



Instant Self-Hypnosis: How to Hypnotize Yourself with Your Eyes Open

By Forbes Robbins Blair

BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 132 mm. Language: English . Brand New. Lose weight, fly without fear, end fingernail biting, stop smoking Instant Self-Hypnosis will help you make the changes you have been trying to make for years. This new, easy-to-use method allows you to put yourself into a hypnotic state and use that state to improve your life. Bonus PDF Includes over 35 hypnotic scripts that will teach you to: Have great sex Stop procrastinating Feel more confident Make more money Feel more energetic No longer fear public speaking Eliminate allergies Become more creative and more With this fail-proof method, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently. This technique will make eliminating bad habits easier than ever.



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