



# The Beginner's Guide to Self Hypnosis

*Ursula Markham*

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## **The Beginner's Guide to Self Hypnosis** Ursula Markham

Long recognized as an effective tool for the treatment of nicotine and food addictions, self-hypnosis can also help you manage stress, improve self-confidence and overcome anxiety and phobias. Regardless of previous experience, anyone can become a skilled practitioner of self-hypnosis by employing these basic effective techniques. Getting started is easy with sample "scripts" that can help you achieve the deep relaxation necessary to affect a real transformation in your subconscious mind, and you'll find instructions for writing scripts addressing the specific condition you'd like to improve. The deep breathing and full-body relaxation exercises shown can help control allergies and asthma, restore or improve sexual desire and function, and even help to lower high blood pressure. However you'd like to improve your life, self-hypnosis can help you achieve your goals.

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