



Self-Empowerment Guided Self Hypnosis: Setting Boundaries & Saying No for Healthy Relationships with Bonus Affirmations

Anna Thompson

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This "self-empowerment" guided self-hypnosis program was designed to assist the listener in gaining a positive, confident sense of self, enhancing relationship and communication skills, gaining an increased ability to listen to and trust the self, gaining healthy internal and external boundaries, and saying no when needed. The hypnosis induction features isochronic tones, which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies), and as an extra bonus, an exciting and powerful drum journey and bodywork track.

Using an alternate induction, hypnotic drum beats, and posthypnotic suggestions related to mind integration, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body, and spirit.

This audiobook is written and narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. For more information about Anna Thompson, please visit www.askannathompson.com. Life is short, live it well.

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James McNally:

Playing with family in a park, coming to see the water world or hanging out with friends is thing that usually you may have done when you have spare time, subsequently why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Self-Empowerment Guided Self Hypnosis: Setting Boundaries & Saying No for Healthy Relationships with Bonus Affirmations, it is possible to enjoy both. It is excellent combination right, you still need to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

Julie Long:

Many people spending their time by playing outside together with friends, fun activity with family or just watching TV 24 hours a day. You can have new activity to enjoy your whole day by looking at a book. Ugh, you think reading a book will surely hard because you have to accept the book everywhere? It ok you can have the e-book, delivering everywhere you want in your Smart phone. Like Self-Empowerment Guided Self Hypnosis: Setting Boundaries & Saying No for Healthy Relationships with Bonus Affirmations which is having the e-book version. So , try out this book? Let's observe.

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