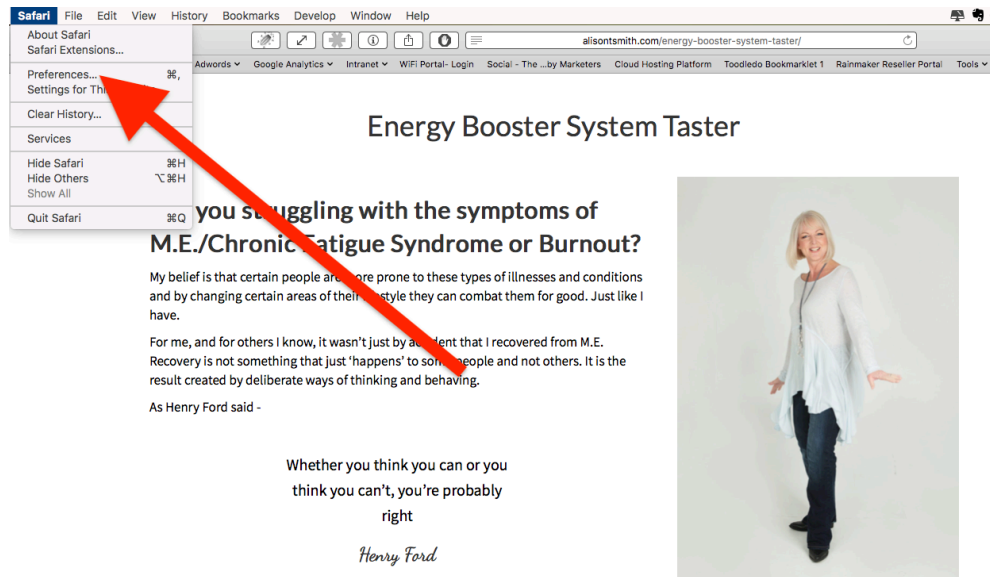


## For Safari Users

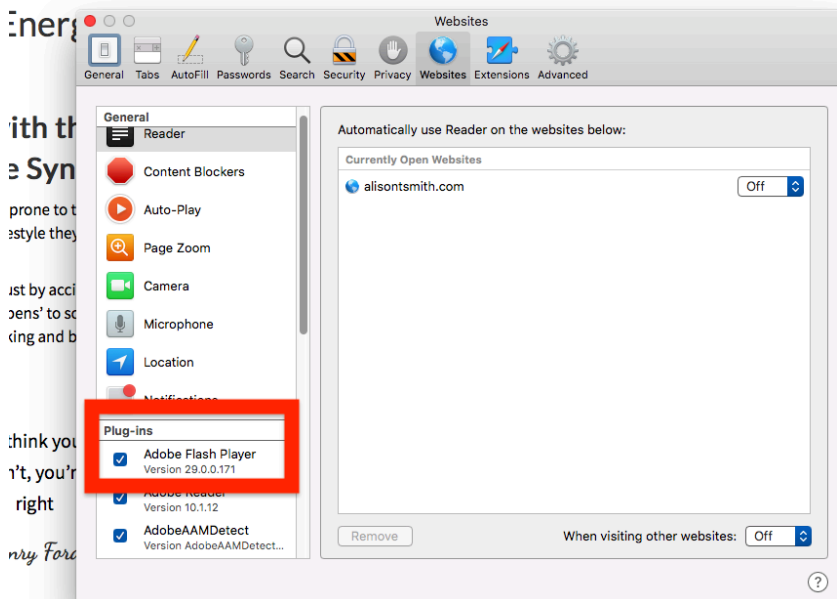
If the video won't play for you and you get an error message, there are 2 ways you can sort this out.

### No 1

Go into Safari Preferences

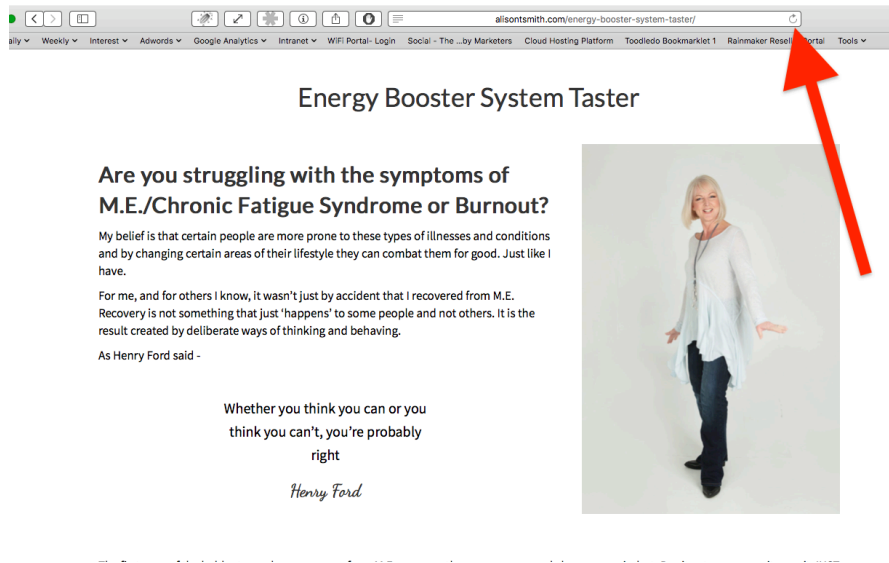


And check to see if Adobe Flash Player is ticked.



recovery from M.E. was my ethos, more commonly known as mindset. Don't get me wrong, it wasn't JUST  
s certainly THE most important step and the very best place to start.

Then refresh your page in Safari



If it is already ticked you will need to untick it, refresh your page and then tick it again. **Note:** You will have to press play twice for it to start.

## No 2

In the top right corner of the video there is a button that will allow you to open the video in another tab in full screen view, the video will then play.



Ready to find out more?

Find out about the four steps and take the course!