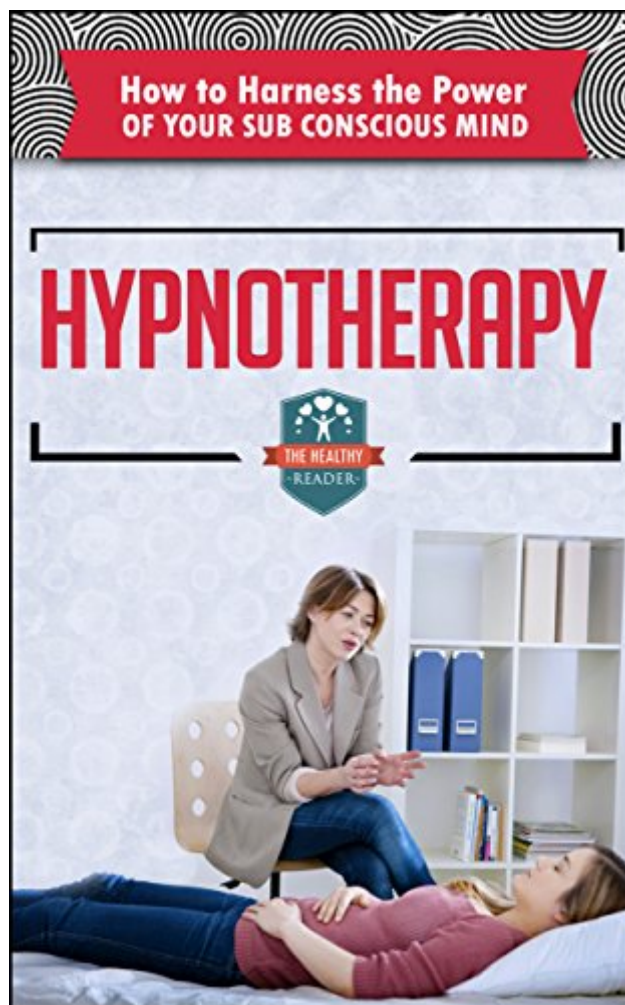


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Hypnotherapy: How To Harness The Power Of Your Sub Conscious Mind (Hypnosis - NLP - How To Hypnotize - NLP Techniques)



Use Hypnosis to Harness The Power Of Your Sub Conscious MindBONUS - Get Your Free 10,000 Word Report on the Top 12 SuperfoodsLearn How To Use The Impact Of Your Own Mind To Propel Your LifeThis book teaches you all about hypnotherapy – it explains the working of your brain and teaches you specific techniques that you can use to tap into the power of your subconscious mind.It familiarizes you with the various styles of hypnosis and tells you the mechanism that you can use to identify the style best suited for your clients.As you read through the pages, you will gain an understanding of the various ways to conduct hypnotherapy and how you can use positive affirmations to create your own reality. You will also gain an understanding of how hypnosis can be used as a powerful weight loss tool. Here is what you will get:

- Defining hypnotherapy and understanding the human mind
- Differentiating between imagination and reality
- Understanding the rules that your mind follows
- Understanding brain waves
- Understanding the various ways to conduct a therapy and defining your individual style
- Understanding stress and how it links to weight gain
- A simple self-hypnotic relaxation exercise
- Losing weight via positive affirmations and hypnosis

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Hypnotherapy

Customer Reviews

Hypnotherapy, this one would be really helpful to anyone. This one is a must share for my loved ones and will definitely get more than 5 stars here on .

Amazing how the brain works and all of the untapped power we can get from it. Very interesting and informative book.

always nice to have reference material like this for the future

Disappointing !

I remember when we were kids me and my brother would experiment with trying to hypnotizing chickens to no avail haha. This book is a whole lot better than the advice we got back then. This book goes into detail on how harness the power of your sub conscious and really delve into the depths of your mind. I found it very interesting and a good read. Very helpful if you want to give hypnotizing a go.

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