

PREP RESOURCES

COURSE HOUSEKEEPING INFO

Welcome to Detox by Dr Libby! We hope you find this journey insightful and rewarding.

HOW THE COURSE WORKS

For the next 28 days, you will receive new content (a video & supporting resources) each day. Please be sure to scroll right down to the bottom of each section in the course (below the videos) so that you don't miss anything.

Logging in daily to access the course content is encouraged, however, we understand that everyone's schedule is different so the course content will unlock on the course platform on a weekly basis, to provide greater flexibility. This means that on day 1 of the course, you'll be able to access all of the content for the first 7 days, and on day 8 of the course the next 7 days will unlock, and so on.

You'll have access to this course platform for 56 days, in case you fall a little behind. Or you might like to keep going with some of the changes you've made.





DAILY COURSE EMAILS

For the duration of the course you will receive an email from Dr Libby each day, which will include a link to the daily content on the course platform. However, you can also access the email and course content at any time during the course simply by logging on to the course platform via this link: https://course.drlibby.com/sign_in.

If you don't see the daily course emails from Dr Libby in your inbox, please check your Junk/Spam folder to see if they are there. If you have a Gmail email address, please also check the Promotions tab in Gmail in case the emails have gone to this section instead of your main inbox.

To help ensure the emails come through to your inbox, you may like to add 'mail@drlibby.com' to your email contacts.

RESOURCES

Throughout the course there are a number of written resources provided to support you on this journey. All of these resources are downloadable, and you are welcome to save a copy to keep forever. The resources shared throughout the course are located beneath the daily sessions they relate to, so please be sure to scroll right down to the bottom of the sessions each day to make sure you don't miss the download links for these.

FOCUS POINTS

With the educational videos in the course, there will be a download link for a list of the key points from the video. These are not designed to be a to-do list. They are simply there to help you to bring attention and action to choices which may need to change for you to get the outcomes you seek.

JOURNAL PAGES

Across the course, we'd love for you to keep a journal. It's not essential, but writing things down can really help us to process factual information, as well as gain personal insights.

