



How To Hypnotize Yourself: Awaken The Power Of Self Hypnosis

Dr. Shah Faisal Ahmad

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What if there were a way you could simply use your imagination to get what you want, whether it be to lose weight, to attract anyone woman or man you want, or to earn as much money as you desire? In this brilliant read Dr. Shah Faisal Ahmad takes you on a journey through the mind to stimulate your creativity in a fun and straightforward way so that you will be on the path to get the results you want with the power of self-hypnosis. The most brilliant minds and most successful athletes, including Steve Hooker of Australia who won the 2008 Gold Medal in Pole Vaulting, Sigmund Freud who developed modern psychiatry, Albert Einstein who discovered the theory of relativity all attribute a good amount of their success to hypnosis and visualization. Given the fact that many successful individuals have been spent years practicing and using self-hypnosis on a regular basis to achieve what they want, what is holding you back from imagining what you want? Here is a preview of what you'll learn: - How self-hypnosis works - Self-guided hypnosis scripts (for sleeping sound, overcoming fears, pain relief, increasing intelligence, headaches, anxiety, eating disorders, smoking, drinking, public speaking, and more!) - The 19 self-hypnosis techniques (conversational hypnosis, visualization, tongue relaxation, reframing, NLP, and more!) - The areas you can use self-hypnosis to enhance your life (love, money, happiness) and how you can apply it - How to use self hypnosis to stay focused for hours - How to use self hypnosis to cure illness and disease - And much more!



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