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Instant Self Hypnosis Instant Self Hypnosis

Michael R Hathaway

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hand Now imagine squeezing it and seeing its juices flow When you start salivating open your eyes and go on reading You just saw how your mind affects your body and turns your salivary glands on It can also make your hair follicles go back to work Let's be realistic. The method taught in this book will not give you back the same thick hair that you had in high school Hair loss and graying is a natural process We can slow it down reverse it to some extent but we cannot make it go away altogether If you are reading these lines it means that you are worried because you are losing hair or graying fast and the first thing to do is to stop that process Too many people make money by selling useless preparations they don t want you to hear a simple secret You already hold the power to make it better You just need to learn how to use it If you carefully follow the technique taught in this book hair loss will stop or significantly slow down Then you will see hair growing back in places where it had stopped growing a long time ago You can also restore color to your hair which may not be exactly the color you had in your teens mine grew of a color darker than before but it will look and feel better and so will you You already have what you need to succeed your mind You don't have to buy anything or to concoct any magic potion You must understand how your mind communicates its orders to your body and learn how to make this channel of communication work to improve the health of your hair In fact as you will see when you read the book this is a particular application of a general principle that you can exploit in many other areas But I want to be very clear There is no magic wand in the book Achieving a positive result requires a will to succeed Your mind runs your body and you have to learn how to put it to work for you The good news is that when you begin to use the techniques taught in the book you also start to reap benefits immediately which adds to your motivation to succeed Two highly respected practitioners in the field expressed their opinion of the value of this technique It's a wonderful application of something that I have believed in for many years now the power of mind over body This technique is worthy of serious attention Michael J Hadfield D Hyp MBSCH Kfir Luzzatto has laid down a path for you to reach many goals traditionally considered difficult or impossible I see Kfir as very much a visionary pioneer in the mind body field We are fortunate to read what he has discovered and reveals Forbes Robbins Blair Do It With Words is a straightforward guide into the power of your mind I am a former skeptic who reformed after witnessing how mind body practices deliver tangible results The book provides visual proof and a precise blueprint of the mind body experiment in which I succeeded in my attempt to regrow lost hair and to restore its natural color to gray hair The book describes in precise detail how I regrew lost hair restored its natural dark brown color to my previously white hair used self hypnosis guided imagery and meditation to achieve all results without the aid of any external preparation Scroll up and grab a copy to start learning today how it is Self Hypnosis As You Read Forbes Robbins Blair, Rob Morrison, 2013-11-01 Let Go of the Baby Weight Get Over done Your Ex Relieve Social Anxiety Manifest a New Job Save More Money Eat Less Chocolate these are a few of the 42 life changing scripts in Self Hypnosis As You Read This easy to use method brings you into a hypnotic state and improves your life without ever putting down the book You remain aware at all times and gently come back to everyday consciousness And

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The Secret Explained Cristian Butnariu, 2014-09-10 NLP stands for Neuro Linguistic Programming a name that encompasses the three most influential components involved in producing human experience neurology language and programming The neurological system regulates how our bodies function language determines how we interface and communicate with other people and our programming determines the kinds of models of the world we create Neuro Linguistic Programming describes the fundamental dynamics between mind neuro and language linguistic and how their interplay affects our body and behavior programming NLP is a pragmatic school of thought an epistemology that addresses the many levels involved in being human NLP is a multi dimensional process that involves the development of behavioral competence and flexibility but also involves strategic thinking and an understanding of the mental and cognitive processes behind behavior NLP provides tools and skills for the development of <u>Instant Hypnosis</u> Daryo Nagari, 2014-01-31 Instant hypnosis the expose Knowing that there are people out there who can hypnotise other people in a heartbeat even complete strangers off the street is fascinating or at least it should be This expose lets you into the secret of how it works and even how to do it Other books will tell you most of what you want to know This book exposes all That's right how YOU could do it Hypnosis is not a voodoo magic dark art practiced by devil worshipers It is not a gift it is simply a skill that can be learned by anyone In the book is How stage hypnotists get people into a trance in seconds just by shaking their hand How to make someone fall over and be in hypnosis before they reach the carpet How hypnotists can steal your wallet Understand how to get paid out on a losing ticket at a bookies Send someone into a deep sleep just by clicking your fingers What to say How to get your timing just right All these hypnosis routines are exposed in enough detail that even a complete amateur could use them in no time at all If like most people who are interested in speed hypnosis you have read several books Then adding this one to that collection is a must If like most people who have a genuine interest in instant hypnosis inductions you have probably had your fill of all the usual unnecessary page filing extras then you need this book Because this book Does NOT include Pages and pages of the history of hypnosis Chapter after chapter of NLP techniques All the whys and wherefores of trance Long introductions Pre talks Tons of progressive relaxation scripts Therapy scripts In fact this book assumes you have a brain If you want to know how to use instant hypnosis then you are probably well versed in all the other facts about hypnosis the subconscious critical factor and all the rest You don't need it repeated here Here we discuss instant and rapid hypnosis ONLY Why make a book a two day read with unrelated mumbo jumbo when it can be a two hour read about instant

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