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Healing Scripts The Healing Metaphor Hypnotherapy Scripts Quantum Hypnosis Scripts Expert Hypnosis Scripts For the Professional Hypnotherapist Spiritual Hypnotherapy Scripts Quantum Hypnosis Scripts Advanced Ericksonian Hypnotherapy Scripts Seventy Proven Hypnosis Scripts: Chakra Induction Self Hypnosis Hypnotherapy Meditaitoin Script Hypnosis & Meditations Collection for Anxiety Self-Hypnosis While Reading Creative Scripts For Hypnotherapy Self-Hypnosis Cascading Waterfall Self Hypnosis Hypnotherapy Meditation Script Creating Trance and Hypnosis Scripts Creative Scripts For Hypnotherapy Self Hypnosis How To Do Self Hypnosis Medical Hypnotherapy: Techniques, Scripts and Processes for Effective Hypnosis and Healing Hypnotic Scripts That Work Scripts & Strategies in Hypnotherapy Healing and Hypnosis Creating Resilience How to Do Self Hypnosis Attic Weight Loss Self Hypnosis Hypnotherapy Meditation Script QUANTUM HYPNOSIS SCRIPTS Instant Self-Hypnosis Quantum Self Hypnosis Awakening Realities Unlocking the Blueprint of the Psyche Self-Hypnosis Instant Self-Hypnosis Hypnosis Crash Course for Beginners Hypnosis Scripts The Everything Self-Hypnosis Book Richard Nongard's Big Book of Hypnosis Scripts Even More Hypnotic Scripts That Work Hypnotherapy for Pregnancy and Birthing Hypno-Scripts

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First published in 1994, this book provides a selection of time-tested hypnotherapy scripts which aim to ease a variety of problems such as in the workplace, concerning pain relief, psychometric disorders, fears and phobias, self-discovery, memory retrieval, habit disorders, ego strengthening and sexual difficulties. The volume also intends to assist with such problems of childhood as enuresis, learning disabilities, fears, night terrors and asthma while also suggesting a variety of induction and self-hypnosis techniques. Hunter offers an insightful commentary alongside each script which exhibits state-of-the-art research as well as an expanded reference section and annotated bibliography. Its spacious format enables therapists to take notes as required and alter the script to meet the varying personal needs of their patients. Case histories and in-depth information as to how and when to use a particular script is also included. Learn the basics of hypnosis: what is hypnosis?; how does it work?; simple techniques to improve your life; how to write a hypnosis script to heal faster. Featuring All Original & Effective Hypnotic Suggestion Session Breakthrough Technique Scripts Your Insider Secret to Clinical Hypnosis Session Success Even More Hypnotic Scripts that Work - The Breakthrough Book, Clinical Hypnosis Script Encyclopedia is Hypnotist John Cerbone's 4th hypnotic master-work and his 3rd Hypnotic Script Encyclopedia designed for use by professionally trained hypnotists. This script encyclopedia contains dozens and dozens of cutting-edge original clinical hypnosis suggestion scripts, skillfully designed for maximum hypnotic suggestion impact. John's other titles are now in use world-wide. Like all John's other books, all of these insights and methods have been strategically crafted to open your client's subconscious mind to rapid and life-long improvement in various critical areas of their lives. Truly, this new book is a must have addition for any modern-day hypnosis practice. Sections in this volume include: Habit Improvement, Personal Development, Relationship Resolution, Pediatric Sessions, a very long list of Session Optimizing Suggestions, Sports Enhancement, Testing and Academics, Life Healing, Spiritual Hypnosis and Extras. John Cerbone, BCH, CI, CPH, OB Cerbone Hypnosis Institute Board Certified Hypnotist Certified Hypnotist Instructor Certified Professional Hypnotist Master Hypnotist Order of Braid This work represents years of work in the field of clinical hypnosis. As a trained Hypnotic Professional, you will notice, the use of deepening techniques, truisms and confusion method techniques within these suggestion scripts to further deepen the hypnotic state while the client (patient)is hypnotized to increase impact and long-term effectiveness. These scripts and techniques are written in the style and language of this profession. All of these original suggestions, techniques and methods contained herein have proven effective and beneficial for the majority of clients (patients) utilizing them, quite often achieving beneficial results in one or just a few sessions. For many Hypnotists utilizing this work are finding clients (patients) achieving breakthroughs quite rapidly. Cascading Waterfall Self hypnosis, this is a powerful hypnosis script that helps you get rid of Cascading Waterfall. Hypnosis is theorized to work by altering your state of mind, it does this in such a way that the left brain is turned off, while the non-analytical right side is made alert. The conscious mind is slowed down and the subconscious mind is made more alert. This professional made Hypnosis Script was created and copyrighted by Key Guy Technology LLC. As a bonus you will receive access to the audio mp3 version of this script. Hypnosis

is theorized to work by altering your state of mind, it does this in such a way that the left brain is turned off, while the non-analytical right side is made alert. The conscious mind is slowed down and the subconscious mind is made more alert. The Healing Metaphor examines the power of metaphor in therapy and provides a range of original hypnotherapy scripts covering issues from Adoption, Grief and Anxiety to Cancer, IBS and Migraine. Getting that promotion at work or losing those last five pounds can be a struggle, but goals like these can be accomplished - with self-hypnosis! Whatever obstacles you want to overcome or goals you aim to achieve, this book can help you do it. With this informative resource, you will learn to: break bad habits like nail biting; ease severe pain, such as from migraines or labor during childbirth; ensure confidence and success in business and personal matters; quit smoking for good; lose weight and keep it off; improve memory retention; and reduce stress - in relationships, at home, and at work; and more! Written by a board-certified hypnotherapist, this authoritative guide can help you create your own self-hypnosis scripts to create the life you always wanted. From tearing down mental roadblocks to making permanent changes, readers will be on their way to success in no time! "Jacki Pritchard has done an excellent job in writing her new book. The many scripts are immensely creative and wide-ranging. Any Hypnotherapist working with childbirth should have this book in their tool-bag; I totally recommend it." – Steve Burgess, Hypnotherapist and Director of Lionheart Training

This practical volume provides resources and guidance for practising hypnotherapy with pregnant women and their birthing partners. Hypnotherapy for Pregnancy and Birthing begins with an overview of the topic and discusses a range of complex issues and vulnerabilities that might arise during sessions, before moving onto setting up and running group and/or individual sessions. Then, presenting techniques to work with pregnancy and birthing draws on a range of methodologies including solution-focused, metaphors (Ericksonian), Gestalt therapy, benefits approach and regression therapy. It covers:

- Hypnosis, pregnancy and birthing
- Getting into trance and relaxation
- Breathing
- Practising self-hypnosis and working on issues
- Preparing for birthing
- Bonding with baby
- Working with worries, fears and phobias
- Dealing with trauma and the unexpected
- Loss and bereavement
- Ego boosting.

Containing over 70 customisable scripts and designed to stimulate reflection, this book is a valuable resource for student, newly qualified and experienced hypnotherapists working with pregnancy and birthing. Unleash the power of your mind and discover your potential. Do you wish you had the power to become all that you can be? All good-intentioned programming works best when you reach a deeper state of mind. The secret is in accessing those states through easy life-changing techniques. A thin window of consciousness differentiates two states of the mind - self-hypnosis and meditation - and this book will show their similarities, and define each condition and accessibility. If you're curious enough to at least peruse this book, then the ability to learn these techniques is already a part of your consciousness, and will soon to be recognized. Lucky you! Your subconscious is prompting you to investigate. It is saying that you are capable of deeper states of mind. Many have tried to focus to learn either self-hypnosis or meditation and failed. Applied concentration and knowing what to expect once entranced may be what was missing. The instructions in this book are meant for those wishing to learn and use the techniques of self-hypnosis and/or meditation for self-improvement. Easy, yet powerful scripts are provided to produce desired changes. You can change your life today. If you are interested in self hypnosis, then get "How To Do Self Hypnosis" written by a person with real life experience in this field. Hypnosis is an amazing tool that can literally reshape your life. If your life is not quite how you envisioned it, then it's time to take a look at what kind of information you have programmed into it over time This incredible book can show you how to get your mind and body in sync, how to write effective self-hypnosis scripts, and tell you everything you need to know about hypnosis. Sample a simple self-hypnosis induction; learn how to access your mind to solve problems, travel down a lazy river or float on a cloud, all via hypnosis. This book will help you tackle any problem you may have including weight loss, lack of confidence, smoking and other addictions, stress management, relationship issues, pain management and even help you develop a prosperity consciousness. All you really need is the desire and the motivation to make changes. This simple little book can show you how to do that, in terms you can understand. Click "Buy

Now" to get it now! Do you want hypnosis & meditation scripts that will help with anxiety? If so then keep reading... Do you have problems getting stressed out on a regular basis? Not enough will power? Sleeping issues such as insomnia? Or do you have anxiety? If you do, this book will help you to counter these problems by reading relaxing content which can help you get to rest much more easily. In Hypnosis & Meditations Collection for Anxiety, you will discover: - A hypnosis script that will help you relieve stress! - The best meditation used to counter anxiety! - Why following this script will prevent you from feeling drained and tired! - And much, much more. The proven teachings are so easy to follow. Even if you've never tried hypnosis or meditation before, you will still be able to find success by following the soothing material. So, if you're ready to start your journey to have a much better fulfilling life, then click "BUY NOW" in the top right corner NOW! Instant Self-Hypnosis demystifies the world of hypnosis, providing practical tools and techniques that allow you to access and influence your subconscious mind consciously. Its unique "eyes-open" method allows you to induce self-hypnosis while fully conscious, making the process more accessible and less intimidating. With a wide range of applications, from overcoming fears and breaking bad habits to enhancing creativity and improving performance, this book is a valuable resource for anyone looking to make positive changes in their life. Its step-by-step approach ensures that you can easily implement the techniques, regardless of your familiarity with hypnosis. Dive into the world of self-improvement with Instant Self-Hypnosis and embark on a journey of personal transformation that starts from within. Key Features: Practical Techniques: Provides easy-to-follow techniques to harness the power of self-hypnosis. Eyes-Open Method: Features an innovative "eyes-open" method of self-hypnosis that makes the process more accessible. Wide Range of Applications: Can be used to overcome fears, break habits, enhance creativity, improve performance, and more. Pre-made Scripts: Includes 35 scripts for stress release, having more fun at parties, public speaking, eliminating allergies, flying without fear, ending fingernail biting, better sleep, and so much more. Step-by-Step Approach: Outlines a step-by-step approach that can be easily implemented, regardless of prior familiarity with hypnosis. A modern script book, with scripts based on Contextual Psychology, giving you tools for manifesting real change. These scripts are designed to draw on multiple tools such as NLP (Neuro-Linguistic Programming), ACT Therapy, Mindfulness Meditation, Direct Suggestion, Indirect suggestion and integration of hypnotic phenomena with contextual psychology. There are scripts for medical hypnosis applications, scripts for habit and lifestyle issues, and scripts to meet your clients metaphysical needs or needs for self-improvement. There are also scripts for Guided Mindfulness Meditation sessions. This incredible book contains 65 complete hypnosis scripts for professional hypnotherapy. Spiritual Hypnotherapy Scripts provides access to the quantum field of consciousness, the spiritual realm from which all healing flows. Learn how spiritual hypnotherapy and working directly with the client's higher Self can deepen and expand the healing process. Dr. Holmes-Meredith presents her approach to teaching and working with hypnotherapy with ten Taoist precepts taught through the ancient Taoist text the Tao Te Ching. Also included are interviews with six of her hypnotherapy graduates who share how working with a spiritual approach to hypnotherapy not only supports profound transformation in their clients, but also supports their own on-going healing and evolution of consciousness. These hypnotherapy scripts include empowering and open-ended language patterns and transformational approaches for presenting issues related to the body, mind and spirit. Unlike most published hypnosis scripts, these hypnotherapy scripts use therapeutic processes that allow the hypnotherapist and client to personalize the trance experience by following the client in an interactive way. The client will engage in a direct relationship with his higher Self as an inner resource and guide throughout the trance experience. The fifty-two hypnotherapy scripts and a script for teaching the Emotional Freedom Technique (EFT) are proven approaches Dr. Holmes-Meredith teaches hypnotherapists at HCH Institute and uses in her private practice. This book, Seventy Proven Hypnosis Scripts, is designed to accompany and add to the powerful Self-Hypnosis scripts from the Robert's first book, Unlocking the Blueprint of the Psyche. The hypnosis scripts in both works were crafted from his years of experience in his own practice, such as inductions, deepening and awakenings; plus topics such as stress

management, pain management, emotional freedom, addictions and compulsions, personal growth, weight reduction, stop smoking, improving memory. All of these can be used as is; or can be easily modified to improve your life in thousands of ways. Hypnotherapy Scripts, 2nd Edition is a straightforward, practical guide for doing Ericksonian hypnotherapy. This book not only explains the rationale for every step in the hypnotherapeutic process, it also contains sample scripts for each step. This edition of Hypnotherapy Scripts guides professionals through the construction of their own hypnotherapy induction and suggestion scripts. Verbatim sample transcripts of various induction and therapeutic suggestion procedures with detailed guidelines for creating one's own hypnotherapeutic inductions and metaphors are included. Recent research and writings on the role of unconscious processes, wellness, and positive psychology have been added to this edition. Also included is a detailed review of the diagnostic trance process, a therapeutic procedure unique to this text. Creating Trance and Hypnosis Scripts contains tried and tested hypnosis scripts for professional or trainee hypnotherapist's who are looking to help clients solve problems and ailments, from the more common quit smoking session to the less familiar candida. The collection of scripts contained in this book have been collated over many years and have been written by Gemma Bailey who is a qualified practicing hypnotherapist. Gemma has designed each script to include several hypnotic patterns (including language, voice tone, double binds etc) to help aid the trance experience. Changes in the hypnotists voice tonality have been marked out by altering the font of the text. The section called writing hypnosis scripts gives details about the hypnotic patterns and language used by professional hypnotherapists and NLP Master practitioners. This section provides tasks for the reader, encouraging them to use and identify hypnotic language so that they can create their own hypnotic scripts. The first edition of 'Advanced Ericksonian Hypnotherapy Scripts' has remained a bestseller since its release in 2011. It remains essential reading on many top hypnotherapy and NLP training courses as well as recommended reading for all those interested in self-hypnosis and creating their own hypnosis audio tracks (these hypnosis scripts can be used to make commercial audio tracks as long as credit is given to the author and the book). This new and expanded 2nd edition of 'Advanced Ericksonian Hypnotherapy Scripts' contains additional hypnotic inductions and additional therapeutic scripts. Many chapters have also been expanded with new helpful content to help you be as effective as possible and to help you to understand the scripts, the hypnotic language and techniques being used, and an overview of how to do hypnotherapy. This book of more than 100 Hypnotherapy scripts is based on over 20 years of experience that the author, one of the UK's leading hypnotherapists and hypnotherapy trainers, has had working with a wide range of clients and training other professionals in hypnotherapy, psychotherapy and the healing arts. There are scripts to help people stop smoking, lose weight, lift depression, calm anxiety, sooth pain, increase performance enhancement, tackle insomnia, and many more... This isn't just another hypnosis scripts book, the author hopes that readers will use these scripts as a starting point, rather than just reciting scripts verbatim. This book shares ideas and suggestions on how to run hypnotherapy sessions from gathering information to carrying out the hypnotic work, ending a session and setting tasks. It also introduces Ericksonian hypnotic language patterns and script structure so that the reader can have a deeper understanding of what is being done in the scripts and why they are written the way they are. This all round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis. Hypnotherapists in training can also read and analyse the hypnotherapy scripts and study the language, structure and multi-level communication used to further their skill and knowledge. The ultimate goal is to help hypnotherapists move beyond scripts to regularly performing script-free hypnotherapy sessions that occur in response to the client in front of the therapist. This hypnotherapy scripts book can help the hypnotherapist develop ideas from the scripts that can come out spontaneously once mastered. The author, Dan Jones, has had over 50,000 book purchased, over 1.5 million views of his self-hypnosis and self-help videos, and over 500,000 of his self-hypnosis and self-help mp3's downloaded. Jones has been published in magazines worldwide and appeared on UK TV and radio. He has been described in the British press as 'Remarkable', with 'Expert Insight', and 'Personal Development Guru...the UK's Leading Personal

Development Coach'. Jones has also carried out extensive research into the effectiveness of using a Humanistic Solution Focused Approach with families to reduce youth crime and anti-social behaviour and has been published in the peer-reviewed journal 'Human Givens'. If you are interested in self hypnosis, then get "How To Do Self Hypnosis" written by a person with real life experience in this field. Hypnosis is an amazing tool that can literally reshape your life. If your life is not quite how you envisioned it, then it's time to take a look at what kind of information you have programmed into it over time This incredible book can show you how to get your mind and body in sync, how to write effective self-hypnosis scripts, and tell you everything you need to know about hypnosis. Sample a simple self-hypnosis induction; learn how to access your mind to solve problems, travel down a lazy river or float on a cloud, all via hypnosis. This book will help you tackle any problem you may have including weight loss, lack of confidence, smoking and other addictions, stress management, relationship issues, pain management and even help you develop a prosperity consciousness. All you really need is the desire and the motivation to make changes. This simple little book can show you how to do that, in terms you can understand. About the Expert Leslie Riopel ACHT, is an Advanced Certified Clinical Hypnotherapist and owner of Sweetdreams Hypnosis LLC and <http://www.customhypnosiscds.com>, which offers custom hypnosis CD's and digital downloads. She has a passion for helping people live their best life. She is a firm believer in the healing art of Hypnotherapy and other relaxation techniques that can help relieve stress and anxiety, improve well-being, and increase self-confidence, amongst other things. Leslie also holds a masters degree in Psychology Health and Wellness and believes that we all have an amazing capacity within us to make incredible changes in our lives, all within the power of our own subconscious mind. Her philosophy is based on the premise that hypnosis is all about changing those limiting beliefs in your life that are holding you back. Much like looking in a magic mirror, and seeing yourself in a different light, Leslie believes that hypnosis can literally transform your life. Her unique program works on the concept of the custom suggestion, which is finding those 10 things related to your issue that you would like to improve. Customers can create a custom CD, via the website, or select a digital product download. Her website has over 13 unique categories for customers to choose from with over 900 unique hypnotic suggestions. The program is unique and offers customers a 100% custom CD, fine-tuned to their specific issue. Leslie also holds a Bachelor of Science in Interior Design from the University of Cincinnati, College of Design, Architecture, and Art & Planning. She is interested in and studying various methods of holistic healing for the last 20 years. Sweetdreams Hypnosis, LLC is located in Milford, Ohio at 632 Main Street, 45150. Leslie and her partner, Cynthia Morris RN BSN CHT, work with clients to help them overcome issues related to weight loss, smoking cessation, pain management, phobias, addictions, depression, stress and confidence, amongst many other things. Leslie also specializes in past life and regression therapy via hypnosis. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts. **FREE PROFESSIONAL AUDIO HYPNOSIS SESSION INCLUDED WITH PURCHASE!** Do you need complete and effective Hypnosis scripts for your practice or for your own use? Then this is the book for you! Quantum Hypnosis Scripts is a 222 page book of full length, professional Hypnosis scripts, ideal for either professional use or for Self Hypnosis. As the title suggests, this book focuses exclusively on Hypnosis scripts and instructions for their best use. In addition to the individual, push-button Hypnosis scripts, Quantum Hypnosis Scripts provides 2 Master Hypnosis Inductions, which are essential to the use of the provided Hypnosis scripts. Also included are 2 Hypnosis Series Programs of 3 Hypnosis scripts each, for Weight Loss and Stress Reduction. Since these applications are ideally treated with a series of sessions which are frequently hard to find as scripts, I think that readers will be pleased with these session scripts Readers of Quantum Hypnosis Scripts also receive a Bonus FREE full-length audio Hypnosis session, valued at \$59, available at the book's website. Detailed information on how to access your free Hypnosis session is available in the last chapter of this book. Incidentally, if you are a user of Instant Self Hypnosis method or a reader of Eyes Open Self Hypnosis, reading these complete and suggestion-rich scripts will work well for you. For readers of Quantum Self Hypnosis and students or graduates of NEIH,

these are new scripts for you, although the now familiar script framework (the beach scene) is used in all the included scripts. There are also a few important, duplicate Hypnosis applications featured in this book complete with new suggestions. The general approach for all of the included scripts is ego-strengthening and nurturing and very helpful for professional use as well as for Self-Hypnotists. Also important, there are no scripts in this book that utilize negative programming or aversion therapy. These scripts are all positive, present tense, and affirmative in nature, thus very effective. This book was written as a stand alone text as well as a companion book to Quantum Self Hypnosis, so readers of that book will find many new and interesting scripts to use in this book. We decided at the 11th hour to include one of our well-known Stop Smoking Hypnosis scripts because it seemed wrong not to include a script for one of the most popular Hypnosis applications in this first volume of Quantum Hypnosis Scripts. Since this script is not brand new or unique, it is being included as a Bonus script and not being counted as one of the advertised 24 Hypnosis scripts included in this book. While the script isn't unique, it is very effective, so for readers looking for a good Stop Smoking script, enjoy your bonus script! This book is considered a cornerstone work by many Hypnotherapy professionals working full time in our field. If you are looking for quality, time tested Hypnotherapy scripts, this is the book for you! This is for professionally trained hypnotherapists. If you would like to have a taster, please visit [scripts.ihypnosis.org.uk](http://scripts.ihypnosis.org.uk) Are you a hypnotist looking to create longer lasting results for your clients? You may have already determined that direct, outcome-based suggestion alone cannot create the deepest and most lasting changes. These scripts have been specially written to create and deepen your clients' ego strength and the characteristic of personal resilience, which is recognized by the American Psychological Association to be a fundamental personality trait in healthy and successful individuals.

**SELF HYPNOSIS HOW TO FOR BEGINNERS WITH 75 STEP BY STEP SCRIPTS!** This "Self Hypnosis" book contains proven steps and strategies on how to hypnotize yourself in order to gain success and freedom in life. Today only, get this Amazing Amazon book for this incredibly discounted price! The book contains step by step techniques in improving yourself, removing the fears in your life, healing various diseases, and earning more money. Through reading its chapters, you will be able to understand the magnificent power of self-hypnosis and become a better and more successful individual. Here Is A Preview Of What You'll Learn... Introduction Of Self Hypnosis For Beginners Elements Of Successful Hypnosis 75 Self Hypnosis Scripts Hypnosis Vs. Self Hypnosis Hypnosis And Your Subconscious Mind Manifestation Of Wealth And Money Using Self Hypnosis Self Hypnosis Visualization Techniques Using Meditation To Get Focused Eliminating Distractions Training The Brain For Self Hypnosis Much, Much More! Get your copy today! These Self-Hypnosis Scripts Are So Powerful And Of Such A Healing Nature That You Can Benefit From Them As You Read And Almost Instantly, As You Have Always Desired And In A Way That Meets All Your Needs. In Fact, The More You Read The Affirmations And Hypnotic Scripts Contained In This Self-Hypnosis Manual, The Greater The Mental Reprogramming Will Be In The Depths Of Your Subconscious, That Part Of Our Brain Where Our Habits And Behavior Patterns Take Root. But... Why Is This Self-Hypnosis Book Different From The Rest? It Doesn't Matter If You Believe In Hypnosis Or Not, The Suggestions You Will Receive In This Book Are Specifically Designed To Break Any Conscious Barrier And Provoke Effects In Your Psyche Automatically, Almost Without Even Realizing It... Would You Like To Lose Extra Pounds In A Natural And Fun Way? Would You Like To Multiply Your Concentration Like Never Before And Retain Much More Information With Extreme Ease? Would You Like To Be Able To Improve Your Business Skills And Have Excellent Results? And Succeed In Everything You Do, Despite Apparent Difficulties? I Have To Tell You That Achieving The Results Described Above (And Many More) Is Not Only Possible, But Also Inevitable, If You Use The Hypnotic Scripts At Any Time Of The Day Or Preferably Before You Go To Sleep. All Of The Self-Hypnosis Scripts You Will Discover Here Have The Potential To Change Your Life Forever And Quickly, Even If You Don't Pay Much Attention To Them When You Read Them. Once You Finish This Fascinating Read, You Will Have At Your Disposal The Secret Weapon To Bring About Lasting And Profound Changes In Your Life, Intensely Healthy And Literally Powerful, Just As You

Have Always Wanted. You'll Find That People Around You Who Know You Will Whisper About Your Changes, And Wonder About Your Amazing Results With Some Envy. Can You Imagine Losing Weight Easily, Without Dieting And Enjoying The Process? With The Self-Hypnosis Scripts You Will Find, This Process Will Be Extremely Simple, Fast And Fun. Do You Imagine Succeeding In Everything You Do, With Great Results And Unshakable Confidence? All This And Much More Is Possible Thanks To The Power Of Self-Hypnosis And Its Ability To Install Limitless Thought Patterns. Can You Imagine Increasing Your Memory Capacity To The Extreme? It Is Not The First Time Someone Reads These Scripts And Is Amazed At The Amount Of Information They Are Able To Retain. And All Thanks To The Simple Instructions That You Will Easily Read, And That Your Subconscious Mind Will Absorb Almost Instantly To Produce Deep And Lasting Neurological Changes. In Fact, Not Only Will You Have At Your Disposal Several Self-Help And Self-Improvement Scripts, You Will Also Know The Exact Process, Step By Step And In Detail, To Design Your Own Scripts And Adapt The Self-Hypnosis Session To Any Goal You Want To Achieve In Your Own Life. That Is Why I Dare Say That This Book Has The Potential To Bring About Any Positive Change You Desire For Yourself And Others, If You Take The Time To Benefit From Its Contents And Discover The Hypnotic Patterns Revealed In This Guide. It Is Not Magic. Nor Have I Invented Anything New. I've Just Found An Easy And Simple Formula For Applying Self-Hypnosis While Reading, Even With Your Eyes Open, To Bring About Extremely Rapid And Positive Changes In You, Regardless Of Whether You've Never Undergone A Hypnotic Trance Before Or Doubt Whether It Will Work. First published in 1994, this book provides a selection of time-tested hypnotherapy scripts which aim to ease a variety of problems such as in the workplace, concerning pain relief, psychometric disorders, fears and phobias, self-discovery, memory retrieval, habit disorders, ego strengthening and sexual difficulties. The volume also intends to assist with such problems of childhood as enuresis, learning disabilities, fears, night terrors and asthma while also suggesting a variety of induction and self-hypnosis techniques. Hunter offers an insightful commentary alongside each script which exhibits state-of-the-art research as well as an expanded reference section and annotated bibliography. Its spacious format enables therapists to take notes as required and alter the script to meet the varying personal needs of their patients. Case histories and in-depth information as to how and when to use a particular script is also included. You have the power to change and control your life. Hypnosis, by its very nature, is holistic--it encompasses the whole person... body, mind, and spirit. By using self-hypnosis, you can achieve your goals and direct your subconscious mind to work for you in any area you desire to create a better life. In addition to offering everything you need to know about self-hypnosis, this book provides 33 word-for-word scripts, which you can adapt to fit your needs, of literally hundreds of ways you can use self-hypnosis to bring you greater happiness, fulfillment, and achievement in your life. The scripts include losing weight, quitting smoking, sports achievement, stress management, self-confidence, holistic healing, developing psychic ability, attracting abundance, past life regression, enhancing creativity, and many more. Inside this book are all the tools and techniques you need to create powerful and positive changes in your life. Visit Morpheus Books for more information. [http: //morpheusbooks.blogspot.co](http://morpheusbooks.blogspot.co) All the scripts of the Awakening Series? and New Realities? audio programs plus additional scripts for therapeutic use by professionals or individuals wishing to practice self-hypnosis. Seven inductions & twenty-two scripts serve a threefold therapeutic function: firstly, an invitation to the unconscious mind to bring resolution; secondly, direction to the subconscious mind to release imprints and impressions; and thirdly, reinforcement of goals through direct suggestions. This approach allows the client to create an attitude of agreement without unconscious blocks and resistance on which to build their new reality. In effect, this program creates an attitude of willingness to be willing, the foundation of all successful change. Quantum Hypnosis Scripts is a 222 page book of 26 full length, professional Hypnosis scripts, ideal for either professional use or for Self Hypnosis. As the title suggests, this book focuses exclusively on Hypnosis scripts and instructions for their best use. In addition to the 20 individual, push-button Hypnosis scripts, Quantum Hypnosis Scripts provides 2 Master Hypnosis Inductions, which are



essential to the use of the provided Hypnosis scripts, if you don't already have a favorite Hypnosis induction. Also included are 2 Hypnosis Series Programs of 3 Hypnosis scripts each, for Weight Loss and Stress Reduction. Since these applications are ideally treated with a series of progressive, sequential sessions which are frequently hard to find, I think that readers will be pleased with these session scripts. Readers of Quantum Hypnosis Scripts also receive a Bonus FREE full-length audio Hypnosis session, valued at \$59, available at the book's website. Detailed information on how to access your free Hypnosis session is available in the last chapter of this book. Incidentally, if you are a user of the Instant Self Hypnosis method or a reader of Eyes Open Self Hypnosis, reading these complete and suggestion-rich scripts will work well for you. For readers of Quantum Self Hypnosis and students or graduates of NEIH, these are new scripts for you, although the now familiar script framework (the beach scene) is used in all the included scripts. There are also a few essential, duplicate Hypnosis applications featured in this book complete with new suggestions and thus different scripts from those offered in Quantum Self Hypnosis. The general approach for all of the included scripts is ego-strengthening and nurturing. These scripts are very helpful for professional use as well as for Self-Hypnotists. Also important, there are no scripts in this book that utilize negative programming or aversion therapy. These scripts are all positive, present tense, and affirmative in nature, thus very effective. This book was written as a stand alone text as well as a companion book to Quantum Self Hypnosis, so readers of that book will find many new and interesting scripts to use in this book. We decided at the 11th hour to include one of our well-known Stop Smoking Hypnosis scripts because it seemed wrong not to include a script for one of the most popular Hypnosis applications in this first volume of Quantum Hypnosis Scripts. Since this script is not brand new or unique, it is being included as a Bonus script and not being counted as one of the advertised 24 Hypnosis scripts included in this book. While the script isn't unique, it is very effective, so for readers looking for a good Stop Smoking script, enjoy your bonus script! This book is considered a cornerstone work by many practicing Hypnotherapy professionals. If you are looking for quality, time tested Hypnotherapy scripts, this is the book for you! Quantum Self Hypnosis is a power-packed Self Hypnosis guide designed to fully prepare the reader to take control of his mind and life! Become empowered to make the changes you've wanted to make by learning how to maximize the hidden genius within! All readers of Quantum Self Hypnosis receive a FREE full length Self Hypnosis Session download, valued at \$59. This session is designed to help the reader to experience hypnosis, and to anchor in the hypnotic cadence, so important to achieving a full state of Hypnosis. This session also helps the reader to assimilate, access and retrieve the information learned by reading this book as well as instilling confidence in his ability to successfully use Self Hypnosis. Jo Ana Starr, the author of Quantum Self Hypnosis, gives you all the tools you need to create dynamic life changes by including 5 client-tested Master Hypnosis Inductions and 20 Self Hypnosis full-length session scripts; these inductions and scripts combine to create 20 full length, professional Self Hypnosis sessions, The number of ideal applications for Self Hypnosis is almost limitless. How much would your life improve if you could quickly, pleasantly and easily gain focus and pinpoint concentration? Would you like to lose those "senior moments" that I've even heard 30 year olds complaining about ? We all have some aspect of our lives and our belief systems that need a bit of upgrading. Self hypnosis is the fastest and easiest way to give your life a quick and affordable facelift. Quantum Self Hypnosis readers learn to become Self Hypnosis Masters-able to access all the genius abilities hidden in their minds and to put that genius to work in creating the life of their dreams! This book is your guide to mastering hypnotic language, direct and indirect suggestion and creating the structure for success in clinical hypnotherapy. This book contains powerful hypnotic inductions scripts, examples of complete hypnosis sessions (some from transcripts of actual client sessions), and by reading these scripts, you will be inspired to incorporate these ideas into your next hypnosis session. Scripts are included for medical conditions like hand tremors, and even resources for creating an abundant future. These scripts are practical, effective, and based on what we know really works. Attic Weight Loss Self hypnosis, this is a powerful hypnosis script that helps you with attic weight loss. Hypnosis is theorized to work by altering your state of mind, it does this in such

a way that the left brain is turned off, while the non-analytical right side is made alert. The conscious mind is slowed down and the subconscious mind is made more alert. This professional made Hypnosis Script was created and copyrighted by Key Guy Technology LLC. As a bonus you will receive access to the audio mp3 version of this script. Hypnosis is theorized to work by altering your state of mind, it does this in such a way that the left brain is turned off, while the non-analytical right side is made alert. The conscious mind is slowed down and the subconscious mind is made more alert. Unlocking the Blueprint of the Psyche: Self-Hypnosis for Modern Miracles is a superb reference for both the new and seasoned Hypnotist. The first section of the book introduces you to your amazing and wonderful subconscious mind where your deepest thoughts, feeling and behaviors have their roots. It teaches you to talk to your subconscious mind in language that it understands; allowing you to enter and make changes within. Author and longtime Clinical Hypnotist Robert Hughes BCH, shows you how to write powerful suggestions and scripts for positive change in your feelings, thoughts and actions automatically and effortlessly, as well as step by step instructions on creating your own powerful Self-Hypnosis scripts. Finally, the second section of the book presents you with 17 successful Self-Hypnosis scripts from the author's own practice, such as inductions, deepening and awakenings; plus topics such as stress management, pain management, emotional freedom, addictions and compulsions, personal growth, weight reduction, stop smoking, improving memory. All of these can be used as is; or can be easily modified to improve your life in thousands of ways - including a Self-Hypnosis master script that can be applied to anything you want to work on. Unlocking the Blueprint of the Psyche is designed to help harness the incredible power of your mind to create self-help miracles in your life.

Hypnosis For Beginners! Are You Ready To Learn EVERYTHING You Need To Know About Hypnosis?... \* \* \*LIMITED TIME OFFER! 50% OFF!\* \* \* Here Is A Preview Of What Hypnosis For Beginners Contains... An Introduction To The Power Of Hypnosis Understanding What Hypnosis And Self Hypnosis Actually Are How To Perform Basic Self Hypnosis How To Write And Record Your Own Hypnosis Scripts Sample Hypnosis Scripts To Get You Started And Much, Much More! It's Time To Harness The Power Of Hypnosis To Improve Your Health, Wealth & Happiness Today!"

Healing Scripts focuses on the use of hypnotherapy to help trauma victims recover as well as helping individuals who are suffering from acute stress disorders. The field of trauma and stress treatment is constantly searching for new ideas and solutions and the hypnotic interventions detailed in this volume are designed to treat the source of the pain and the anguish of trauma so that clients with long term problems can finally be offered some relief. Chakra Induction Self hypnosis, this is a powerful hypnosis script that helps you relax and heal your chakras. Hypnosis is theorized to work by altering your state of mind, it does this in such a way that the left brain is turned off, while the non-analytical right side is made alert. The conscious mind is slowed down and the subconscious mind is made more alert. This professional made Hypnosis Script was created and copyrighted by Key Guy Technology LLC. As a bonus you will receive access to the audio mp3 version of this script. Hypnosis is theorized to work by altering your state of mind, it does this in such a way that the left brain is turned off, while the non-analytical right side is made alert. The conscious mind is slowed down and the subconscious mind is made more alert. Professional hypnosis is a first line intervention for many medical conditions and the research shows medical patients respond to hypnotic suggestion with health, healing and hope. This book is your guide to specific applications of hypnosis with a variety of medical conditions. Its purpose is to help you help others, by effectively providing solutions to support success in medical treatment and to promote healing through hypnosis. In this book you will learn: An eight-step process for pain control, How to integrate proven strategies, like Autogenic Training, into medical hypnosis, How to structure suggestions for medical conditions, Specific visualizations for cancer patients, How to utilize hypnotic phenomena, like time distortion, to help patients manage difficult medical procedures, Techniques for managing depression, fear and anxiety among medical patients, and How to market services to medical clients and build medical referrals.

Richard K. Nongard is a Certified Professional Hypnotist. Scripts and Strategies in Hypnotherapy Volumes 1 and 2 have been combined to create the single most comprehensive source of scripts and strategies that can be used by

hypnotherapists of all levels of experience to build a successful framework for any therapy session. It covers inductions, deepeners and actual scripts for a wide range of problems from nail-biting to insomnia, sports performance to past life recall, pain management to resolving sexual problems. There is a particularly comprehensive section on smoking cessation. All scripts can be used as they stand or adapted for specific situations. "Provides an imaginative source of scripts covering the most commonly met cases. For the newly qualified therapist it is a useful addition and for the more experienced it is a source of inspiration." - European Journal of Clinical Hypnosis Hypnosis is a proven technique that allows people to reprogram their subconscious to change unwanted behaviors. Most books on self-hypnosis require the reader to memorize or record scripts, then put the book aside while they do their hypnosis work. But Instant Self-Hypnosis is the only self-hypnosis book that allows you to hypnotize yourself as you read, with your eyes wide open, without putting down the book. The author's fail-proof method allows you to put yourself into a hypnotic state and then use that state to improve your life in myriad ways. And because the hypnotic state is induced while you read, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently, using the instructions provided. Discover the benefits of hypnosis for yourself, and by yourself! Your mind is a powerful force filled with awesome possibility. With your mind, you can choose a direction and make it happen. Self-hypnosis is a proven technique that can have many physical and mental benefits—quit smoking, recover from surgery, or shut down your phobias! Practitioners will learn the powerful healing that comes with this positive relaxation method, empowering you to create the life you want to live. From licensed naturopathic physician Synthia Andrews, you will learn how to master this key therapy for mental, physical, and spiritual healing. The steps are easy, and the results are remarkable. Idiot's Guides: Self-Hypnosis offers simple-to-follow steps and techniques for anyone who wants to relieve stress, anxiety, self-doubt, addictions, and bad behavior. An exploration of past-life regression and sample hypnosis scripts are also included. This book is the only resource you need to confidently begin your self-hypnosis practice.

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