



THE PEM PROTOCOL

Pick the one playlist your life needs most, and start your 30 days.

The big idea: The whole book in one move: pick the **one playlist of the nine** your life needs most, build it, and use it daily for 30 days. The evidence base is vast (WHO, 2019) — but the proof is your own experience.

KEY TAKEAWAY

Tomorrow morning, before the phone, play one song you love on purpose. That single act contains the whole book.

A The 30-Day PEM Start

Choose one playlist of the nine, build it this week, and run a 30-day experiment on yourself.

- Choose ONE playlist from the nine — whichever maps to your biggest current need.
- Build it this week: 8–15 songs you genuinely love that fit the function.
- Use it daily, at the right moment, for 30 days. Attach it to an existing habit.
- Keep a one-line nightly note: did you use it, and what did you notice?

The one playlist my life needs most right now:

The existing habit I'll anchor it to:

My 30-day start and review dates: — Start End





B The One-Sentence Protocol

Shrink it to the smallest possible action, and let the experience be the proof.

Tomorrow morning, before the phone, the one song I'll play:

The 'sour face' I'm agreeing to suspend for 30 days:

What I'll look for as my own proof after 30 days:

CARRY IT TO YOUR JOURNAL →

Of the nine core playlists, which one does your life need most right now? That's where you start — today, not next week. Name it.

