

Hypnosis Of Life

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Guided Imagery and Hypnosis in Brief Therapy
and Palliative CareWake up to HypnosisYour
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True MagicHypnotismHypnotherapy for a Better
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Afterlife

Secrets of Self-hypnosis

In this groundbreaking book, renowned
hypnotherapist Cynthia Morgan brings together
hypnosis and A Course in Miracles for the

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first time. Using these life-changing tools, she explains how our minds have become hypnotized by false beliefs and provides step-by-step guidance on how to realize your true potential. *You're Already Hypnotized* is a unique blend of information and a powerful self-healing system. It includes a workbook of instructions for over 40 self-hypnosis sessions, a year's worth of daily reprogramming affirmations, and other tools that the author has used to help thousands of clients awaken. Combining true-life anecdotes and inspiring examples, and packed full of information, this book offers practical tips and all you need to heal every area of your life: relationships, money, health, career, addictions, sex, and more. With this book as your guide, you will learn to wake up to a more fulfilled life.

LIFE

Finding True Magic is the primary training text for the Transpersonal Hypnotherapy/NLP Certification Program offered by the Institute for Therapeutic Learning. *Finding True Magic* and the Transpersonal Hypnotherapy/NLP trainings are appropriate for laypeople seeking personal growth, as well as for therapists and other professionals intent on advancing their therapeutic skills. In fact, about 50 per cent of ITL students take the training

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primarily for personal development. This book explores the possibilities for recognizing and freeing ourselves from a destructive process of perceiving, thinking, and acting that can be viewed as a pernicious worldwide epidemic. Unlike other diseases, which we strive to isolate and cure, this insidious fever has a characteristic that makes us blind to its presence: we come to identify its symptoms as our very own true self. We lovingly speak of this disease as our ego, our sense of limited separate selfhood. Jack Elias calls it "egoic-minding," because it is a process, not a thing. Egoic-minding is a fragmented, biased way of perceiving and thinking. It can be viewed as a sort of destructive hypnotic trance that causes us to experience each other as strangers, as different, as threats. The delirium of this trance causes us to do violence to each other and to our world, without ever recognizing that it (our egoic thought process) is the true enemy. By synthesizing insights and techniques of Eastern and Western philosophy and psychology, Finding True Magic explores various ways to disperse the feverish trance of egoic-minding, heal the trauma it causes, and wake us up to the sacred magic of our true Self. This true inner Self is the wellspring of our capacity for cooperation, community-building, and the celebration of life. Everyone has the right to the make use of the essential insights and dynamics of healing communication, without resorting to

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the long-term expense of a professional intermediary. The model of such therapeutic relationships has changed in recent years, due to the financial burdens it places on our medical system. Financial considerations aside, however, therapy and therapists should change simply because there is a more effective approach to healing and personal growth. That approach, which is the subject of this book, relies on the inherent goodness of our shared Being, a resource that is surprisingly easy to contact in the space between egoic thoughts. Most of us do not experience that space in the normal course of our thinking, however. We may be surprised to hear such a thing, given our experience of the seemingly impenetrable stream of our thoughts. But this space is quite real. It is the space of Silence, Healing Power, and Insight. We have all experienced this silence on occasion, perhaps through prayer, or in a tender moment of love or awe. Most of us have not been taught, and have remained unaware that this silent Presence is always so close and available. Holistic mind/body therapeutic techniques, such as those presented here, derive transformative power when they help us to tap into this willing Presence, also called Grace.

You're Already Hypnotized: A Guide to Waking Up

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New in paperback: New York Times best-selling author offers a groundbreaking approach to activate the subconscious brain to set yourself free from your past and create a terrific future. "This well-researched and scientific look at your subconscious brain will provide you with the practical tools you need to help you achieve your wildest dreams." -- Dr. Mercola, New York Times best-selling author of *Fat for Fuel* and founder of Mercola.com

Can you remember a time in your life when you felt absolutely confident, happy, and free? Imagine what your life would be like if you could live in that space . . . In this book, Dr. Mike Dow shares a groundbreaking, life-changing program he created: Subconscious Visualization Technique (SVT). Now, if you think the subconscious brain is some woo-woo pseudoscience, prepare to have your mind blown. The cutting-edge research, protocol, and audio tracks Mike offers will help you speak directly to your subconscious brain and tap into your greatest strengths, gifts, and resources. His program, the first of its kind, starts with cognitive behavioral therapy (CBT), then incorporates various types of subconscious tools: mindfulness, guided visualization, audio-visual entrainment, and bilateral stimulation of the brain and body. Your subconscious can change the way you digest food, help you access memories and repressed feelings, boost your immune system, and activate mindbody healing so that you don't have to constantly

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treat your symptoms. Some examples of syndromes that SVT can treat include chronic pain, fibromyalgia, leaky gut, irritable bowel syndrome (IBS), migraines, anxiety disorders, and more! SVT helps you access the best parts of yourself and move into your true self. In short, your subconscious brain can change your life!

LIFE

This book will give you the skills to train yourself into deep hypnotic trances, ridding yourself of negative thoughts and behaviors, and improving any aspects of your life you want to change. Discover:

- easy to follow, step-by-step techniques that you can use to hypnotize yourself
- practical exercises to help you deepen your trance
- how hypnosis can help you stop smoking, eliminate phobias, reduce weight, sleep better - and more!
- how hypnosis can help when you have a major illness.

Hay House Basics is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, Hay House Basics guarantees practical, targeted wisdom that will give you results!

Using Guided Imagery and Hypnosis in Brief Therapy and Palliative Care

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Product Description: Practical Child Hypnosis, is a book by worlds best Hypnotist, Dr. Ishwarbhai Joshi. This book is a handbook for every hypnosis practitioner. It is, 'must read' for every professional person as Child Hypnosis and success has close relation. Without self-Child Hypnosis, no one can get success in life. This book deals with spiritual health. By reading this book, anyone can learn about how to hypnotize others. This book deals with, 'How to quit cigarette smoking? To quit cigarette is easy with the help of hypnosis therapy. It is possible to quit alcohol, pornography womanizing, any bad habit with the help of this book. The theory of tratak explained under the title of Hypnosis and tratak, in detail. Deleting unwanted memory, reprogramming mind, everything is possible through Hypnosis therapy. Many Indians asks, 'is this 'Vashikaran Book?' the answer is 'yes it is a Vashikaran Book!' Hypnosis is nothing but Vashikaran. This book discuss about its benefits under the title of, what are benefits of hypnosis. Hypnosis has many benefits such as enhance confidence, get rid of phobias, depression. Hypnosis enhances performance of artist with creativity. It enhances happiness and peace of mind. It gives freedom from feeling of -captured by ill soul, cursed by ancestors, bad luck etc. Hypnosis enhances memory power. It controls hyperactive child. Child Hypnosis helps to understand spouse, children in a better way.

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Anger and emotions management is possible through hypnosis. There are very few books on 'Child Hypnosis and self-confidence'. This book is handbook of Child Hypnosis, deals with self-confidence. This book is about Power of subconscious mind. Reprogramming of subconscious mind is possible through this book. This book answers How to achieve spiritual health. Spiritual health and spiritual illness discussed for the first time from the Hypnosis point of view. About the Author Dr Ishwarbhai Joshi, the author, is expert in behavioral psychology. He is one of the best hypnotists in the world. He has vast research on mind and its functioning from spiritual point. Dr. Ishwarbhai Joshi is a thinker and philosopher from New India. He is the scholar of Hindu Ved, puran shastra, Hindu culture. His interest is to study Islam, Christianity, Buddhism, Jainism, Zarathrushtism and many faiths. He has deep study of Indian, Mayan, Chinese, Japanese, Greek and Egyptian culture. He has great research on mind and soul. His philosophical base is very strong with modern thinking. He is expert of more than 42 software. He is SEO expert, Google Analytics advisor, Web designer and developer, PHP C+++, Python expert. He is animator. He is a technocrat who designed many mechanical devices and machines. He has written more than 52 books. His book creations covers subjects for children, adults, philosophy, cooking, music, spiritual health, Digital Marketing, Web

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designing, marriage life and relations, Poems, Fantasies, Novels. He is one of the fantastic motivators on this earth. He has many followers from every country. He is one of the fibulas' personalities on this earth. His books will definitely change your life, with new thoughts. His book allows you understand your spouse in a better way, Review Subconscious mind is very difficult subject, but Dr. Joshi has illustrated this subject in easy language India * India today* Practical Child Hypnosis book by Dr. Joshi is one of the best books in the world. It is not just another book. It has written with deep thinking and efforts. *the hindu* Spiritual illness and spiritual health both the subjects has subconscious mind base, which is illustrated by Dr. Joshi with philosophical base is a great work.*the herald* How to do practical Child Hypnosis with tratak is the best book on self hypnosis, mass Child Hypnosis it is must read book for Psychology students. *the Times* A book with profound knowledge*the express*

Wake up to Hypnosis

According to the author, a qualified hypnotherapist, current lives contain clues to past lives. In this volume, she explains how to uncover past-life clues.

Your Subconscious Brain Can Change Your

Life

Learn the latest details and most recent groundbreaking discoveries that reveal, for the first time, the mystery of life in the spirit world after death on Earth?proof that our consciousness survives?in Journey of Souls by Michael Newton, Ph.D. Using a special hypnosis technique to reach the hidden memories of subjects, Dr. Newton discovered some amazing insights into what happens to us between lives. Journey of Souls is the record of 29 people who recalled their experiences between physical deaths. Through their extraordinary stories, you will learn specifics about: ·How it feels to die ·What you see and feel right after death ·The truth about "spiritual guides" ·What happens to "disturbed" souls ·Why you are assigned to certain soul groups in the spirit world and what you do there · How you choose another body to return to Earth ·The different levels of souls: beginning, intermediate, and advanced ·When and where you first learn to recognize soulmates on Earth ·The purpose of life Journey of Souls is a graphic record or "travel log" by these people of what happens between lives on Earth. They give specific details as they movingly describe their astounding experiences. After reading Journey of Souls, you will gain a better understanding of the immortality of the human soul. You will meet day-to-day challenges

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with a greater sense of purpose. You will begin to understand the reasons behind events in your own life. Journey of Souls is a life-changing book. Already, over 165,000 people have taken Journey of Souls to heart, giving them hope in trying times. You should read a copy, too.

The SEVEN Most EFFECTIVE Methods of SELF-HYPNOSIS

Describes the techniques of self-hypnotism and provides guidance on the use of hypnotism to control pain, overcome psychological problems, and conquer harmful habits

The Everything Self-Hypnosis Book

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

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yourself back to normal consciousness slowly and gently, using the instructions provided.

You Can be Amazing

This book will help the beginning student or the newly inquisitive learn the basics about hypnosis, from its history to how to perform a standard induction.

Creative Self-Hypnosis

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

Instant Self-Hypnosis

Hypnotism

This book will teach you how to do past life regression like a professional hypnotist. In this short and easy to understand guide, you will learn: - What past life regression is and the benefits of it - How to regress yourself and others one-on-one or in a group setting - How to heal your present by healing your past - How to recognize the meaning behind the symptoms - How to earn money by doing past life regression and promote your services - How to recognize and untangle karmic relationships - How to connect with

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your soul family members and call in a soulmate - Energetic cleansing and protection - Energetic cord cutting Scripts included: two variations of past life regression; grounding; protection; connecting with your soul family; meet your soulmate; general healing.

Journey of Souls

Dr. Brian Weiss, author of *Many Lives, Many Masters* presents a new book to help with the practice of meditation (audio download is also included to help guide people through the process). *Meditation: Achieving Inner Peace and Tranquility in Your Life* includes the techniques Dr. Weiss uses on his patients, many of whom have conquered insomnia, phobias, anxieties, weight issues, and disease. Meditation can also lower blood pressure, strengthen the immunological system, and reduce stress.

Self Hypnosis As You Read

Getting that promotion at work or losing those last five pounds can be a struggle, but goals like these can be accomplished - with self-hypnosis! Whatever obstacles you want to overcome or goals you aim to achieve, this book can help you do it. With this informative resource, you will learn to: break bad habits like nail biting; ease

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severe pain, such as from migraines or labor during childbirth; ensure confidence and success in business and personal matters; quit smoking for good; lose weight and keep it off; improve memory retention; and reduce stress - in relationships, at home, and at work; and more! Written by a board-certified hypnotherapist, this authoritative guide can help you create your own self-hypnosis scripts to create the life you always wanted. From tearing down mental roadblocks to making permanent changes, readers will be on their way to success in no time!

The Past Life Perspective

Hypnosis combined with personal coaching creates dramatic life changes. A how-to for coaches, therapists, hypnotists and people wanting rapid personal change.

Meditation

LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century. It now lives on at LIFE.com, the largest, most amazing collection of professional photography on the internet. Users can browse, search and view photos of today's people and events. They have free access to share, print and post images for personal use.

Life Between Lives

A guide to using self-hypnosis to aid in breaking of bad habits such as smoking.

Improve Your Sex Life Through Self-Hypnosis

Self-hypnosis and specific techniques to help readers become happier and more fulfilled Hypnotherapy for a Better Life offers you a way to perform better at work, in relationships, at sport, or creatively. This book gives you everything you need to gain a thorough understanding of hypnosis and, more important, to use practical and safe self-hypnosis techniques to overcome problems and improve all aspects of your life.

Hypnosis for Beginners

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 define each condition and accessibility. If you're curious enough to at least peruse this

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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."

The Complete Book of Self-hypnosis

Change Your Life in Seven Days

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

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powerful tool is and what it can do for you.

Past Life Clues

LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century. It now lives on at LIFE.com, the largest, most amazing collection of professional photography on the internet. Users can browse, search and view photos of today's people and events. They have free access to share, print and post images for personal use.

Self-Hypnosis

Dr. Michael Newton, best-selling author of *Journey of Souls* and *Destiny of Souls*, returns with a series of case studies that highlight the profound impact of spiritual regression on people's everyday lives. Edited by Dr. Newton, these fascinating true accounts from around the world are handpicked and presented by Life Between Lives hypnotherapists certified by the Newton Institute. After recalling memories of their afterlife, the people in these studies embarked on life-changing spiritual journeys—reuniting with soul mates and spirit guides, and discovering the ramifications of life and body choices, love relationships, and dreams by communing with their immortal souls. As gems of self-knowledge are

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revealed, dramatic epiphanies result, enabling these ordinary people to understand adversity in their lives, find emotional healing, realize their true purpose, and forever enrich their lives with new meaning.

Self Hypnosis

This book is a simple introduction to hypnotic phenomena. Knowing why, when and how to practise hypnosis may help readers to improve their health, creativity and performance, and above all to find who they really are. This book is specially written for those who for whatever the reason just lost their track in life. This step by step guide will help them to find the light house and the right course again. For easy understanding, I use the metaphor of sailing on stormy seas, to express common life challenges and how to deal with them in a more effective way. We can't change the weather and life events, but we can learn new skills to stay on course and make confident decisions to find a safe place to wait out the storm. Only this way we can enjoy sailing to the ports of our choice. Self-hypnosis will speed up the process of learning new skills and achieving goals. A few minutes of self-hypnosis a day will help to find out who you are, assess your present position, and determine what need to be changed for you to make confident decisions in a calm way. Just

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by visualizing what you want will help to bring your dream to reality. As Aladdin said "Your wish is my command." Now, thanks to many clinicians throughout centuries who believed that our unconscious has the ability to release the resources to be in better control of life events, everyone can learn and benefit from it. In twenty century scientists around the globe just proved to be true.

Basic Hypnosis Manual

Here Hewitt provides a step-by-step guide to self-hypnosis and hypnosis. Achieve an altered state of consciousness and use it for self-improvement. The author discusses both the basics and professional usage of this art. Complete programs for solving problems.

Hypno-Scripts

Hypnosis

Dr. Michael Newton is world-famous for his spiritual regression techniques that take hypnotic subjects back to their time in the spirit world. His two best-selling books of client case studies, *Journey of Souls* and *Destiny of Souls*, have left thousands of readers eager to discover their own afterlife adventures, their soul companions and guides,

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and their purpose in this lifetime. Now, for the first time in print, Dr. Newton reveals his step-by-step methods. His experiential approach to the spiritual realms sheds light on the age-old questions of who we are, where we came from, and why we are here. This groundbreaking guidebook, designed for both hypnosis professionals and the general public, completes the afterlife trilogy by Dr. Newton.

Llewellyn's Truth About Hypnosis

Self-hypnosis without the trance!

Self Hypnosis for a Better Life

Using Guided Imagery and Hypnosis in Brief Therapy and Palliative Care presents a model for effective single-session therapy. Chapters include more than a dozen case studies with transcripts and commentary. Readers will learn how to use an adapted model of Remen's healing circle for preparing patients for surgery, and guided imagery and other approaches are presented for enhancing palliative care. Extensive appendixes provide a wide variety of valuable tools that psychotherapists can use with clients concerned with end-of-life issues.

Self-Hypnosis Revolution

Practical Manual to Past Life Regression

Here is a revolutionary approach to help you overcome habits, phobias, chronic pain, and other "self-defeating sequences" through the easy-to-use techniques of self-hypnosis. Self-Hypnosis shows you how to make your own tapes to reprogram your subconscious and attain your goals. The effect of these techniques is to put the "self" back in "self-help" and to eliminate the many dependencies and co-dependencies that complicate and take the joy out of life. Hypnotic suggestions are effective because they bypass the conscious mind's natural resistance to change and reprogram the computer we call the subconscious to permanently effect these changes. By devoting a mere 20 minutes each day to this approach, you will literally take charge of your life.

The Hypnotic Coach

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Mind Concentration & Memory Enhancement through Self-Hypnosis

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 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

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presents an elegant, simple system you can use to improve every area of your life.

LIFE

A unique, insightful, and practical look into the enormous power of past life regression therapy to unlock a healing pathway that can help you resolve enduring personal issues, enrich your life, and answer burning spiritual questions about your purpose on this earth. In this rare and fascinating intimate glimpse at past life regression therapy, licensed therapist Ann Barham invites us into her office as she helps her clients mine their unconscious memories for the key past life experiences that can provide specific guidance for their current situations. No longer simply the stuff of new age practitioners, past life regression therapy is a powerful tool that can improve your understanding of your personal challenges and deepen your connection with the world around you. Barham demystifies this intriguing phenomenon, sharing her client's astounding stories, each a clue to the profound influence the personalities of the past have on our thoughts and actions today. As modern science and technology advance at overwhelming rates, many of us crave the healing insights and feelings of eternal love that survivors of near death experiences frequently report. Through past life therapy,

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everyday people are able to experience prior lifetimes all the way through their deaths, tapping into abiding spiritual truths and answering essential questions about human existence.

The Hypnosis of Life

Have you struggled to shift those extra pounds that would make your little black dress fit that much better? Are you tired of Friday nights in on your own with only a tub of ice cream and your duvet for company? Do you feel trapped in your current job, weary and unchallenged? Ursula James, established author and television personality, is here to help you get what you want out of life. In this ground breaking book she has distilled the essence of hypnosis for change. Ursula reveals how you too can find the strength within you to unleash your inner dreams and change your whole attitude to life. Through simple and easy to follow exercises, never before has it been so straightforward to reassess your life and change it for the better. It's safe, it's easy and it works. And with an accompanying audio CD, Ursula helps you to really make a difference whatever the time of day. Ursula herself is living proof that self hypnosis does exactly what is says on the tin. She was trapped in a role with a life that had ground to a halt. She was lonely, stressed and permanently

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tired. Finally, after teaching hypnosis to other people for the past ten years, Ursula decided to practice what she preached. Instead of becoming resentful of their success, and getting more and more frustrated at her own lack of progress, she created a system of a new life through self hypnosis and used it on herself, turning her life around completely. Now her life has been transformed; she has a beautiful news house in central London, a home in France with its own lake and is engaged to a wonderful man. With Ursula's help, you too can get the life you've always dreamed of.

Finding True Magic

DE-HYPNOTIZE YOURSELF AND EMPOWER YOUR LIFE , WORK AND RELATIONSHIPS We are all victims of "post-natal suggestion." By learning how to use your thoughts, feelings and imagination through the dramatic new approach to self-hypnosis presented for the first time in this book, you can become more fully alive—and make your life and yourself what you want them to be. Grounded in state-of-the-art clinical sociology, this wide-awake approach to self-hypnosis enables you to use your creative imagination to redirect and empower all areas of your life without having to "put yourself in a trance." Rather, you will learn how to free yourself from the "trance" of everyday life limitations and misconceptions.

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Teaching you how to be your own life-change consultant, this book gives you practical techniques you can use to get what you want out of your life, your work and your relationships. It provides a training program for self-empowerment, with detailed exercises, techniques and tactics that you can use anywhere, any time, in any situation. "This very useful book shows the readers step by step how to live more fully by combining modern (alert) self-hypnosis with advanced principles of social psychology. I highly recommend it for all who wish to enhance their task performance, their social relationships, and their life enjoyment." Theodore X. Barber, Ph.D. Director, Biomedical Research Foundation Author of Hypnosis, Imagination and Human Potentialities

Hypnotism

"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 back to everyday consciousness. And there is no memorizing or hour-long sessions needed.

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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 Intuitive, Let Go of the Baby Weight, Social Anxiety Relief, Manifest a New Job, Save More

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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!

Hypnotherapy for a Better Life: A Teach Yourself Guide

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 obstacles, be more creative, and step into a

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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, Author of Virtual Reality Hypnosis "FINALLY!

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