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Psychic Development for Beginners
The Practitioner's Guide to Mirroring Hands
Self-Hypnosis Made Easy
Reprogram Your Subconscious
Llewellyn's Truth About Hypnosis
Plotto Eyes Open Self Hypnosis
Hypnotic Gastric Band
Trance-formations
Brain Change Therapy: Clinical Interventions for Self-Transformation
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The Science of Self-Hypnosis
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The SEVEN Most EFFECTIVE Methods of SELF-HYPNOSIS
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Self Hypnosis As You Read????? ?? ?????

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Psychic Development for Beginners

"Self-hypnosis can be a great tool to overcome obstacles in our lives. Self-Hypnosis Made Easy gives the reader the skills to train themselves into deep hypnotic trances, getting rid of negative thoughts and behaviors, and improving any aspect of their life that they want to change. In this book, readers will discover: Easy-to-follow, step-by-step techniques for self-hypnosis
Practical exercises to help deepen a hypnotic trance
How hypnosis can help them stop smoking, eliminate phobias, reduce weight, sleep better - and more. How hypnosis can help overcome a major illness. For total beginners and improvers alike, this book is an excellent resource to learn self-hypnosis."--Amazon.

The Practitioner's Guide to Mirroring Hands

Unleash the power of your mind and discover your potential. Do you wish you had the power to become all that you can be? All good-intentioned programming works best when you reach a deeper state of mind. The secret is in accessing those states through easy life-changing techniques. A thin window of consciousness differentiates two states of the mind - self-hypnosis and meditation - and this book will show their similarities, and

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define each condition and accessibility. If you're curious enough to at least peruse this book, then the ability to learn these techniques is already a part of your consciousness, and will soon to be recognized. Lucky you! Your subconscious is prompting you to investigate. It is saying that you are capable of deeper states of mind. Many have tried to focus to learn either self-hypnosis or meditation and failed. Applied concentration and knowing what to expect once entranced may be what was missing. The instructions in this book are meant for those wishing to learn and use the techniques of self-hypnosis and/or meditation for self-improvement. Easy, yet powerful scripts are provided to produce desired changes. You can change your life today. Praise from readers: ????? - "I bought this book a long time ago and I wish I had gotten around to reading it sooner. I recommend this book to anyone fascinated by the subject of hypnotism." ????? - "Experience radiant health and well-being with this book."

Self-Hypnosis Made Easy

This phenomenal work by the 'Dean of American Hypnotists' is the most comprehensive text ever to be published on stage hypnotism. It also has widespread therapeutic applications. "A masterwork on Stage Hypnosis" Gil Boyne, President, American Council of Hypnotist

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Examiners

Reprogram Your Subconscious

Llewellyn's Truth About Hypnosis

If you've ever been interested in the powerful science of hypnotism or becoming a hypnotist, you've come to the right place. By the end of this book you will be able to hypnotize anyone, literally. The history of hypnosis is discussed, bringing you all the way to how you can hypnotize someone anywhere, anyplace, at anytime. You will learn the definition of hypnotism, as well as how it was used historically, and how it is used today. The dark side of hypnosis will also be investigated, to some degree. The book will give you an overview of some of the terrible and frightening ways that hypnotism has been, and is being used, to control what you see, hear and say, and how it can be used to get you to submit to the ultimate surrender of your mind. How does hypnotism work and what parts of the body and mind are affected by hypnotism? How does hypnotism change your brain chemistry? How does hypnotism alter your physical body? Does your temperature rise when you are hypnotized? Does your heartbeat quicken or does it slow down when you undergo hypnosis? The hypnotic interview and the pre-talk before you begin a

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hypnotic session are discussed, as well as how to induce a subject into a trance state. You will learn the steps and processes needed to work on, and with, a subject or patient in the hypnotic trance state. Trance deepeners are an additional resource during hypnosis. They are used to put a subject into an even deeper hypnotic trance state, to be properly hypnotized. What signs should a practitioner look for in a subject undergoing hypnotic suggestion to tell if the person is truly hypnotized? Just as important, you will learn the signs to look for if someone is just pretending to be hypnotized. Finally, you'll learn how to hypnotize anyone, anytime, in any place. You will amaze and astound your friends, family and coworkers with your hypnotic skill. You will be the hit at every party or fun event. It's a great way to break the ice with a prospective partner, too. Learning the art of hypnotism could be a lucrative career. You really never know the path you will travel. Learning hypnotism is a fun and exciting way to enjoy your life to the absolute utmost. What are you waiting for? Scroll up and hit the 'Buy Now' button to learn how you can hypnotize anyone, anytime, in any place

Plotto

Medical Hypnosis—Your Secret Ingredient for Achieving Your Perfect Weight If you've ever

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been on a diet, you know that planning your menu is not the hard part—sticking to that plan is. But what if you had a way to change your cravings and state of mind with the power of deep relaxation? Now with The Self-Hypnosis Diet, you'll learn how to use clinically proven methods of self-hypnosis to unlearn old eating patterns, and create new and lasting behaviors for succeeding with a healthy diet.

Eyes Open Self Hypnosis

Are you looking for ways to alleviate stress and anxiety? Have you looked and found nothing that seems to work? Are You Looking for a SOLUTION? Did you answer yes to one of more of those? Then keep reading. Wouldn't it be great if you could hypnotize yourself to relieve your symptoms! Knowing that your stress is just something which your mind created, and you have your own solution on how to beat it. You're probably thinking "That would be difficult, I've tried everything" EXCEPT! Not thinking too much about the situation you're in, hypnotizing yourself to think less about what caused the stress or anxiety to appear in the first place. My simple methods and techniques will not only allow you to relieve yourself of these symptoms but give you a life skill which you can use anywhere you wish. Imagine you're at work and your work is getting to

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you. You walk into a quiet office space, start hypnotizing yourself and the symptoms disappear! Yes, it is that simple and you can learn the exact techniques and methods which will change your life immediately. There is no better feeling then being happy and knowing how to keep yourself that way. Having experienced the highs and lows like any other person I've had to use my own techniques to bring myself out of depression and keep myself from returning to that state. There are a few things you will learn and get started. So here is what you will learn today: The Basics of Hypnosis How Hypnosis Works What Benefits Can You Get From Hypnosis? How Hypnosis Helps Cure Depression, Anxiety And Stress And Bring Happiness How To Prepare Yourself For a Hypnosis Session To Guarantee Greater Effectiveness How To Hypnotize Yourself To Fight Depression Am I Hypnotized Yet? How To Know If You Are In A Trance And How To Get Out FAQ About Hypnosis There's a lot covered but this will all go towards you becoming a stronger person and happier in your life. Hypnosis has helped people all over the world There is only one step left, Scroll to the top of the page and Click BUY NOW.

Hypnotic Gastric Band

Activate the raw power of your subconscious to create the life you've always wanted,

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using six essential lessons from one of the world's most renowned hypnotherapists in this "nourishing and healing book" (Michael Bernard Beckwith, author of Spiritual Liberation). Unsatisfying careers. Volatile, unhealthy relationships. Unfulfilled dreams. Too many of us are living lives that fall short of what we truly desire. But as celebrity hypnotist Kimberly Friedmutter explains in this life-changing book, not only is it possible to design the life of your dreams, but the power to do so already lies within you, in your subconscious mind. The subconscious is the root of your true power and desire; it's your inner child, your authentic self. It is the honest compass that will lead you to a life of happiness, so long as you are able to follow its direction. We all have the power to access it but as we grow up we're taught to stop daydreaming and to follow society's rules, which makes us disconnect from our subconscious, often with tragic results. In *Subconscious Power*, Kimberly guides you through six principles that bring your conscious mind in line with your subconscious desires. She shares practical, three-minute exercises that will help you transform your relationships, find true love, lose weight after years of struggling with the scale, overcome addictions, and achieve new career successes and heights. Featuring inspiring success stories and the practical tools you need to make meaningful change, *Subconscious Power*

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gives "you a pathway to achieve your goals and dreams in an effective and easily understandable manner. This book will improve your life in ways you never thought of" (David Zelon, producer of Soul Surfer).

Trance-formations

Eliminate bad habits and irrational fears forever. Professional hypnotist William Hewitt explodes the myths about the traditional clinical applications of hypnosis by explaining in simple language what this powerful tool is and what it can do for you.

Brain Change Therapy: Clinical Interventions for Self-Transformation

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more Shetty grew up in a family where you could become one of three things—a doctor, a

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lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his resume?, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich

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experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Hypno-Scripts

Open the door to your subconscious mind, your Silent, Invisible Partner that is responsible for how you think, feel and behave. You'll discover how to reprogram your subconscious mindsets, beliefs and behaviors so you can get what you really want in every facet of your life. Learn about Gale's specialty Reprogramming Hypnosis and Self-Hypnosis to keep your subconscious supporting your desires. Enjoy unique perspectives, dozens of instructive case studies, a wealth of information, easy to use applications, abundant original scripts plus a 50 page Journal with Affirmations. Beginners, as well as the experienced and/or professionally trained in hypnosis, will realize life-altering benefits from this book. Gale Glassner Twersky, A.C.H., is a Hypnotherapist since 1999, Best Selling Audiobook and book Author, certified Hypnosis Instructor, Creator and leading authority of the

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Reprogramming Hypnosis System and RHS certification. Gale is passionate about her work and has already helped many thousands to improve their lives with her Reprogramming Hypnosis specialty.

Mediumship Scrying & Transfiguration for Beginners

You'll learn hundreds of techniques to enhance life from womb to tomb, from painless birth to peaceful death.

The Science of Self-Hypnosis

The Science of Self-Hypnosis: " The Evidence Based Way To Hypnotise Yourself" is a book written for anyone wanting to learn about self-hypnosis and how to use it. This book is ideal for anyone; ranging from beginners who are new to the field of self-hypnosis, to experienced clinicians hoping to teach patients how to use self-hypnosis for therapeutic gain. Contained within this book are a range of methods for anyone to apply: to achieve a hypnotic mindset, develop hypnotic skills, induce self-hypnosis, deepen the experience of hypnosis, apply a range of evidence-based techniques and strategies for self-improvement and then exit hypnosis. The book offers a modern historical explanation of the development of this fascinating field as well as serving as a guidebook for

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practical application. All of this is done by dispensing with notions of an 'unconscious mind' or a 'special trance state', instead showing hypnosis to be an ordinary skill that anyone can learn, to be good at and derive benefit from. As the book title suggests, it adheres to research findings and the evidence-base available as much as possible while offering up a substantial literature review of this topic. The second half of the book looks specifically at applying self-hypnosis for stress management, anxiety reduction, depression, pain control and sleep enhancement; all showcasing techniques which can be applied to a range of other issues too. This is a comprehensive volume that aims to result in it's readers becoming proficient self-hypnotists. Adam ends his book with these words: In my opinion, there are not enough people in the world who have these skills. Self-hypnotists have the opportunity to make real beneficial changes that make each day an exciting prospect; the self-hypnosis adventure and exploration starts here. That indeed is an exciting prospect!

The New Encyclopedia of Stage Hypnotism

The SEVEN Most EFFECTIVE Methods of SELF-HYPNOSIS

Self-Hypnosis For Dummies is a hands-on guide

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to achieving your goals using hypnosis. Whether you want to lose weight, overcome anxiety or phobias, cure insomnia, stop smoking, or simply stop biting your nails, this guide has it covered! The reassuring and straight-talking information will help you harness the power of your mind and re-train your subconscious to think in more healthy and constructive ways, and to overcome specific issues, such as anxiety and paranoia, and break bad habits, such as smoking. The easy-to-follow style will guide you through every step of the process, empowering you to take control and start making changes right away.

The Self-Hypnosis Diet

Learn the art of hypnosis from the creator and hypnotist of Hypnosis On Display. This simple approach to understanding hypnosis is written in a way that anyone can pick up and understand.

Self-Hypnosis For Dummies

Introduces the concept of hypnosis, describes exercises designed to teach basic techniques, and discusses regression and self-regression

Yes, It's Real: Hypnosis for Beginners

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I Can Make You Rich

The Best Self-Teaching Guide for Beginning Astrologers Learn the basics of astrology in one easy-to-read book! This popular introductory guide starts with the philosophy of astrology, and simple definitions of its terms. Next, it explains all of the essentials, including planets, houses, aspects, and chart construction and interpretation. With this book, you can learn:

- How to create and interpret your own birth chart
- The basics of timing and prediction techniques
- Simple methods to construct a rough chart in minutes without using math
- An easy method to calculate an accurate chart mathematically

Astrology for Beginners includes a free birth chart offer to help you get started, and references to more detailed material for those who wish to go further with their studies.

Anodea Judith's Chakra Yoga

"Let Go of the Baby Weight," "Get Over Your Ex," "Relieve Social Anxiety," "Manifest a New Job," "Save More Money," "Eat Less Chocolate" - these are a few of the 42 life changing scripts in Self Hypnosis As You Read. This easy to use method brings you into a hypnotic state and improves your life without ever putting down the book. You remain aware at all times and gently come

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back to everyday consciousness. And there is no memorizing or hour-long sessions needed. Typically, self hypnosis requires script memorizing and takes up to an hour of your valuable time. With Forbes Robbins Blair's method you put aside a pleasant, effective 15-20 minutes for a few days until you reach your goals. This book of 42 scripts comes at the requests of readers of the best selling book, Instant Self Hypnosis: How to Hypnotize Yourself with Your Eyes Open. The scripts in this collection help you to conquer dozens of life's most challenging problems quickly and easily, including these issues: Drop the Last Ten Pounds, Money Stress Relief, Fall Back in Love with Your Mate, Magnetic Sex Appeal, Approach Hot Women, Perpetual Stress Relief, Expand Your Comfort Zone, Pursue Your Dream, Stop Overreacting, Stop Cussing, More Loving and Affectionate, Embrace Your Age, Love Your Body As It Is, Shrink Cancerous Tumors, Fibromyalgia Relief, Tinnitus Relief, Freedom from Eczema, IBS Relief, Feel Fine with Heights, Overcome Hypochondria, Release Fear of Abandonment, Override the Fear of Rejection, Okay with Confrontation, Comfortable Expressing Anger, Freedom from Porn Addiction, Conquer Compulsive Masturbation, Stop Drinking Coffee, Eat Less Chocolate, Love Cleaning House, Break Shopping Addiction, Stutter Anxiety Relief, Overcome Blushing, Never Be Late Again, Delay and Intensify Ejaculations, Tennis Focus, Sports Excellence, Be More Psychic and

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Intuitive, Let Go of the Baby Weight, Social Anxiety Relief, Manifest a New Job, Save More Money, Get Over Your Ex. Also included in the book are four hypnotic inductions as well as four advanced techniques. Self Hypnosis As You Read: 42 Life Changing Scripts can make the difference. Conquer dozens of life's most challenging problems head-on, quickly and easily. Change negative habits to positive. Take your life to the next level!

Self Hypnosis for a Better Life

"Like A Wrinkle in Time (Miranda's favorite book), When You Reach Me far surpasses the usual whodunit or sci-fi adventure to become an incandescent exploration of 'life, death, and the beauty of it all.'" -The Washington Post This Newbery Medal winner that has been called "smart and mesmerizing," (The New York Times) and "superb" (The Wall Street Journal) will appeal to readers of all types, especially those who are looking for a thought-provoking mystery with a mind-blowing twist. Shortly after a fall-out with her best friend, sixth grader Miranda starts receiving mysterious notes, and she doesn't know what to do. The notes tell her that she must write a letter—a true story, and that she can't share her mission with anyone. It would be easy to ignore the strange messages, except that whoever is leaving them has an uncanny ability to predict the future. If that is the

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case, then Miranda has a big problem—because the notes tell her that someone is going to die, and she might be too late to stop it. Winner of the Boston Globe-Horn Book Award for Fiction A New York Times Bestseller and Notable Book Five Starred Reviews A Junior Library Guild Selection "Absorbing." —People "Readers are likely to find themselves chewing over the details of this superb and intricate tale long afterward." —The Wall Street Journal "Lovely and almost impossibly clever." —The Philadelphia Inquirer "It's easy to imagine readers studying Miranda's story as many times as she's read L'Engle's, and spending hours pondering the provocative questions it raises." —Publishers Weekly, Starred review

Hypnotism

Practical Guide to Self-Hypnosis

The Beginner's Guide to Hypnotherapy

Anybody can learn to become a hypnotherapist, even if you have little or no experience. This book will teach you how to hypnotise anybody, how to deepen the state of hypnosis. What to do when you have your subject hypnotised - i.e. how to help them resolve their problems (whether, quitting smoking,

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losing weight, curing a phobia, fixing insomnia, gaining confidence the list goes on) and how to wake them up at the end of the session. Whether you are recently trained, new to hypnotherapy or have no idea at all about hypnotherapy and would like to learn about it, the Beginner's Guide to Hypnotherapy is the perfect tool for you to get a grasp of the basics principles of hypnotherapy, methods used in real hypnotherapy sessions and the reasons why we do these things. A lot of "Hypnotherapists" read from scripts and have no idea why they are saying what they are saying A GOOD Hypnotherapist does not do this. To become a GOOD Hypnotherapist takes an equal measure of skill, knowledge, positive intention and a great deal of practice. One size does not fit all with Hypnotherapy, and as a GOOD Hypnotherapist, it is up to you to provide a "tailor-made" solution for your future-clients. The Hypnotherapy methods and techniques set out in this Book will give you a solid foundation upon which to build your own Hypnotherapy scripts and sessions.

Hypnotherapy

More than 50 percent of Americans are overweight and looking for a solution. At last, there has been a weight-loss breakthrough that's easy and has a significant success rate: Paul McKenna's

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Hypnotic Gastric Band. Gastric band surgery, a radical operation that reduces the available space in the stomach, is a drastic—though often highly effective—treatment that's often a last resort. Hypnotic Gastric Band offers similar results without the risks of surgery: this psychological procedure works to convince the unconscious mind that a gastric band has been put in place, helping the body to behave as if a band were physically present—so it's easy to eat less and lose weight at last, while still feeling completely satisfied. Dr. McKenna spent years researching this groundbreaking process with leading medical experts in weight loss. He describes it as "the closest thing to real magic I have ever experienced," except this procedure isn't magic, it's grounded in solid science. All our decisions about food are made in the mind, which in many ways is like a computer. Hypnosis helps to reprogram the "computer" so that when people eat, they feel full faster. With the Hypnotic Gastric Band there is no dangerous physical surgery, no forbidden food, and no miserable dieting. Instead, the Hypnotic Gastric Band helps people make healthier food choices, enjoy their food more, and eat less without effort and without feeling deprived. The book comes with free digital downloads of guided hypnosis and detailed instructions to install your Hypnotic Gastric Band and to adjust it as the weight comes off. Just read the short book,

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then download the essential 25-minute hypnotic trance and start reprogramming your mind to eat less.

Hypnosis for Beginners

Are you struggling with your weight, tired of thinking about food all the time, and feel like your'e eating is out of control? In *Reprogram Your Weight*, award-winning hypnotist Erika Flint combines insightful and leading edge hypnosis techniques with client success stories of weight loss to help many lose the weight once and for all. She understands many people don't know what to do to lose weight and often have a hard time consistently following through. Some people feel like there's something deeper going on inside that's keeping them from achieving their weight loss goal. Flint shows them how to bring these issues to the surface and combat them in a healthy, mindful manner. Within these pages lies the roadmap to a healthier, happier you!

Think Like a Monk

If you have tried hypnosis tapes and been disappointed with the results, it may be because the tapes weren't recorded with your voice. *Self-Hypnosis for a Better Life* by William W. Hewitt presents the breakthrough technique that will allow you to become your

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own hypnotherapist and improve your life. Using the system in this book, you will learn how to create self-hypnosis tapes in your own voice and be able to design your own self-improvement program. Making these tapes is surprisingly easy. All you need is a tape recorder, a blank tape, and the complete instructions in this book. Simply make yourself comfortable and recite one of the 23 scripts included in the book. The easy-to-follow scripts include self-hypnosis techniques to: Bring more love into your life Understand your dreams Help control your weight Control insomnia Improve your memory Increase self-confidence Enhance success at work Overcome phobias and fears Maintain good health Stop smoking Reduce stress Stimulate self-healing Once you have made the tapes, you can use them at your convenience. Just pop in a tape, close your eyes, and allow your own voice to hypnotize you. As you use these tapes, you will discover that hypnosis is safe, pleasant, relaxing, comfortable, and effective. Self-Hypnosis for a Better Life presents an elegant, simple system you can use to improve every area of your life.

Psycho-Cybernetics

Previously published Wiltshire, 1967. Guide to personal health and success

Hypnosis - How to Hypnotize Anyone

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Hypnosis is a proven technique that allows people to reprogram their subconscious to change unwanted behaviors. Most books on self-hypnosis require the reader to memorize or record scripts, then put the book aside while they do their hypnosis work. But Instant Self-Hypnosis is the only self-hypnosis book that allows you to hypnotize yourself as you read, with your eyes wide open, without putting down the book. The author's fail-proof method allows you to put yourself into a hypnotic state and then use that state to improve your life in myriad ways. And because the hypnotic state is induced while you read, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently, using the instructions provided.

Reprogram Your Weight

Have you struggled to expand your initial idea into a complete story? Plotting can be frustrating work! What if there were a tool for this very problem, so you could navigate these uncharted waters as quickly as possible? A tool that starts with what you have (a situation, perhaps, or a group of characters) and sets you on the road to new possibilities? Plotto does all this. Created by a master of organized creativity, William Wallace Cook (one of the most prolific writers in history), Plotto has been prized by professional authors and screenwriters

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since its publication in 1928, and is still in demand today, with copies of the original edition selling for up to \$400. This Norton Creek Edition is an exact reproduction of Cook's work. To keep the book down to a manageable size (300 pages of very small type) while retaining its powerful features, Cook uses a telegraphic format that takes some getting used to, so working your way carefully through the introduction and its examples is the key to professional-quality results. Because Plotto was written in the Twenties, its situations can seem old-fashioned and its terminology politically incorrect, but these problems are more apparent than real. Cook himself wrote both westerns and early classics of science fiction, so you see how replacing stagecoach with star ship or dance hall girl with male stripper are within the reach of anyone using the Plotto system, and, in fact, this kind of substitution is how the book is intended to be used, and is the key to its flexibility and enduring popularity.

Instant Self-Hypnosis

As the architecture of the soul, the chakra system is the yoke of yoga—the means whereby mind and body, heaven and earth, and spirit and matter are joined together in the divine union that is the true meaning of yoga. In this long-awaited book by acclaimed chakra

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expert Anodea Judith, you will learn how to use yoga's principles and practices to awaken the subtle body of energy and connect with your highest source. Using seven vital keys to unlock your inner temple, you will be guided through practices that open and activate each chakra through postures, bioenergetic exercises, breathing practices, mantras, guided meditation, and yoga philosophy. With beautiful step-by-step photographs for each of the poses, along with guidelines for deeper alignment and activation of the energy body, this book is a valuable resource for teachers and students alike. Praise: "Anodea Judith's Chakra Yoga is a wonderful companion to her decades of books and teachings. Providing exploration through yogic methods for liberating, transforming, and balancing our energetic body and life, it is a gift to the world."—Shiva Rea, founder of Prana Vinyasa and author of *Tending the Heart Fire* "For decades, I have been waiting, wishing, longing for such a book as Anodea Judith's Chakra Yoga. As always with Anodea, the book is exquisitely presented, deep, practical, inspiring, easy to follow, contemporary. A MUST HAVE. Enjoy the ride!"—Margot Anand, author of *The Art of Everyday Ecstasy*

Advanced Hypnotism

"An exploration of deep spiritual and

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philosophical issues through the eyes of a pilot"--Provided by publisher.

Astrology for Beginners

This book is written in terms that are comprehensible to the layman. The step-by-step instructions should afford the reader a means of acquiring self-hypnosis. The necessary material is here. The reader need only follow the instructions as they are given. It is the author's hope that you will, through the selective use of self-hypnosis, arrive at a more rewarding, well-adjusted, and fuller life.

Beyond Hypnosis

Unlock Your Spiritual Sight and Experience the Spirit World Everyone can gain the ability to see spirits and communicate with loved ones in the spirit world, whether you're a medium or not. *Mediumship Scrying & Transfiguration for Beginners* shows how to develop skills for mediumship, scrying, séances, transfiguration, clearing your space, and protecting yourself from harm. Designed for everyone from psychics to everyday people who are curious about spirituality and the afterlife, this book will help you see past life images, ghosts, and loved ones in spirit. There's a great deal of comfort in knowing that life

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continues after death. This book will show you how to gain first-hand experiences of the other side, whether its seeing spirits manifest in a crystal ball, in a transfiguration, or through any number of different physical materials. With step-by-step instructions and explanations of tools and techniques, author Diana Palm will show you that the gift of psychic sight is available to everyone.

When You Reach Me

There is no simpler way to make significant changes in your life than by learning self-hypnosis. Almost every leading book on personal development, from Napoleon Hill's book *Think and Grow Rich*, to Tony Robbins book *Awaken the Giant Within* stress the value of self-hypnosis. This book reveals the most effective methods behind that advice and tells you exactly how you can maximize your success easily by mastering self-hypnosis and autosuggestion in one of seven different ways. Self-hypnosis is a mystery to most, yet it is so easy that a child can do it! Thousands of academic studies evidence the power of hypnosis to treat medical conditions, change behaviors, and take emotional control in any area of life. It can even make you wealthy. In a way, this book will literally pay for itself with your success. Self-hypnosis can help you overcome

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obstacles, be more creative, and step into a new chapter of life. Are you ready to make lasting change? Do you want these changes to feel significant and meaningful? This book shows you the proof and then teaches you the methods that are backed by the research using a step-by-step guide that is easy to follow, ensuring you make the steps you need to make changes, at your pace and with confidence. Written by a Leading Expert with 30 Years' Experience Dr. Richard K. Nongard is an ICBCH Certified Professional Hypnotist, a Licensed Marriage and Family Therapist and an expert in helping people create lasting success. He has been a TEDx speaker, he is a popular author with over 20 books to his credit, and his self-hypnosis videos have been seen by more than four million people. Dr. Richard K. Nongard is the expert other professionals come to study with and learn advanced methods of professional hypnosis. In this book, he reveals the strategies that actually work and how you can do them at home. Everything is explained step-by-step. When you are finished with this book, you will have a new resource that you can tap into for the rest of your life. "We become what we think. Within this book, Dr. Nongard removes the mystery of self-hypnosis while highlighting the magic of how anyone can use these practical tools to enhance their lives. If you're ready to discover the power of hypnosis, read it now! I've read a bunch of books on self-hypnosis, and this one is superior." Kelley T. Woods,

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Author of Virtual Reality Hypnosis "FINALLY! Easy to learn techniques REAL people can use to get the results that they have been promised from a seemingly endless amount of self-help materials in existence today. If YOU want the SECRET Ingredient on how to actually APPLY the knowledge from that basket of "how-to" books on your shelf, then DO THIS NOW." Rich Guzzi, The Goombah Guru "Nongard's book empowers people with self-hypnosis. Discover in these pages, how you can master life-changing techniques to reach your goals." Karen Hand, Professional Hypnotist, Chicago "Just the P.O.W.E.R. Method of Self-Hypnosis revealed in this book is worth the price of the book. The other six techniques are equally as outstanding. Do not hesitate, read this book today if you are ready to exceed your goals!" Jason Linett, Author of Work Smart Business. "This is the definitive guide that will take you step-by-step into self-hypnosis and make it work for you." John Cerbone, Author of Power Hypnosis: The Future of Hypnotic Sessions

Subconscious Power

Previously published: Great Britain: Bantam Press, 2007.

Hypnosis Beginners Guide

MORE THAN 200,000 SOLD! An incredible power

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awaits your command You possess a secret power that is just waiting to be harnessed—your natural psychic sense. This unique book on psychic development offers fast and easy techniques that can be used every day to solve problems, psychically shield yourself from harm, contact your spirit guide, attain superior listening skills, boost your reading comprehension, and even reserve that perfect parking space in advance. Awaken and develop your innate psychic abilities, and ultimately create the kind of life you have always dreamed of. More than 44 fun and simple activities and 28 case studies in this book on psychic development illustrate the effectiveness of these methods, helping you master a variety of psychic techniques: • Clairvoyance • Telepathy • Astral travel • Psychometry • Psychic healing • Divination • Communicating with animals and spiritual entities

Hypnosis for Beginners

Richard Hill and Ernest L. Rossi's *The Practitioner's Guide to Mirroring Hands: A Client-Responsive Therapy that Facilitates Natural Problem-Solving and Mind Body Healing* describes in detail how Mirroring Hands is conducted, and explores the framework of knowledge and understanding that surrounds and supports its therapeutic process. Foreword by Jeffrey K. Zeig, Ph.D. In this

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instructive and illuminating manual, Hill and Rossi show you how Mirroring Hands enables clients to unlock their problem-solving and mind body healing capacities to arrive at a resolution in a way that many other therapies might not. The authors offer expert guidance as to its client-responsive applications and differentiate seven variations of the technique in order to give the practitioner confidence and comfort in their ability to work within and around the possibilities presented while in session. Furthermore, Hill and Rossi punctuate their description of how Mirroring Hands is conducted with a range of illustrative casebook examples and stage-by-stage snapshots of the therapy in action: providing scripted language prompts and images of a client's hand movement that demonstrate the processes behind the technique as it takes the client from disruption into the therapeutic; and from there to integration, resolution, and a state of well-being. This book begins by tracing the emergence of the Mirroring Hands approach from its origins in Rossi's studies and experiences with Milton H. Erickson and by presenting a transcription of an insightful discussion between Rossi and Hill as they challenge some of the established ways in which we approach psychotherapy, health, and well-being. Building upon this exchange of ideas, the authors define and demystify the nature of complex, non-linear systems and skillfully unpack the three key elements of

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induction to therapeutic consciousness focused attention, curiosity, and nascent confidence in a section dedicated to preparing the client for therapy. Hill and Rossi supply guidance for the therapist through explanation of therapeutic dialogue's non-directive language principles, and through exploration of the four-stage cycle that facilitates the client's capacity to access their natural problem-solving and mind body healing. The advocate Mirroring Hands as not only a therapeutic technique, but also for all practitioners engaged in solution-focused therapy. Through its enquiry into the vital elements of client-cue observation, symptom-scaling, and rapport-building inherent in the therapist/client relationship, this book shares great wisdom and insight that will help the practitioner become more attuned to their clients' inner worlds and communication patterns. Hill and Rossi draw on a wealth of up-to-date neuroscientific research and academic theory to help bridge the gap between therapy's intended outcomes and its measured neurological effects, and, towards the book's close, also open the door to the study of quantum field theory to inspire the reader's curiosity in this fascinating topic. An ideal progression for those engaged in mindfulness and meditation, this book is the first book on the subject specially written for all mental health practitioners and is suitable for students of counseling, psychotherapy,

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psychology, and hypnotherapy, as well as anyone in professional practice.

Self Hypnosis As You Read

Helping clients control their own emotional reactivity. This book presents a grab bag of techniques - informed by current neuroscientific understandings of how the brain controls emotions - to allow readers to change their state of mind. Using principles from hypnosis, biofeedback, object relations therapy, and cognitive therapy, therapists learn how to help their clients calm themselves, remove stress, and achieve personal goals.

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