

## Create Your Own Affirmations, Autosuggestions and Self Hypnosis Products: Drastically Improve Any Aspect of Your Life on Autopilot! (Paperback)



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### **Reviews**



*An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
(Dominic Collins)

## CREATE YOUR OWN AFFIRMATIONS, AUTOSUGGESTIONS AND SELF HYPNOSIS PRODUCTS: DRASTICALLY IMPROVE ANY ASPECT OF YOUR LIFE ON AUTOPILOT! (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book will equip and educate you with the tools you would need to practically change anything in your life! Whether it is for healing, abundance/wealth, self confidence and any other mental or emotional issues; they can easily be remedied by applying the techniques in this book and adding in your own twist. Hypnosis, Autosuggestion, Affirmations and Visualizations are really just one and the same thing! By knowing what they are, the principles can be mixed and matched to create your own methods of self-change. I would also like to suggest that you utilize any media at your disposal and spread these all around, so that they can work in autopilot as you go about your business and life. You may use post-it notes, mp3 recordings that play 24/7, pictures on your desk or monitor; literally sky s the limit on the amount of custom made self change products and devices that you can make to make the most change in your life! ===== TABLE OF CONTENTS ===== Introduction Overview of Hypnosis Hypnosis Is Not Voodoo Hypnosis Compliments Conventional Medicine Common Misconceptions About The Craft All Hypnosis Is Self-Hypnosis Self Hypnosis For The Beginner A Self Hypnosis Recipe Going Deeper Going A Little Much Deeper Plan it out Building Self-Confidence Reduced self-confidence is not necessarily equal to reduced social esteem Blueprint For Better Self Confidence or Self Esteem Hypnosis for Weight Loss Areas We Can Work On Hypnotically Positive Self-Talk Think a second time just before eating Deep Breathing Techniques Use Visualization Effortless Results Pour In The Placebo Effect Affirmations Use the appropriate tone Repetition Patience How to Create Affirmations There are 2 instances when you should exercise saying...

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