## Zapato Productions Intradimensional presents...

## Aluminum Foil Deflector Beanie The Practical Alternative To Mind Contol

## ZP| QwickGuide ${ }^{\text {tw }}: 7$ STEPS to mental freedom



Get a $1 \times 5$ foot sheet of aluminum foil.

$(2)$
Fold the sheet over the dull side four equal times to produce a $1 \times 1$ foot square, shiny on each side.



Apply household tape liberally, making sure to secure the cut and any formfitting creases made in step 5.


7
Use more tape to secure the AFDB to your cranium.


