



# Train the Brain: Hypnotize Yourself to Stop the Pain

*Dr. Steven Coppola*

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Are there physical, mental, or emotional pains you would like to remove from your life? Has it ever occurred to you that the permanent, healthy solution you're looking for might not be in a prescription... but inside your own mind? In *Train the Brain*, Dr. Steven Coppola explains why self-hypnosis is such a powerful and popular way to relieve many of the symptoms associated with injury, anxiety, and day-to-day stress. Along the way, he debunks a number of popular myths about hypnosis, and shows how readers can train their own minds and bodies to live a comfortable, relaxed, and pain-free life. If you've ever wanted to know what it would be like to let go of the pain that's holding you back, this is the one book you can't miss!

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