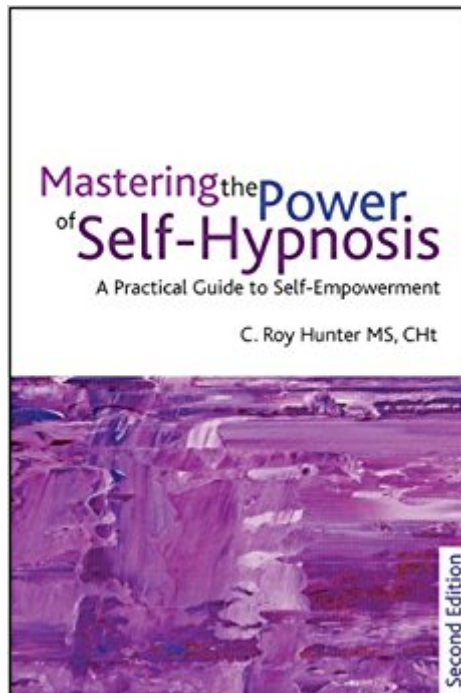


The book was found

# Mastering The Power Of Self-hypnosis: A Practical Guide To Self Empowerment



## Synopsis

This book, written by one of the foremost hypnotherapists alive today, demonstrates the powers of self-hypnosis and explains, in simple, easy-to-understand terms why no other non-evasive method can motivate and help you erase any ingrained negative programming that is affecting your life and holding you back from achieving what you want to achieve. It explains why will-power alone just won't work, and will show you why self-hypnosis can teach your subconscious to cooperate with your conscious desires. With this handbook, you will learn innovative empowerment exercises that teach relaxation techniques, stress management, how to overcome insomnia and help you establish priorities in your life. You will learn to avoid the failure trap by clearing away psychic obstacles. Overall, this volume will help you achieve your personal and professional goals with a minimum of effort and without professional help. The free CD with the book includes a stress management meditation entitled, 'What to Do When Your Buttons Get Pushed.'

## Book Information

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## Customer Reviews

As soon as I heard that Roy Hunter had published *Mastering the Power of Self-Hypnosis* I was very excited. Roy Hunter is the only Author and Speaker on the subject that I completely trust to deliver factual and original information on possibly the greatest tool human beings have at their disposal for overcoming many kinds of problems and disorders. This book is yet another excellent contribution to Hypnotherapy and I commend Roy for remaining true to his belief on the subject, as he has spent a lifetime teaching people how to master the power of their mind throughout the world. The last time I saw Roy, he was giving a lecture on 'Parts Therapy and Self-Hypnosis' at Marino College in Dublin,

Ireland. Many hundreds of Hypnotherapists travelled from every corner of Ireland and the UK to hear Roy and shake his hand... I was one of them. After Roy had delivered a five hour lecture I made it my business to buy and research all his ideas through his many bestselling books, my favourite being Hypnosis for Inner Conflict Resolution. Roy has had the most positive influence upon me in relation to my study on the subject of hypnosis and this book has rounded up all my studies, all my beliefs, and all I will ever need to know to create in my mind a sense of well-being at all times. No man has ever made Self-Hypnosis more accessible to everyone than Roy Hunter. He is the pioneer and living proof that Self-Hypnosis is real and is happening right now. The world has much to thank Roy for. I highly recommend this book. Author Cathal O'Brian

This book was a disappointment. It is really only intended for people who are quitting smoking. And I don't think it would be very effective even for that. It is certainly not useful if you want to teach yourself how to use self-hypnosis.

This is a very practical book and I regularly recommend it to clients.

excellent reading!

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