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Why Do I Keep Doing This!!? End bad habits, negativity and stress with self-hypnosis and NLP

Judith E. Pearson

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Through the use of an easy, self-help method, even the most skeptical are able to overcome their worst habits. What prevents people from doing what they sincerely want to do is most usually the fact that people simply are not skilled in managing their minds. Hypnosis relaxes and quiets the mind's chatter and will help to ultimately access the qualities and strengths we already possess. NLP will spell out those strategies step by step. The concepts and mechanisms of hypnosis and the principles of NLP make for effective approaches to self-hypnosis.

Part I covers basic information about hypnosis and NLP. You will learn easy methods for going into a relaxation state (trance), visualizing results, giving yourself suggestions, and coming out of a trance. The CD that comes with the book features a self-hypnosis trance training that guides you through various methods of trance induction.

Part II includes 16 self-hypnosis applications that clients most often bring to hypnotherapy, such as habits and addictions, smoking, overeating, insomnia, procrastination, emotional difficulties, pain management, and much more.

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From reader reviews:

Margie Sutton:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite reserve and reading a book. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled Why Do I Keep Doing This!!? End bad habits, negativity and stress with self-hypnosis and NLP. Try to make the book Why Do I Keep Doing This!!? End bad habits, negativity and stress with self-hypnosis and NLP as your close friend. It means that it can to get your friend when you experience alone and beside regarding course make you smarter than ever. Yeah, it is very fortuned for you. The book makes you much more confidence because you can know everything by the book. So , we should make new experience and knowledge with this book.

Robert Irizarry:

Playing with family in the park, coming to see the coastal world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try point that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Why Do I Keep Doing This!!? End bad habits, negativity and stress with self-hypnosis and NLP, you are able to enjoy both. It is great combination right, you still wish to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its identified as reading friends.

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Does one one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Aim to pick one book that you find out the inside because don't ascertain book by its include may doesn't work the following is difficult job because you are scared that the inside maybe not since fantastic as in the outside appear likes. Maybe you answer can be Why Do I Keep Doing This!!? End bad habits, negativity and stress with self-hypnosis and NLP why because the excellent cover that make you consider with regards to the content will not disappoint you. The inside or content is actually fantastic as the outside as well as cover. Your reading sixth sense will directly direct you to pick up this book.

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