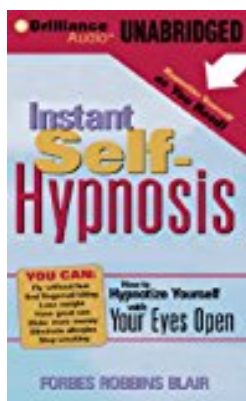


[PDF] Instant Self-Hypnosis: How To Hypnotize Yourself With Your Eyes Open

Fred Stella, Forbes Robbins Blair - pdf download free book



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Description:

About the Author A professional hypnotherapist, Forbes Robbins Blair has a certification in clinical hypnotherapy from the American Institute of Hypnotherapy. He is also a dream consultant and facilitates dream groups and teaches classes on dream analysis and astral travel. He has made numerous appearances on radio and television programs for his expertise in both hypnosis and dream analysis. He lives near Washington, D.C.

Excerpt. © Reprinted by permission. All rights reserved. Excerpt from the Introduction

If you are like many people, you've heard how hypnosis has helped others achieve their goals. You've even thought about different ways you might use hypnosis to change your own life for the better.

Maybe you'd like to be hypnotized to improve your physical body to get lean and trim, stay motivated to exercise, or to stop smoking once and for all.

Or maybe you're feeling stress in your life. You'd like to be hypnotized to let go of that tension and to feel more relaxed? Who wouldn't?

Perhaps you'd improve your mental abilities through hypnosis. Have you imagined how your life might change if you possessed Zen-like focus and concentration? Have you wished for a sharper memory? To ace that test coming up? Or maybe just to remember the names of people you meet?

Perhaps you've wondered if hypnosis could help you be more loving toward your mate or to spruce up your sex life?

So Why Aren't You Going to a Professional Hypnotist?

Again, if you are like many people, thinking about ways hypnotherapy might help you is as far as you've gone. Or you've gone once or twice to a hypnotist but you just didn't continue. The reasons people don't go to a hypnotist are often these:

- You don't have the time to go to the hypnotist's office.
- You don't have-or don't want-to spend the money.
- You're too timid. Is hypnosis safe? Are your issues just too personal to discuss with a hypnotist...of anyone?

Now You Don't Need to Go to a Professional

The good news is, now that you have this book, you don't need to go to a professional hypnotist. Just sit right there and read! Instant Self-Hypnosis enables you to hypnotize yourself to accomplish virtually any goals without ever putting down the book. The book does the work for you!

Even more startling, you will learn to hypnotize yourself with your eyes open! Unlike other forms of hypnosis, with Instant Self-Hypnosis there's no reason to close your eyes throughout the entire procedure.

The best part of all is that the can't-fail methods of Instant Self-Hypnosis are so easy to use. You'll succeed the very first time you try them. The procedures are so efficient, applying them to a goal takes as little as fifteen minutes.

Please do not confuse Instant Self-Hypnosis with any other books or audio programs about hypnosis or self-hypnosis. It's unlike anything you've read, heard about, or tried. It's a revolutionary book offering you an extraordinary technique with distinct advantages over traditional methods of self-help hypnosis. This user-friendly book can change your life in practical ways, and you'll be able to put it to work for you in just minutes...if you keep reading.

Get ready to learn about an innovative discovery in self-improvement-Instant Self-Hypnosis.

This book is about a breakthrough discovery in hypnosis and self-improvement. In 1997 I discovered

an unusual method for inducing hypnosis. As a professional hypnotherapist, I've been teaching, testing, and refining it ever since. I call the technique Instant Self-Hypnosis. It involves the reading and writing of hypnosis scripts as a means of entering a state of hypnosis. This method of hypnosis may be used for a wide range of therapeutic purposes: removing bad habits, confidence building, goal attainment, and so much more. This can't-fail technique requires no experience or knowledge of hypnosis whatsoever. Plus, it's so simple that you may marvel that no one previously thought of it...or if they did think of it, why they never published the discovery. Or if they did publish it, how come no one knows about it?

Instant Self-Hypnosis is ingenious in its efficacy and simplicity. I call Instant Self-Hypnosis a discovery rather than an invention because the method has been "hidden in plain sight" perhaps for as long as hypnotherapy has been in existence. What I've done is recognize its potential value and develop it in such a way any intelligent person can put to good use.

Why is Instant Self-Hypnosis not your average self-improvement book? This publication does something that most self-help books cannot do. Most self-help authors give advice or enumerate steps to be followed after you've read their books. That is, only when you put those books down can you begin to put their advice into practice. But with Instant Self-Hypnosis, there is no delay.

You benefit fully from this book without ever putting it aside. It's designed to change you as you read it! With this innovation in self-improvement, there are no words of wisdom to remember. There are no skills to practice. There are no traits or steps of "highly perfect people" to emulate! This book and its techniques are self-contained. The help is immediate. The results materialize automatically.

This book is for anyone who wants-or needs-a potent, valuable tool for positive personal change. If you are new to hypnosis or self-help media, Instant Self-Hypnosis gives you a fast and easy means for improving the quality of your life in many areas. If you are an avid consumer of do-it-yourself material, you will find Instant Self-Hypnosis a friendly alternative to some of the other techniques you might have tried. If you are a professional hypnotherapist or a psychologist, you will be intrigued by the powerful simplicity of Instant Self-Hypnosis. Its operative principles have many implications and applications for the fields of hypnotherapy, psychology, and psychoimmunology.

The Things You Will Learn

The heart of this book revolves around the hands-on learning of Instant Self-Hypnosis. The book takes you through a fun exercise that not only introduces you to the concepts of Instant Self-Hypnosis but actually hypnotizes you as you perform it! The exercise acts as a proactive primer to ensure success with all subsequent endeavors with Instant Self-Hypnosis. After that, you'll apply the method to your goals, using the appropriate scripts.

As mentioned, you don't have to know a thing about hypnosis to put Instant Self-Hypnosis to work for you. But some basic knowledge is certainly a good thing to possess in any endeavor you undertake. Part One of the book tells you what you need to know about the power of your subconscious mind and how it relates to hypnosis. You'll also learn about these things:

- what hypnosis and self-hypnosis are and whether you are hypnotizable;
- the misconceptions and ill-founded fears some people have about hypnosis and how safe it truly is;
- how hypnosis and traditional self-hypnosis work and the problems associated with conventional methods;
- my discovery: what it is, how it works, and how it automatically avoids the troubling pitfalls associated with traditional techniques; and
- a powerful hypnotic primer, which lets you experience its power and simplicity firsthand!

In Part Two, you'll be shown how to put the technique to work for thirty-five common hypnosis goals, using professionally prepared hypnosis scripts. In Part Three, you'll learn another aspect of Instant Self-Hypnosis that shows you how to customize the technique for virtually any self-improvement goal, no matter how unique it may be. I have taught this customization process for several years in a course called "How to Hypnotize Yourself with Your Eyes Open," and students have found it easy to master.

The book wraps up with some important tips to ensure success with Instant Self-Hypnosis. Additionally, it clarifies answers to some frequently asked questions regarding the techniques and their proper application. And don't forget to check out the Bonus sections toward the end of the book. For instance, you may want to take the Instant Self-Hypnosis Stress-Buster Challenge. --This text refers to the edition.

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