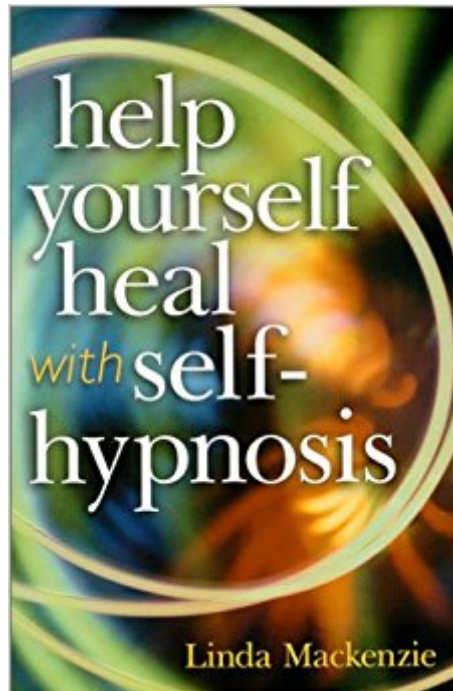




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Help Yourself Heal With Self-Hypnosis



Synopsis

We are what we think--so use the power of the mind to improve health and well-being, reach your goals, and enhance receptivity to change and renewal. Self-hypnosis opens up the subconscious mind to suggestion, allowing positive messages to flow in and gradually eliminate harmful emotions and unpleasant physical sensations. This guide to establishing the mind-body connection shows how to prepare for a session, how to concentrate on breathing in order to relax completely and move into a trancelike state, and how to implement a specific, realistic objective. Work on relieving 40 different ailments by following detailed scripts that guide you moment-by-moment during the hypnosis; in addition there are homeopathic medicine charts with remedies focusing on attitude, foods and diet, vitamins and supplements, herbs, and aromatherapy. Among the problems covered are allergies, anxiety, arthritis, asthma, backaches, cancer and chemotherapy, chronic fatigue syndrome, depression, fear and phobia, infertility, insomnia, osteoporosis, prostate diseases, ulcers, and more. The author lives in Manhattan Beach, CA. 192 pages, 6 x 9.

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Customer Reviews

Help Yourself Heal with Self-Hypnosis is such an informative book. I actually read many of the hypnosis scripts to my husband and he felt so relaxed. Linda is just incredible and offers so much knowledge to her readers. There is so much positive suggestion in this book that it makes it hard not to accomplish your goals and improve your health and well-being.

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