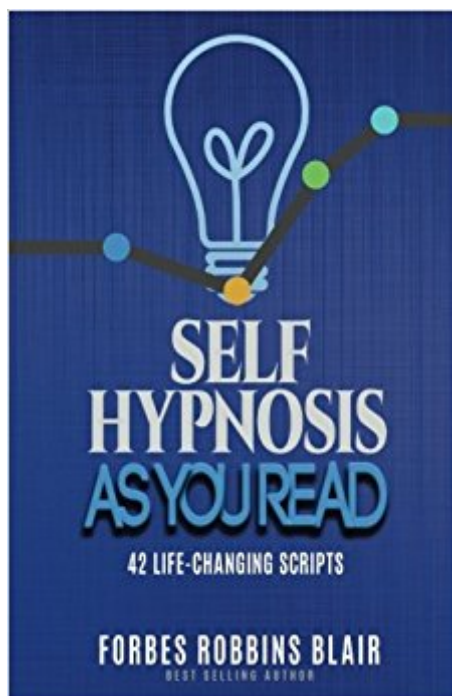


The book was found

Self Hypnosis As You Read: 42 Life-Changing Scripts!



Synopsis

"Let Go of the Baby Weight," "Get Over Your Ex," "Relieve Social Anxiety," "Manifest a New Job," "Save More Money," "Eat Less Chocolate" - these are a few of the 42 life changing scripts in Self Hypnosis As You Read. This easy to use method brings you into a hypnotic state and improves your life without ever putting down the book. You remain aware at all times and gently come back to everyday consciousness. And there is no memorizing or hour-long sessions needed. Typically, self hypnosis requires script memorizing and takes up to an hour of your valuable time. With Forbes Robbins Blair's method you put aside a pleasant, effective 15-20 minutes for a few days until you reach your goals. This book of 42 scripts comes at the requests of readers of the best selling book, Instant Self Hypnosis: How to Hypnotize Yourself with Your Eyes Open. The scripts in this collection help you to conquer dozens of life's most challenging problems quickly and easily, including these issues: Drop the Last Ten Pounds, Money Stress Relief, Fall Back in Love with Your Mate, Magnetic Sex Appeal, Approach Hot Women, Perpetual Stress Relief, Expand Your Comfort Zone, Pursue Your Dream, Stop Overreacting, Stop Cussing, More Loving and Affectionate, Embrace Your Age, Love Your Body As It Is, Shrink Cancerous Tumors, Fibromyalgia Relief, Tinnitus Relief, Freedom from Eczema, IBS Relief, Feel Fine with Heights, Overcome Hypochondria, Release Fear of Abandonment, Override the Fear of Rejection, Okay with Confrontation, Comfortable Expressing Anger, Freedom from Porn Addiction, Conquer Compulsive Masturbation, Stop Drinking Coffee, Eat Less Chocolate, Love Cleaning House, Break Shopping Addiction, Stutter Anxiety Relief, Overcome Blushing, Never Be Late Again, Delay and Intensify Ejaculations, Tennis Focus, Sports Excellence, Be More Psychic and Intuitive, Let Go of the Baby Weight, Social Anxiety Relief, Manifest a New Job, Save More Money, Get Over Your Ex. Also included in the book are four hypnotic inductions as well as four advanced techniques. Self Hypnosis As You Read: 42 Life Changing Scripts can make the difference. Conquer dozens of life's most challenging problems head-on, quickly and easily. Change negative habits to positive. Take your life to the next level!

Book Information

Paperback: 200 pages

Publisher: CreateSpace Independent Publishing Platform (November 1, 2013)

Language: English

ISBN-10: 1493623508

ISBN-13: 978-1493623501

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 47 customer reviews

Best Sellers Rank: #129,813 in Books (See Top 100 in Books) #42 in Books > Self-Help > Hypnosis

Customer Reviews

This was quite a good book. The author makes it easy to learn self hypnosis and his scripts are quite good and useful. I was suffering from chronic back pain and this book together with several others I purchased were extremely helpful in eliminating my problem.

Easy to use self-hypnosis scripts. You could probably make your own scripts or modify the ones in the book to suit your purposes. I plan on modifying the tennis, exercise and money related ones to personalize them and that will make them more effective and potent for me. I already did them in stock form and feel some results but they would probably work better for me if I change the wording. Worth a try, I got it as a borrow from the Kindle Unlimited subscription.

I think it is okay if you are highly suggestible and determined to succeed by reading over and over.

Jury still out. Presently being tried. Results to follow shortly.

I love this idea and the ease of putting it into use. The author makes it easy with very clear instructions and good organization. The scripts are beautifully written. I felt like he was tapping into my mind!

Nice book!

Great. Read all of FRBs books.

Excellent book! I use all of this author's Self Hypnosis Books as references depending on my needs at the time. Mostly for learning to get rid of bad habits. Very effective if you stick with daily 10 minute sessions.

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