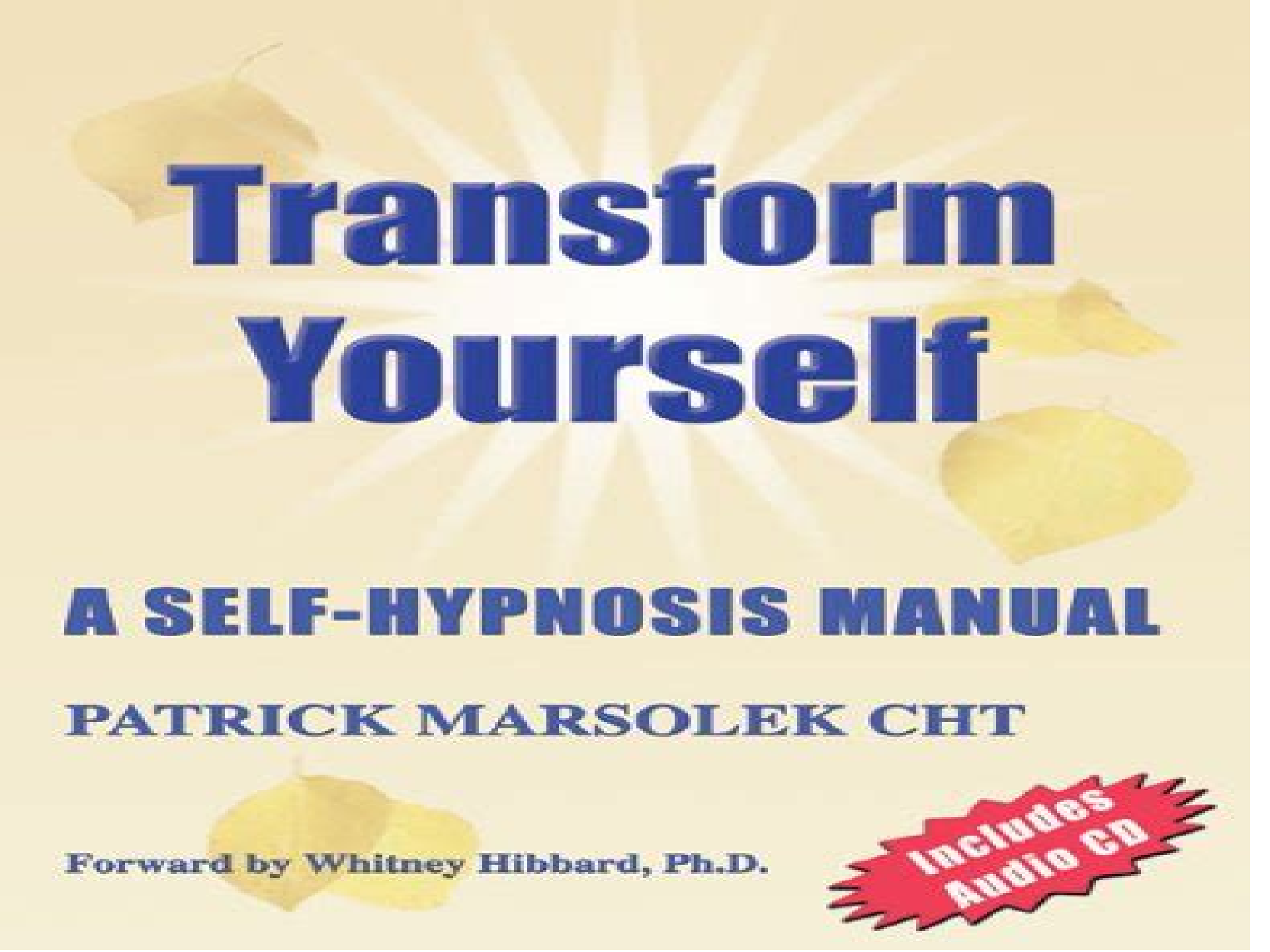


The background of the entire page is a light yellow color with a sunburst pattern emanating from the center. Several yellow leaves are scattered across the page, including one in the top left, one in the top right, one in the middle right, and a cluster of two in the bottom left.

Transform Yourself

A SELF-HYPNOSIS MANUAL

PATRICK MARSOLEK CHT

Forward by Whitney Hibbard, Ph.D.

**Includes
Audio CD**

Transform Yourself A Self Hypnosis Manual

J. Douglas Kenyon



Transform Yourself A Self Hypnosis Manual:

Transform Yourself Patrick Marsolek, 2006 I enthusiastically endorse Patrick Marsolek's Self hypnosis Manual This is more than a how to manual After an orientation to hypnosis trance the subconscious and other relevant subjects Patrick guides his readers in finding self hypnosis techniques that work for them Instead of simply teaching a number of self hypnosis techniques like most self hypnosis manuals it empowers the learner with an understanding of the induction process and the creation of individualized protocols Furthermore the Manual guides the reader through creating specific auto suggestions to maximize therapeutic results The Manual also is exceptional in the way that it addresses fears and other hindrances to trance e g beliefs and expectations stresses the normalness and benefits of self induced trance provides helpful application techniques e g dealing with pain discusses each induction technique and promotes personal confidence in the process In sum Patrick gives the requisite understanding and tools to be one's own best self hypnosis guide Whitney Hibbard Ph d Author of Forensic Hypnosis *Empower Your Mind: A Guide to Self-Hypnosis and Personal Transformation* Pasquale De Marco, 2025-08-16 Empower Your Mind A Guide to Self Hypnosis and Personal Transformation is a comprehensive guide that will teach you how to harness the power of your mind to improve your life Whether you are looking to reduce stress improve your health or achieve personal goals self hypnosis can help you achieve your desired outcomes This book will provide you with everything you need to know about self hypnosis from the basics of creating a self hypnotic state to advanced techniques that can help you make lasting changes in your life You will learn how to use self hypnosis to Relax and relieve stress Improve your sleep Boost your confidence Overcome fears and phobias Achieve your goals Improve your physical health Enhance your creativity And much more With practice you can learn to use self hypnosis to achieve a variety of goals such as Reducing stress and anxiety Improving your sleep Boosting your confidence Overcoming fears and phobias Achieving your goals Improving your physical health Enhancing your creativity And much more If you are interested in learning more about self hypnosis then this book is a great place to start It will provide you with all the information you need to get started with self hypnosis and start making positive changes in your life Self hypnosis is a safe and effective way to access your subconscious mind and make positive changes in your thoughts feelings and behaviors It is a powerful tool that can be used to improve your life in many ways If you like this book write a review *Atlantis Rising Magazine - 113 September/October 2015* J. Douglas Kenyon, 2015-09-01 Inside this full color digital edition ALTERNATIVE NEWS Life and Death in a Nuclear Powered World By Jerry Decker Checking the Newest Claim for Oldest Stone Tools By Michael Cremo Fighting to Forget Is Terrorism a Symptom of Planetary Amnesia By MARTIN RUGGLES The Surveillance State How much of your Freedom is at Stake By MARIE D JONES LARRY FLAXMAN The Otherworld in the Andes A Global Tradition of Secret Initiatory Rites and Peru's Iconic Sacred Sites By FREDDY SILVA Gothic Wonders The Magic of the Cathedrals Amazes Still By KAREN RALLS Ph D Fairie Factors vs Materialism Fact or Fantasy What's the Truth By PATRICK MARSOLEK The

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