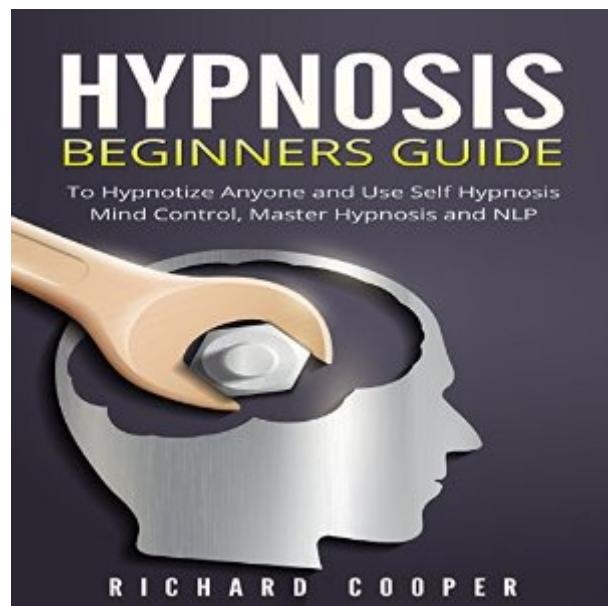


The book was found

# Hypnosis Beginners Guide: Learn How To Use Hypnosis To Relieve Stress, Anxiety, Depression And Become Happier



## **Synopsis**

Transform yourself now using hypnosis! Are you looking for ways to alleviate stress and anxiety? Have you looked and found nothing that seems to work? Are you looking for a solution? Look no further! My book will answer all your questions! In my book, I will show you how you can use hypnosis to relieve stress and anxiety and how to beat depression by yourself! Having experience teaching this for last 20 years, I know how important creating a good base to keep yourself on track is and you will find this out in this book, I have a lot to share with you. The methods I provide have been proven to be the most effective if performed correctly! I will guide you step by step on how to train yourself to hypnotize yourself and others! There is no better feeling then being happy and knowing how to keep yourself that way. Having experienced the highs and lows like any other person I have had to use my own techniques to bring myself out of depression and keeping myself from returning to that state. My years of trial and error have gone into this book and you won't find another guide like this on the market! If you believe in yourself you can do anything. Here is a preview of what you'll learn: Hypnosis: The Basics How Hypnosis Works What Benefits Can You Get from Hypnosis? How Hypnosis Helps Cure Depression, Anxiety and Stress and Bring Happiness How To Prepare Yourself For A Hypnosis Session To Guarantee Greater Effectiveness How To Hypnotize Yourself To Fight Depression Am I Hypnotized Yet? How to Know If You Are in a Trance and How to Get Out FAQ about Hypnosis Much, much more!

## **Book Information**

Audible Audio Edition

Listening Length: 1 hour and 24 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Richard Cooper

Audible.com Release Date: June 15, 2016

Language: English

ASIN: B01H20QSCO

Best Sellers Rank: #24 in Books > Politics & Social Sciences > Philosophy > Movements > Rationalism #311 in Books > Self-Help > Anxieties & Phobias #470 in Books > Audible Audiobooks > Nonfiction > Philosophy

## **Customer Reviews**

I had a lot of stress and anxiety after the loss of one of my good friends. I didn't know what

to do, as everything I tried in order to relieve stress and get rid of my feelings, would eventually backfire. I bought this book, as one of my friends recommended me the book. And to be honest, I am happy that I listen to him. The book was able to explain what hypnosis really is (I had a distorted image about hypnosis due to all the bad media it gets), it showed me how hypnosis works, what the benefits are and how hypnosis helps to cure depression and anxiety. I am now more relaxed than ever and the book really helped me to get over the death of my good friend. Thank you very much!Jeffrey

A very interesting read. I applied what was written in this book and it seemed to be working really well especially in relieving stress. It is, indeed, effective. The step-by-step instructions were clearly written and easy to follow so that's a plus point for me. Will definitely share this book.

I find this Hypnosis Beginners Guide book a profound reading experience. It has made me understand how Hypnosis can be used in relieving stress, anxiety, and even depression. And I think that this book has been educational too. It has given me so much ideas about hypnosis, its basics and how it works, the benefits one can get from practicing it, and of course, how it can help cure conditions too. I think that reading this book has awakened me and opened my eyes to the perks of hypnosis.

This book is great guide that will teach you how to practice hypnosis in order to relax and remove stress. The book is perfect for people who are often stressed and anxious and for those who want to relax. It has everything that you need to know about hypnosis and a complete guide that will teach you how to practice it. I am very glad that I found this book and I learned a lot from it. This is why I strongly recommend it!

I always love to read different kinda books and thus grabbed this book and I am very much satisfied with the contents. This book has actionable information on how to use hypnosis to overcome stress, depression and to live a happy life. This book is very well written and also it has a power in it that can change way the people lived each day. The author has proved his excellence in writing. I will highly recommended this book to my family and all friends. I am really motivated and inspired by this book. Thanks a ton to the author.

This book was very good for me because I've been interested in knowing more about

Hypnosis for a while now. One question that I have asked myself is: How do I know that I'm in a trance? I liked the fact that this book gave me all the answers I needed to that question. I believe that hypnotic trance is a very powerful tool for overcoming problems in life. I recommend this book for anyone who is interested in hypnosis.

I came across this book when I was looking for something some way to relieve my stress and clear my mind, I was very impressed with how well the book is written and how basic the techniques are. they are very easy to understand and follow, It may take a few tries to get it, but you will get it, you will be so glad that you made the investment and bought this book. Shortly after that you will begin to feel like a whole new person as the stress goes away.

I like this book about hypnosis. It does not talk about hypnosis in general. Rather, the book talks about what hypnosis can do to your body. It can be used to relieved stress. It can be used for relaxation. It is different from I learn about hypnosis in which it is used to harm others. I hope that it is backed up with clinical studies though.

[Download to continue reading...](#)

Hypnosis Beginners Guide: Learn How to Use Hypnosis to Relieve Stress, Anxiety, Depression and Become Happier Relieve Anxiety with Medical Hypnosis Stress-Free: Peaceful Affirmations to Relieve Anxiety and Help You Relax Nature and Other Things Box Set (6 in 1): Artistic Tattoo, Steampunk, Henna and Space Objects to Relieve Stress (Stress-Relief & Creativity) Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) Learn Spanish Step by Step: Spanish Language Practical Guide for Beginners (Learn Spanish, Learn German, Learn French, Learn Italian) Learn French Step by Step: French Language Practical Guide for Beginners (Learn French, Learn Spanish, Learn Italian, Learn German) Learn Spanish Fast: Become Fluent in Spanish, Increase Desire to Learn and Develop a Positive Attitude with Hypnosis and Meditation The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes Relieve Your Stress: An Adult Coloring Book Featuring Over 40 Swear Words to Color and Relax, Black Edition Fck Yeah: Swearing Coloring Book for Adults: Unhallowed Profanity and Rude Words: Fun Gifts for Stress Relieve: Creative Cursing Sweary Color Pages ... Ups Relaxation: 25 Creative Swearword Designs You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program Flowers, Floral Arrangements, Wreaths: Calm

Coloring Books to Relieve Stress; Adult Coloring Books Floral in All D; Adult Coloring Books Flowers in ... Coloring Books for Teens Girls in all Dep Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - ( How to Overcome Stage Fright and Performance Anxiety ) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy)

[Dmca](#)