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INTRODUCTION

There are so many things said about hypnosis but the most important of all is the fact that hypnosis heals! Hypnosis can be amazingly effective and is often directly responsible for major changes in people's lives. Research, studies and statistics indicate that hypnosis has gained popularity and acceptance as a part of evolution of our health care system and that a vast number of people are using hypnosis as a treatment or for relief of symptoms for both physical and psychological illnesses. Hypnotic techniques are safe and effective for quitting smoking, weight control, pain management, childbirth, anxiety, stress management, depression, insomnia, panic attacks, addictions, lack of confidence, nail biting, anger management, motivation, sports performance, treating and relieving phobias and also help with self-empowerment.

This book is designed for self-therapy which can be practiced safely with self-hypnosis, positive affirmations, relaxation and breathing techniques which all have a hypnotic component. These techniques should provide a basis for learning self-hypnosis for self-therapy. However you should always discuss your symptoms with your doctor first especially in cases of on going undiagnosed illness.

Positive affirming on the other hand is another technique for mind power, positive affirmations are very powerful that they give you the power to radically transform your life starting with positive thinking and eliminating negative thought patterns that stop you from achieving your desired goals. Its well known that what the mind focuses on it will manifest and that success or failure starts in the mind!

In my experience and thinking the combination of self-hypnosis and positive affirmations will yield tremendous benefit to your self-therapy process.

Why this book and how can it help you?

There are so many brilliant books out there about self-hypnosis and positive affirmations but there isn't a book that combines the two techniques. This book not only combines self-hypnosis and positive affirmations, it also provides you with information,

advice and further resources so that you can be fully informed about your condition and managing it. I hope that you find this book informative and helpful and that it will inspire you to make those positive changes that you need to make in your life by using the power of your mind and positive thinking.

Josephine Spire