



Self-Hypnosis Techniques: Learn Self-Hypnosis Using Scripts

Shanna J Levitt

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Here's what you'll discover in **Self-Hypnosis Techniques: Learn Self-Hypnosis Using Scripts** - Understanding hypnosis and why it works. 3 proven steps to successfully entering a trance. 2 simple keys to understanding hypnotic suggestibility. Where hypnosis started and how it's been around for thousands of years. How to create hypnotic suggestions. 6 time-tested and proven strategies to creating a perfect environment for self hypnosis. When to seek professional help when it comes to hypnotizing yourself. How to relax your muscles quickly and easily. How to change your bad habits by using self- hypnosis.

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