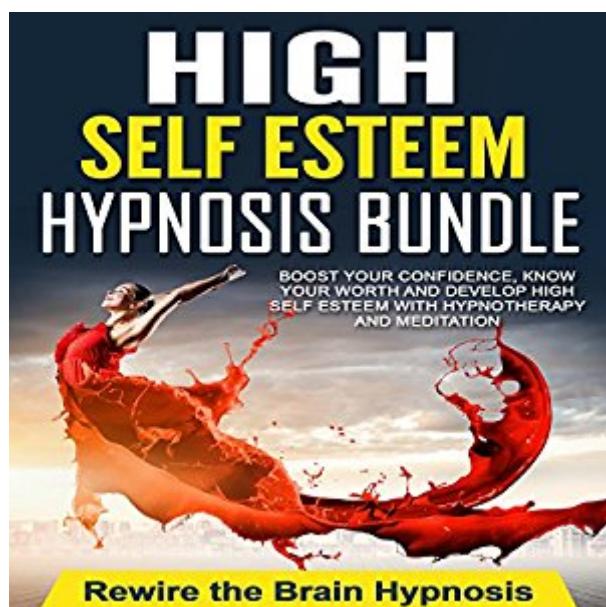


The book was found

High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth And Develop High Self Esteem With Hypnotherapy And Meditation



Synopsis

When you know your worth, you keep the right people around you, make healthy decisions and understand your own value. Knowing your worth leads you towards becoming the best you can be, because you know what you bring to the table. This hypnosis duo is designed to bring the best out of you by transforming how you see yourself. First hypnosis: An eight minute NLP hypnosis that can help you develop unbreakable, powerful confidence and realize your self-worth. Second hypnosis: A 10 minute hypnosis designed to be confident in any situation and reach your true potential with increased self-love. Listen to these hypnosis sessions to increase your self-confidence, unleash your inner alpha and elevate your mindset. Use them only when you are able to close your eyes and relax.

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