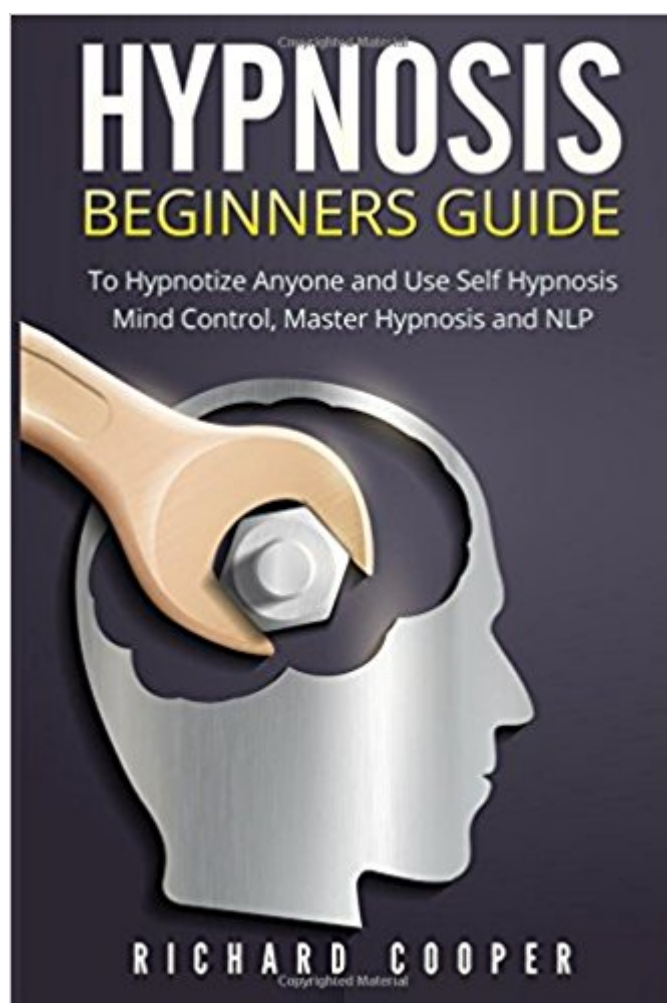




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Hypnosis Beginners Guide:: Learn How To Use Hypnosis To Relieve Stress, Anxiety, Depression And Become Happier



Synopsis

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? Â Then keep reading. Wouldn't it be great if you could hypnotize yourself to relieve your symptoms! Â Knowing that your stress is just something which your mind created, and you have your own solution on how to beat it. Â You're probably thinking "That would be difficult, I've tried everything" EXCEPT! Â Not thinking too much about the situation you're in, hypnotizing yourself to think less about Â what Â 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 you. Â You walk into a quiet office space, start hypnotizing yourself and the symptoms Â disappear! Â 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 than being happy and knowing how to keep yourself that way. Â 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 Â get started. Â 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 Â 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.

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Customer Reviews

If you thought you already knew what hypnosis is because you have seen or heard of those shows where a hypnotist makes people do silly things, then this book is for you. It is very informative. I learned so much about hypnosis that I didn't know before. I didn't know there were different types of hypnosis. I didn't know one could use hypnosis in a therapeutic way on oneself. If you have ever been curious about hypnosis or would like to learn more about how to use self hypnosis to help you relax, then read this book.

This book is great guide that will teach you how to practice hypnosis in order to relax and remove stress. The book is perfect for people who are often stressed and anxious and for those who want to relax. It has everything that you need to know about hypnosis and a complete guide that will teach you how to practice it. I am very glad that I found this book and I learned a lot from it. This is why I strongly recommend it!

This guide on hypnosis was a great help for me to reduce one of my biggest addiction(smoking), as I used the informations from the content and directly applied to my own life, and I can tell you that it was a fantastic experience and truly life changing. Therefore I would recommend this book for both people that want to apply hypnosis techniques to help in a daily basis, as well as just expand their knowledge on the topic!

The author was right in his intro, I have associated hypnosis with that I saw in the movies. This book shed some light on the benefits of hypnosis. Aside from the chapter focusing on FAQs, the other chapters were arranged in such a way that answered questions about hypnosis and how once can do it. I am hesitant to try it but knowing more about the method, including applying it one step at a time (simple activities discussed in the book) might eventually encourage me to try full one hypnosis for various reasons. A good intro book that will introduce one to the essence of hypnosis.

A very interesting read. I applied what was written in this book and it seemed to be working really

well especially in relieving stress. It is, indeed, effective. The step-by-step instructions were clearly written and easy to follow so that's a plus point for me. Will definitely share this book.

I am a true believer in the power of the subconscious mind so I am very thankful that I just stumbled upon this book. Hypnosis is an astonishingly effective way of reducing pain and I am trying to learn self-hypnosis. The book gave me the basic understanding and some interesting info on the other practical uses of hypnosis and hypnotherapy like maybe losing some weight and helping me improve my performance at work.

Very good explanation of the real nature of Hypnosis.

I came across this book when i was looking for something some way to relieve my stress and clear my mind, I was very impressed with how well the book is written and how basic the techniques are. they are very easy to understand and follow, It may take a few tries to get it, but you will get it, you will be so glad that you made the investment and bought this book. Shortly after that you will begin to feel like a whole new person as the stress goes away.

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