



# Self Hypnosis for Success in Life

*Carl Llewellyn Weschcke, Joe H. Slate*

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## **Develop your inner hypnotist**

All hypnosis is self hypnosis. *Self Hypnosis for Personal Success* is a short course in using self hypnosis to achieve your personal goals. Following the easy step-by-step instructions for five proven self-hypnosis programs, you will learn the most effective self-hypnosis methods, how to focus your attention, and complementary activities to increase positive results.

With several approaches to choose from, each program is designed to address your specific personal goals, including:

Stress management

Improved fitness

Breaking habits

Overcoming anxiety

Improving performance

Improving relationships

Spiritual growth

Self-confidence

Pain management

Self-empowerment is available to you with *Self Hypnosis for Personal Success*. This e-short also includes detailed instructions for integrating the emotional power of color into your self-hypnosis practice.

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