

How To Master Self Hypnosis In A Weekend: The Simple, Systematic And Successful Way To Get Everything You Want

Wall Street Journal bestseller If dieting always seems to fail . . . if you can't stick to a workout routine . . . if you lose weight just to gain it back immediately . . . Your subconscious might be the problem. Forget everything you think you know about hypnosis based on party tricks and television silliness. Genuine hypnotherapy is a serious, scientifically proven method of influencing our hard-to-reach subconscious. Many people are skeptical at first, but if nothing you've tried has worked, you owe it to yourself to try an approach that has helped thousands around the world. Close Your Eyes, Lose Weight uses the scientifically proven process of hypnotherapy to empower you to lose weight for healthy reasons. Guided exercises recondition your mind to let you mindfully • Eat mindfully • Overcome addictions to sugar and carbs • Stop binge eating • Heal body dysmorphia • Release emotional weight Rather than simply aiming for a number on the scale, Close Your Eyes, Lose Weight helps you achieve the self-confidence to love yourself enough to appreciate your incredible body and the conviction to live your life with pride. World-renowned hypnotherapist Grace Smith will give you the tools you need to train your subconscious mind to eat only the foods that nourish your body, mind, and life. 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 work, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently, using the instructions provided.

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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.

The Self-Hypnosis Solution
Close Your Eyes, Sleep

The SEVEN Most EFFECTIVE Methods of SELF-HYPNOSIS

Master the Power of Self-Hypnosis
Keep It Off!

The Evidence Based Way to Hypnotize Yourself
The Ultimate Beginners Guide to Mastering Self Hypnosis in 7 Days

"This book is a revolution! It goes way beyond the beliefs that have fueled modern pharmaceutical medicine for decades and gives you all the science you'll ever need to prove that there is another way." - Christiane Northrup, M.D., New York Times bestselling author of Goddesses Never Age Modern medicine and human health are at a critical crossroads, and the truth is that you and not your genes are in the driver's seat. You are the one who gets to make informed decisions on how you use and nourish the evolutionary miracle that is your body. Combining analysis of cutting-edge scientific findings with our deepest ancestral wisdom and health-promoting practices, Sayer Ji, founder of GreenMedInfo, offers a time-tested program to help prevent and manage the most common health afflictions of our day—cancer, heart disease, neurodegenerative diseases, and metabolic syndrome. Antiquated thinking and scientific dogma have long obstructed our understanding of self-regeneration and radical healing. But the New Biology explains why biological time is not a downward spiral and how chronic illness is not inevitable when you implement nature's resiliency tools. In his thorough and thoughtful exploration of the New Biology, Sayer Ji illuminates: the fascinating new science of food as information the truth about cancer and heart disease screening and what real prevention looks like how to reverse the most common forms of degeneration using food-based approaches how the body extracts energy from sources other than food, including water and melanin; and how to make sense of conflicting dietary recommendations and out-of-date food philosophies Encoded within every tissue of your body is your ability to regenerate. Unlock your radical resiliency through this roadmap for diet, exercise, stress reduction, and the cultivation of the environment in which you choose to live. This book teaches you the easy to follow methods of self-hypnosis that Dr. Richard Nongard has taught countless others over his 30 years as a professional hypnotist. This book is a recipe book that answers the question, "What am I supposed to do after I hypnotize myself?" It provides many different methods you can use to truly benefit from the proven techniques of self-hypnosis.

If you learn how to truly master self-hypnosis and learn to self-hypnotize yourself, you will succeed where others have long failed. The power of your mind is a beautiful thing. You have the power inside you to succeed in accomplishing many things you may have once thought impossible. Get an invincible mind. Grab a copy of this life-changing book today, so you can finally achieve your dreams, at once.

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Lose weight, stop smoking, make surplus money, become more attractive—More Instant Self Hypnosis will help you change and improve your life faster and easier than ever!From the author of the bestselling Instant Self-Hypnosis comes this long-awaited sequel. More Instant Self-Hypnosis is even more user-friendly and life-changing than the original. This easy-to-use method allows you to put yourself into a state of hypnosis and use it to improve your life—as you read.And there's nothing to memorize. You don't need to record scripts and play them back. Just read to succeed.With this method, you remain aware and in control at all times, and you can bring yourself back to everyday awareness gently and easily when you're done.Whether you want to boost your confidence for that upcoming job interview, relieve that nagging back pain or take a few strokes of your golf pro, More Instant Self-Hypnosis contains over 48 fresh scripts covering a wide variety of physical, mental, emotional and even spiritual topics like: Become More Attractive, Curvy Slim Body, Easy Weight Release, Eliminate Warts, Feel Sexy, Feminine Pleasure, Firmer Lasting Erections, Go to the Gym, Good Posture, Healthy Choices, Increase Metabolism, Love Low Carb Eating, Relieve Chronic Back Pain, Reduce Hot Flashes, Reduce Stress and Blood Glucose Levels, Lean and Powerful Body, Achieve Your Potential, Confident Salesperson, Astral Travel Tonight, Attract a Mate, Attract Surplus Money, Become a Leader, Better Golf Score, Brighten Your Aura, Deeper Voice, Emotion Control, Find Misplaced Objects, Forgiveness, Get Out of Bed in the Morning, Honoring Your Feminine Self, Job Interview Confidence, Joyful Living, Lighten Up, Attract Luck, More Faith in the Divine, Nest Freak, Okay to Be Gay, Overcome Alcohol, Overcome Depression, Overcome Fear of Failure, Reduce Smoking Easily, Remember Past Lives, Learn to Smile, Stay in the Now, Stop Complaining and Gossiping, Stop People Pleasing, Stop Smoking, Stop Worrying-Also included is the Master Induction 2.0—an amazing self hypnosis induction script that hypnotizes you as you read it. And it works quicker and better than the original version. There's also a Bonus Section revealing easy ways to go even deeper into hypnosis to make the scripts work better. One is a bonus script to help you enter the hypnotic state even faster. Another bonus script helps you to very easily hypnotize others (if you wish)—so now you can help your friends and family improve their lives too!The bottom line: If it's practical, easy and effective help you're after, you could choose no better self improvement eBook than... More Instant Self-Hypnosis. Get it right now so you can take action to improve your life with ease and success.

Use the Power of Self-Hypnosis to Lose Weight Now

How to Master Self-Hypnosis in a Weekend

A Practical Guide to Complete Self-Mastery

How to Hypnotize Yourself Without Losing Your Mind

Reprogram Your Subconscious Mind in 12 Weeks to Eat Healthy, Feel Great, and Lov e Your Body with the Groundbreaking Power of Self-Hypnosis

New Age Hypnosis

"I enthusiastically endorse Patrick Marsolek's Self-hypnosis Manual. This is more than a 'how-to?' manual. After an orientation to hypnosis, trance, the subconscious, and other relevant subjects, Patrick guides his readers in finding self-hypnosis techniques that work for them. Instead of simply teaching a number of self-hypnosis techniques, the learner with an understanding of the induction process and the creation of individualized protocols. Furthermore, the Manual guides the reader through creating specific auto-suggestions to maximize therapeutic results. The Manual also is exceptional in the way that it addresses fears and other hindrances to trance (e.g., beliefs and expectations) and induced trance, provides helpful application techniques (e.g., dealing with pain), discusses each induction technique, and promotes personal confidence in the process.In sum, Patrick gives the requisite understanding and tools to be ones own best self-hypnosis guide." - Whitney Hibbard Ph.D., Author of "Forensic Hypnosis"

Everybody has habits they would like to change, but haven't been able to. This book shows you how to master the powers of the mind, open the gateways to your subconscious and seize control of your life.

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 shows you how to use them. You can succeed where others have failed. The power of your mind is a beautiful thing. You have the power inside you to succeed in accomplishing many things you may have once thought impossible. Get an invincible mind. Grab a copy of this life-changing book today, so you can finally achieve your dreams, at once.

Teaches readers how to use self-hypnosis to discover past lives, contact departed loved ones, meet guardian angels, and increase self-confidence

The Art of Hypnotic Regression Therapy

Master Self-Hypnosis in a Weekend Presents GIVE STRESS the FINGER

Self Hypnosis for Beginners

Use Self-Hypnosis to Reduce Stress, Quit Bad Habits, and Achieve Greater Relaxation and Focus

Hypnotize Yourself As You Read

Practical Guide to Self-Hypnosis

Close Your Eyes, Lose Weight

However through seminars, outings with Street Hypnosis, in diverse exchanges, I realised that many didn't know really about Self-Hypnosis. I imagine that many of you who read this book, do it because you want to use hypnosis in your every day life. Self Hypnosis is the part of Hypnosis which will allow you to enter into an hypnotic state, a Trance, so that you can work on your subconscious. Do you know that for some practitioners, the Hypnotid do not bring his/her partner in Trance but teach him/her to activate his/her own Auto-Hypnosis.

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Close Your Eyes, Get Free
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Self Hypnosis for Success in Life
Effective Methods of SELF-HYPNOSIS