

## Self Hypnosis For Dummies

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Self-Hypnosis For Dummies is a hands-on guide to achieving your goals using hypnosis. Whether you want to lose weight, overcome anxiety or phobias, cure insomnia, stop smoking, or simply stop biting your nails, this guide has it covered! The reassuring and straight-talking information will help you harness the power of your mind and re-train your subconscious to think in more healthy ...

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Self-hypnosis is useful for boosting your confidence, encouraging yourself towards a healthier lifestyle and improving your performance. Follow these basic steps of self-hypnosis to help you move towards your desired goals: Think about what you want to achieve or change, and state your goal in a single sentence.

Simple Steps to Self-Hypnosis - dummies

Use hypnosis to lose weight, quit smoking, overcome anxiety, beat insomnia and more Become your best self with this gentle mind control technique Whether you want to lose weight, overcome phobias or stop smoking, this positive guide to self-hypnosis offers straight-talking information to help you harness the power of your mind.

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I came across Self-Hypnosis for Dummies by accident, but when I flicked through a couple of pages I liked what I saw an bought it. I am really impressed with it! I have never bought a ...for Dummies' book before, but have found this an excellent book. There's something for anyone who wants to use self-hypnosis in their lives.

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An easy-to-follow, reassuring and responsible guide that shows how you can use hypnotherapy to identify and overcome unhealthy modes of thinking, deal with emotional issues, improve performance, and banish bad habits. Whether you're seeking to overcome anxiety or depression, improve your performance professionally or personally, lose weight or beat an addiction, hypnotherapy can help you make the changes you want.

Self-Hypnosis For Dummies is a hands-on guide to achieving your goals using hypnosis. Whether you want to lose weight, overcome anxiety or phobias, cure insomnia, stop smoking, or simply stop biting your nails, this guide has it covered! The reassuring and straight-talking information will help you harness the power of your mind and re-train your subconscious to think in more healthy and constructive ways, and to overcome specific issues, such as anxiety and paranoia, and break bad habits, such as smoking. The easy-to-follow style will guide you through every step of the process, empowering you to take control and start making changes right away.

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

Train yourself in deep self-hypnosis--and tap into the power of your subconscious mind--to correct negative behaviors and reach your full potential Self-hypnosis can be a great tool to overcome obstacles in our lives. Self-Hypnosis Made Easy gives the reader the skills to train themselves into deep hypnotic trances, getting rid of negative thoughts and behaviors, and improving any aspect of their life that they want to change. In this book, readers will discover: \* Easy-to-follow, step-by-step techniques for self-hypnosis \* Practical exercises to help deepen a hypnotic trance \* How hypnosis can help them stop smoking, eliminate phobias, reduce weight, sleep better--and more \* How hypnosis can help overcome a major illness For total beginners and improvers alike, this book is an excellent resource to learn self-hypnosis right from a hypnotherapy trainer.

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.

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

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 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!

"This book gives you many action-oriented ways of coping with your anxiety about anxiety." —Albert Ellis, PhD, President, Albert Ellis Institute Is your job tying your stomach in knots? Do you toss and turn in bed at night? Are your ulcers having ulcers? Face it—you've got too much stress in your life, and it's time to give yourself a break. The consequences of not dealing with stress range from poor health and broken marriages to premature death: not a very cheerful outlook. Thankfully, all kinds of stress reduction approaches are available today: from breathing and posture to imagery and meditation. These new ideas have taken the world by storm—and taken the pressure cooker off the fire for millions of chilled-out people around the world. Whether it's love, work, family, or something else that's got your anxiety in the red zone, here's an easy way to improve your outlook. Stress Management For Dummies will help you identify the stress triggers in your life and cut them down to size quickly, with tips on how to: Determine your stress level Relieve tension at work and at home Deal with difficult people Combat stress with diet and exercise Soothe your anger and worry Certified stress manager Allen Elkin, PhD takes the guesswork (and the added stress!) out of finding the stress relief system that's right for you. After determining your stress level with a few simple tests, you'll get step-by-step guidance on finding and eliminating sources of stress, in both your mind and body. Inside are hassle-free techniques, helpful advice, self-evaluation quizzes, and fascinating information on: Letting go of tension through breathing, stretching, massage, and more Clearing the clutter in your life—and in your mind Managing your time—setting priorities, delegating, and conquering procrastination Eating, exercising, and sleeping right Stress-resistent thinking Reducing interpersonal stress Personal relaxation techniques The top ten stressors in life The ten most stressful jobs With a wide but manageable array of stress-management techniques, strategies, and tactics, this is your own personal toolbox for stress relief. So relax, take a deep breath, and start reading!

The Science of Self-Hypnosis: \* The Evidence Based Way To Hypnotise Yourself" is a book written for anyone wanting to learn about self-hypnosis and how to use it. This book is ideal for anyone; ranging from beginners who are new to the field of self-hypnosis, to experienced clinicians hoping to teach patients how to use self-hypnosis for therapeutic gain. Contained within this book are a range of methods for anyone to apply: to achieve a hypnotic mindset, develop hypnotic skills, induce self-hypnosis, deepen the experience of hypnosis, apply a range of evidence-based techniques and strategies for self-improvement and then exit hypnosis. The book offers a modern historical explanation of the development of this fascinating field as well as serving as a guidebook for practical application. All of this is done by dispensing with notions of an 'unconscious mind' or a 'special trance state', instead showing hypnosis to be an ordinary skill that anyone can learn, to be good at and derive benefit from. As the book title suggests, it adheres to research findings and the evidence-base available as much as possible while offering up a substantial literature review of this topic. The second half of the book looks specifically at applying self-hypnosis for stress management, anxiety reduction, depression, pain control and sleep enhancement; all showcasing techniques which can be applied to a range of other issues too. This is a comprehensive volume that aims to result in it's readers becoming proficient self-hypnotists. Adam ends his book with these words: In my opinion, there are not enough people in the world who have these skills. Self-hypnotists have the opportunity to make real beneficial changes that make each day an exciting prospect; the self-hypnosis adventure and exploration starts here. That indeed is an exciting prospect

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