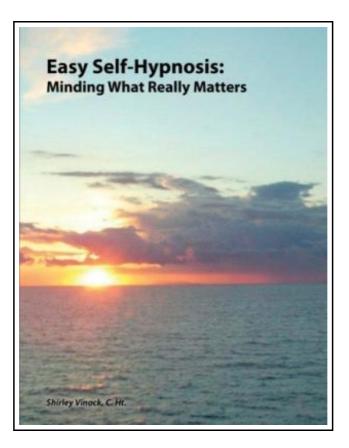
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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 38 pages. Dimensions: 11.0in. x 8.5in. x 0.1in.Minding What Really Matters: Easy Self-Hypnosis What keeps us from achieving what we need What is it that blocks and sabotages success Subconscious habits and behaviors learned long ago run our lives even when we dont realize it. What you visualize with clarity and focus, you achieve. Stop regretting where you were and celebrate where you are now by taking charge of life today. Learn to relax naturally with easy tools to reduce stress, drive achievement through focus, and bring balance back into your daily life. Discover how easy it is to set new directions when you get your mind on your side for better results. Develop suggestions just for you to make the commitment to move forward. Increase success with focus and clarity to make your day more powerful. Use Easy Self-Hypnosis, Imagery (Visualization) and NLP to first see and then do what you need. Its so much easier and more enjoyable now as you learn to apply successful thought patterns to motivate action. This natural process will become a life-long tool that is always with you to be used to release stress and bring back balance and focus to your work, relationships and home life. Shirley Vinock, Master Hypnotherapist C. Ht., Imagery (Visualization), and Neuro-Linguistic Programming Master (NLP) shares the natural tools of self-hypnosis and imagery (visualization) and your inner voice for achieving success. While reading this book, you will develop and enjoy: Relaxing easily with the Breath of Relaxation Imagery (Visualization) Journey using NLP (How you communicate internally and to others) Basic self-hypnosis techniques to guide your subconscious to increase awareness, reduce stress and insomnia and allow clarity as you focus. Designing your meaningful...

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