



Reprogram Your Subconscious - How to Use Hypnosis to Get What You Really Want (8 Compact Discs plus a Bonus Disc, Original Nightingale-Conant Edition)

A.C.H., Ct. H.A. Gale Glassner Twersky

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In Reprogram Your Subconscious: How to Use Hypnosis to Get What You Really Want, highly respected, board-certified hypno-counselor Gale Glassner Twersky, A.C.H., Ct. H.A., introduces you to the remarkable power of hypnosis to create specific and positive permanent changes applicable to every aspect of your life. In this fascinating program, which includes both tutorial and experiential sessions, you'll discover the mechanics behind the process of hypnosis: how the subconscious receives and interprets information and how to "speak" to it in exactly the right way. You'll learn how hypnosis can correct your misperceptions by revising old stored messages and reprogramming the emotional responses that are subconsciously responsible for undesirable outcomes. As a lifelong teacher with a broad range of instructional experience, Gale is highly skilled at communicating even challenging concepts with clarity and graceful ease. People have successfully used hypnosis for countless reasons, including:

- * Releasing counterproductive behaviors, such as smoking and overeating.
- * Retaining a positive attitude.
- * Relaxing and enjoying a better night's sleep.
- * Eliminating bad financial habits.
- * Lowering blood pressure.
- * Increasing memory retention and concentration ability.
- * Overcoming shyness and improving speaking skills.
- * Maintaining peace of mind and controlling anger.
- * Recovering from surgery faster and with better results.



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Dolores Mika:

The book untitled Reprogram Your Subconscious - How to Use Hypnosis to Get What You Really Want (8 Compact Discs plus a Bonus Disc, Original Nightingale-Conant Edition) contain a lot of information on the item. The writer explains the girl idea with easy way. The language is very simple to implement all the people, so do not really worry, you can easy to read it. The book was compiled by famous author. The author will take you in the new time of literary works. You can read this book because you can keep reading your smart phone, or device, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and also order it. Have a nice examine.

Joseph Gabriel:

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