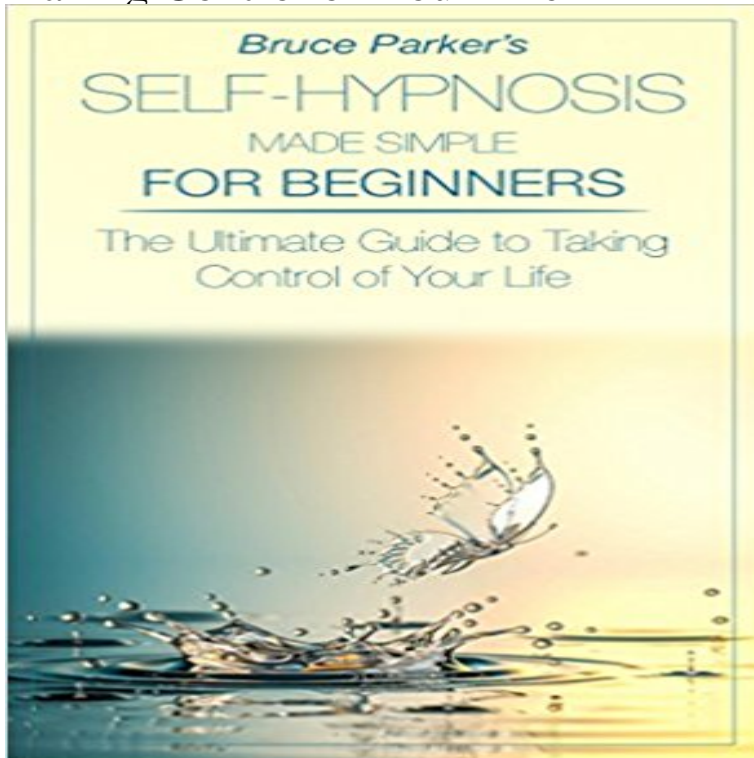


Self Hypnosis: Made Simple for Beginners! The Ultimate Guide to Taking Control of Your Life



Self hypnosis is a great tool for achieving your life goals, whether you wish to improve your lifestyle by stopping smoking, eating more healthily, coming to terms with unresolved issues in your life (for example, the loss of a dear one), or whether you wish to know what you really feel about yourself and your life (are you really happy about your job? Is your life making you happy, or would you like to improve it?) or simply to get to know yourself better. With this book you will learn all the steps needed for the practice of self hypnosis, from how to prepare for self hypnosis, to how to induce yourself into a hypnotic state, to what to expect during a session and what to do after. It also gives suggestions for quests to be carried out under self hypnosis, be they changes of behaviour (such as stopping smoking) or quests of discovery about your own deepest feelings and thought. Written in an accessible but elegant way, this book will teach you how to carry out the practice of self hypnosis in a practical, safe and structured way. Tags: hypnosis, hypnosis for weight loss, hypnosis training, hypnosis sex, hypnosis scripts, hypnosis audio, self, hypnosis for beginners, hypnosis free, unleash the power, control your mind, the power of mind, mindfulness, meditation, nlp, Neuro-Linguistic Programming, hypnosis for dummies, how to hypnotize, how to hypnotize yourself, better version of yourself, therapist, hypnotherapy.

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