



# Self Hypnosis: Easy Ways to Hypnotize Your Problems Away, Revised Edition

*Bruce Goldberg*

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Here is a revolutionary approach to help you overcome habits, phobias, chronic pain, and other "self-defeating sequences" through the easy-to-use techniques of self hypnosis.

*Self-Hypnosis* shows you how to make your own tapes to reprogram your subconscious and attain your goals. The effect of these techniques is to put the "self" back in "self-help" and to eliminate the many dependencies and co-dependencies that complicate and take the joy out of life.

Hypnotic suggestions are effective because they bypass the conscious mind's natural resistance to change and reprogram the computer we call the subconscious to permanently effect these changes. By devoting a mere 20 minutes each day to this approach, you will literally take charge of your life.

The results that can be achieved using these techniques are virtually endless. Hypnosis can: - Increase self-confidence.

- Increase and focus concentration.
- Improve memory.
- Improve your sex life.
- Enhance creativity.
- Eliminate headaches, even migraines.
- Eliminate insomnia.
- Relieve chronic pain.
- Slow down and even reverse the aging process.

And don't forget that self-hypnosis can be used for two problems plaguing so many people: losing weight and quitting smoking!

This revised edition now comes with a 72-minute CD with self-hypnosis exercises designed to improve your self-image, overcome fears, improve your creativity, and much more.

*Self Hypnosis* is a must-read for anyone interested in exploring self-awareness and taking control of his or her destiny.

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