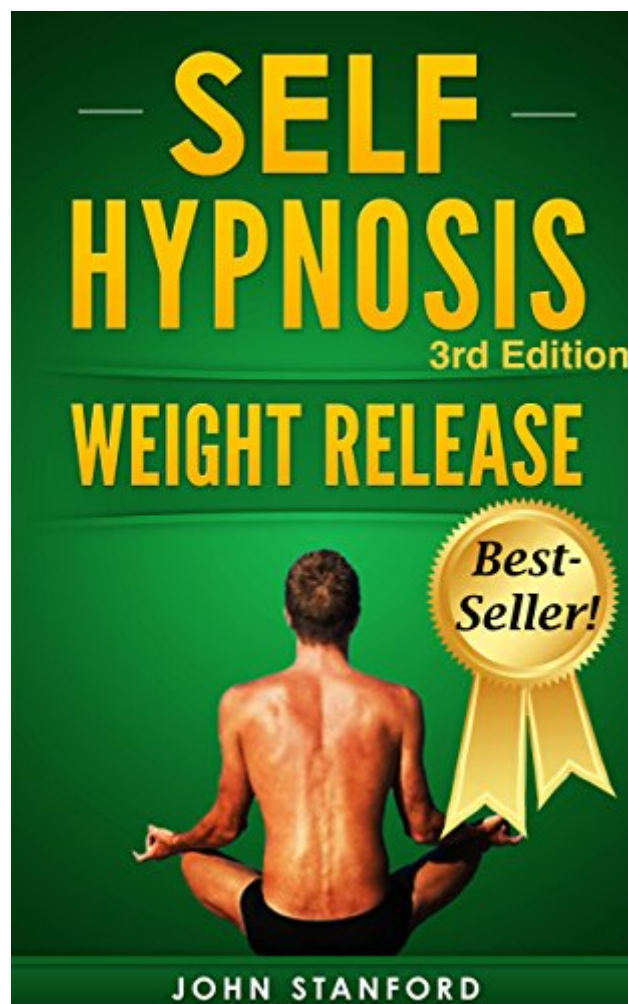


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(Self Hypnosis As You Read, Self
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Synopsis

****Expanded 3rd Edition Contains 4 FREE BONUS Chapters PLUS a FREE Life Mastery Toolkit!****
(For a limited time only) Learn the Methodology Behind the Best-Selling "Self-Hypnosis As You Read" Story Inside. STOP trying to change your body directly with fad diets or workout plans. Your Subconscious Mind will help you release weight PERMANENTLY. Are you tired of Depressing Diets, Soul-Crushing Workouts, and Yo-Yo'ing Back and Forth?The ONLY way to lose weight PERMANENTLY is to change your attitudes and beliefs towards food. Your subconscious mind controls your beliefs, behaviors, and actions, and the ONLY way to change your subconscious is through hypnosis.Creating Change and Releasing Weight Gets Easier and Easier Every Time You Read. Download Now and Let's Explore the Art of Self-Hypnosis Together! How can Self-Hypnosis Help Me Release Weight?Many people don't realize that the mind controls the body, and the only change that must occur is in the mind. There is no need to change our body directly, and trying to do so never lasts. Our mind wants what is best for us, and once we decide to adopt positive, beneficial beliefs, our body will reflect that.What will this Book Teach Me?This book contains proven Self-Hypnosis strategies, and will help you make powerful, lasting changes to release weight PERMANENTLY. All you need to do is read the story inside, and your mind will take care of the rest! It's really that easy.I Want a Book I Can Read Again and Again, Not Just OnceGreat! This book can be used repeatedly. Many people find that every time they read, their hypnosis session is more and more powerful, and they experience different benefits each time!What is Hypnosis?Hypnosis can be defined as a state of complete focus and concentration, in which a person becomes less aware of their surroundings, and much more inwardly focused. Many people refer to this state of heightened focus and awareness as a hypnotic trance. When a person is in a hypnotic trance, they are more likely to accept and take on new suggestions that can help them change their beliefs, mindset, and behaviors. This book will help you change your beliefs and attitudes towards food and exercise just by reading! The more you read, the more powerful the effects.Is Hypnosis Safe?The goal of a hypnotist or hypnotherapist is not to take control over the person or provide them with the answers; it is to help the individual solve their own problems, and the individual in the hypnotic state always has control, so there's no reason to be afraid. What You'll Learn: What is Self-Hypnosis?How Can Self-Hypnosis Help me Release Weight For Good?Your Self-Hypnosis Session- As You ReadHow to Use This Book Again and AgainWeight-Loss Methodology: Why Your Mind is the Only Thing You Need to ChangeWhy All Diets Are Flawed From the BeginningThe Ultimate Key to Permanent Weight LossAnd Much More!Change Your Mind, Change Your Life, and Feel Great Now! Take Charge and Create the Changes You Want in Your Life Today! Download

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Book Information

File Size: 266 KB

Print Length: 48 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 4, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B018ZLK1OA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

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Customer Reviews

Amazingly, I never regret having this book on my Kindle. I learned so much from the book about Hypnosis and Self-hypnosis. The book includes on "How to Use This Book on Chapter 2. It continually gives me the eagerness to learn more until the last page of the book. I feel so great. Reading Chapter 3 over and over again also is really helpful for me. It relaxes me. I will be sharing this book to my husband when he arrives. He will surely love this. Thanks a bunch John!

If you have tried everything to lose weight like me this book could be your answer. I heard about self hypnosis from others and really wanted to cue in on the mental barriers that I've had trouble breaking through this time since I can stay on a diet and exercise but never really get the results or break the cycle. Really neat to find something that has me mindful of what I am eating and start to use the hypnosis exercises to keep me conscious of over eating and emotional eating.

Although this book has an interesting subject, it didn't match my expectations entirely. However, it is not bad, and for someone who wants to inform himself about self-hypnosis, and things like how to use it, why to use it and when to use it, it will be a job well done. There is still more to discover and write about it, but nonetheless useful to read and learn about it, thus engaging yourself in a self hypnosis session.

I find this book absolutely interesting. I heard about hypnosis all the time, but I never knew that performing hypnosis to yourself is possible. This book gives some light to a rather confusing and amusing subject of self-hypnosis. It focuses on how to use self-hypnosis technique to create an ultimate change in all areas of your life.

I have tried other Self Hypnosis books and none have been more effective than this one. As the Author suggests, you will learn what you need over a weekend. I completed the book, ran through the three scripts (some multiple times), and I can now confidently say I can put myself in trance rather easily. I will now start on my specific goals. The process described in the book is simple but effective which is perfect for me.

Self Hypnosis As You Read... This is something new. I was fascinated with hypnosis before but I lost interest because I can't find a book that will elaborate more. Luckily, I came across this one. I appreciate the book's explanation of the process. The Chapters were arranged in a way that it has slowly built my interest. It has discussed topics like what really is self hypnosis, how can a person benefit from it, how this book be used over and over, and so much more. I think this is a profound book that must really be read and understood.

This book helps me better understand about Hypnosis and Self- Hypnosis including its different types. The ideas were very interesting to read, hypnosis for you sounds impossible, but this book

proves me wrong. It also stated that hypnosis can help relieve pain. There are lots of amazing information you will discover in this book that will help you in better way. The author did a great job in this book, this is worth to read.

In the case of hypnotic language patterns, or covert hypnosis, you will never do anything thatâ€™s against your will, so thereâ€™s no reason to be afraid. Covert hypnosis is used mainly to connect with others on a very deep, subconscious level, akin to using body language to connect with someone or make them feel comfortable around you. All youâ€™ll need to do is read the story given and your subconscious mind will take care of the rest!

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