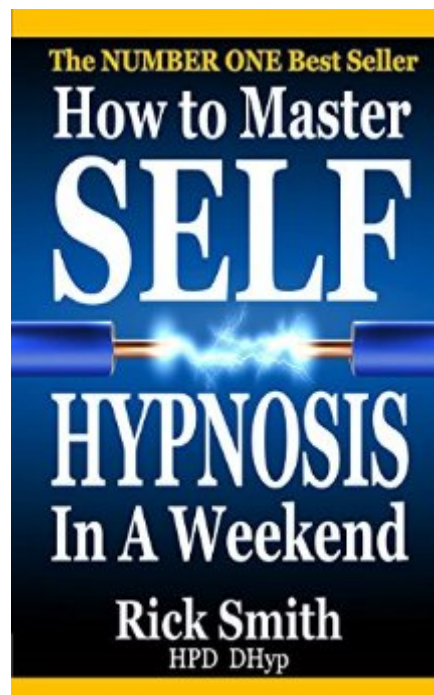


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# How To Master Self-Hypnosis In A Weekend: The Simple, Systematic And Successful Way To Get Everything You Want



## Synopsis

The NUMBER ONE Best-Selling Self-Hypnosis Course! Lots of books have been written about self-hypnosis, so what makes this one special? Well, maybe you're trying self-hypnosis for the first time, or perhaps you've tried before and failed. Whatever your situation, you're looking for results, otherwise you'll waste your time, and come away disappointed and disillusioned. You need more than just a book. You need a system. Over 10,000 Script Recordings Downloaded... In *How to Master Self-Hypnosis in a Weekend*, a professional hypnotist Rick Smith demonstrates a remarkable step-by-step system which anyone can use to succeed. Everything you need, including downloadable script recordings, is provided. Follow this system and you'll quickly master the key self-hypnosis techniques, enabling you to drop easily and quickly into a comfortable trance, anywhere, anytime. A No-Nonsense System to Learn, Practice and Use Self-Hypnosis... In this complete course, you'll learn:

- How to master simple self-hypnosis techniques so that you can relax into a comfortable trance, anywhere, anytime.
- How to use your new self-hypnosis skills for relaxation and recreation.
- How to use self-hypnosis to control stress, and to centre yourself.
- How to attack bad habits, such as smoking, drinking, over-eating; in fact, anything that you feel the need to change.
- How to empower yourself for motivation, focus, and commitment.

Completely Eliminate the Most Common Mistakes... You'll also discover how to avoid the common mistakes that many people make:

- They don't practice often enough, so they fail to master the key techniques.
- They don't get the set-up right, so they're easily distracted.
- They hold on to their inhibitions, and never release their restrictive self-control.
- They analyse and over-think, rather than letting nature do its best work.

By eliminating these issues at the start, nothing stands in the way of your success. Using this book - and the free audio recordings that come with it - you'll learn the same techniques I train and use with my personal clients, for a fraction of the cost and time. My voice will guide you through the process; you'll go at your own speed, and if you follow the system, you'll find success. Who knows where it might lead you? Thousands of readers are already using the Master Self-Hypnosis method to improve their lives, and you can too. With regular use, you'll acquire a powerful secret weapon that will serve you in every aspect of your life. And the more you do it, the better you'll become. So why don't you Master Self-Hypnosis this weekend? It's easy, it's free, and it's really fun to do! Click on 'Look Inside' to Find Out Much More!

## Book Information

File Size: 1984 KB

Print Length: 131 pages

Simultaneous Device Usage: Unlimited

Publisher: [www.ricksmithbooks.com](http://www.ricksmithbooks.com) (September 30, 2013)

Publication Date: September 30, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00FFHHJNE

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #148,499 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Hypnosis #113 inÂ Books > Self-Help > Hypnosis #3428 inÂ Kindle Store > Kindle eBooks >

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## Customer Reviews

Does Hypnosis exist or is it just in the imagination? This is a reasonable question to ask and the only way to determine whether it is real is to experience it yourself. Usually, people turn to hypnosis as a last result; after they have tried various other strategies to deal with their problem. If they visit a professional hypnotist for treatment then, at some point, they have to place themselves in the hands of the therapist and trust them. With self-hypnosis, that therapist is you! So how does it work? The answer to that question is why you are going to buy this book. Rick Smith, an expert in the field of hypnotism guides the reader step by step through a series of deep relaxation techniques until the 'trance' state of total relaxation of mind and body is reached. The exercises themselves are therapeutic and each time you repeat them, the deeper the resulting trance will be. So, in the first half of the book, the author teaches you how to achieve the trance state and in the second half of the book, he teaches you how to use the trance state to achieve your goals. The secret of the technique is in the human voice but, and it is an important but, the voice you are going to listen to is one that you must trust. So. included in the book are links to mp3 sound tracks covering different parts of the technique. You may either use these or make your own recording of the scripts which Mr. Smith also provides. It really is up to you which method you prefer. However, do not assume

that if the voice you listen to is your own it will make things easier; there is a possibility that contrary to popular opinion, you might not like the sound of your own voice. In which case Mr. Smith's dulcet tones may be the answer.

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