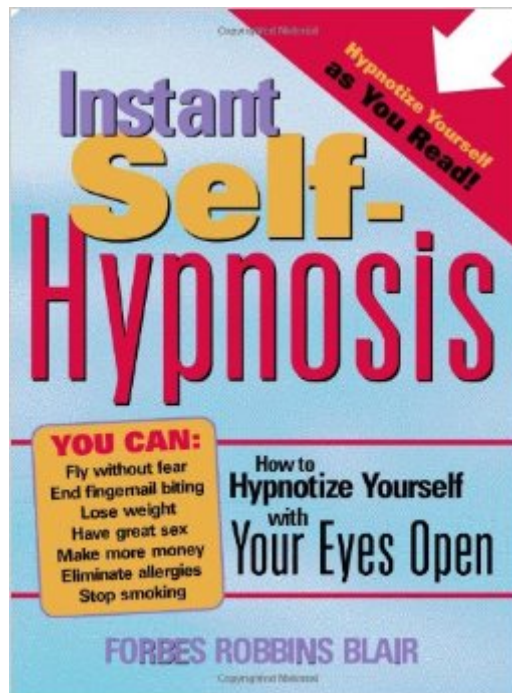


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Instant Self-Hypnosis: How To Hypnotize Yourself With Your Eyes Open



Synopsis

Hypnosis is a proven technique that allows people to reprogram their subconscious to change unwanted behaviors. Most books on self-hypnosis require the reader to memorize or record scripts, then put the book aside while they do their hypnosis work. But Instant Self-Hypnosis is the only self-hypnosis book that allows you to hypnotize yourself as you read, with your eyes wide open, without putting down the book. The author's fail-proof method allows you to put yourself into a hypnotic state and then use that state to improve your life in myriad ways. And because the hypnotic state is induced while you read, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently, using the instructions provided.

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Customer Reviews

I didn't title this review lightly to suggest: "This book changes your life". It truly does. Please recall a great movie you saw in the theater, and remember how you felt good, uplifted and excited afterwards. The movie produced that ecstatic feeling. What if you could feel the sameway all the time, and get two birds with a one stone by simultaneously fulfilling your dreams, improving your own life and becoming the person that you always wanted to be? Well, ultimately you will walk the talk. When a friend suggested I purchase this book; I felt sceptical. Thought there is nothing new under the sun - after all, I considered myself somewhat all-done dynamo when it concerns self-help literature. When the book arrived, I thought this is speaking of and refering to same things I am doing with creative visualization - so would it bring any benefits? It proves out I was so mistaken. The book is more than I expected....and keeps bringing greater benefits into my life. The author's

contemporary writing style feels like a friend who is visiting you, and talking to you in person. It does not matter whether you are a professional or a beginner, this book is for everyone. And yes, you can hypnotize yourself for success, happiness and all good things with its guidance. And with eyes open there are several advantages. First of all, it is easy to stay focused. You are reading and imagining at the same time, so your mind does not wander around as much as with traditional creative visualization. Also, the author is a pro hypnotist and has carefully designed the techniques, for maximum effectiveness. Let me tell you of my first experience with the method. After I had finished reading the introduction part, I followed the instructions for the first session.

If you are like me, you probably have had many preconceptions about hypnosis. In reality, we all access this state of consciousness frequently, for example, at a scary movie if you find yourself squirming in your seat while watching the movie you are probably in this state. As you read this book, you realise that hypnosis really is the ability to use the power of your imagination, while minimising the interference of your conscious mind, to effect permanent and positive benefits in your mind and body, and to break free of those behaviors that do not serve you. You are learning the skill of communicating with yourself on a deeper level. This book is organised in a very easy to use manner. There are scripts for 35 different situations ranging from stress to procrastination, better sex, smoking, problem solving etc. For example, if you were to use the rapid healing script, you read the induction which involves you going down in an elevator, and gradually feeling more and more relaxed till you get to the bottom, then if you wish you may use the deepening script to get into an even deeper state. Then you read out loud the script itself. I noticed that a cut I had, started healing much faster after I read this script. Then, as you practice it more and more, it gets easier to do and you can really feel the effects. When I read the induction out loud, it worked very well. Then as I used the deepening script I went into the deepest state I believe I have ever consciously experienced. Amazing. There really is amazing power to this technique. Naturally, you do need to practice this for a while before the changes become permanent.

This book is essentially a script book for self-hypnosis. At the beginning of the book is a general induction you can use to induce yourself into a trance state, followed by a selection of 35 scripts for dealing with common issues and helping you to improve your life. You'll find scripts for weight-loss, confidence, motivation, public speaking, lucid dreaming, better sex life and many others. The book is marketed as using hypnosis while you're awake. This may seem to make it different from other hypnosis books, unless you understand that you are using hypnosis every time you use your

imagination and get absorbed by your inner experience - and for that matter any time you read any book that transports you into another world, the world described in that book and you become oblivious to your environment to a certain degree, you are in hypnosis - much like you are in hypnosis when you are absorbed in the action of the movie you are watching on TV. The only difference is that with TV you get to watch the images, and while reading the book, you create them in your mind, according to your interpretation of the words. You can use the scripts in this book either by reading them, but you can also record them on a tape and just relax and listen to them. You should use whatever method helps you to engage your imagination better and create a more vivid subjective experience. This book was created for non-hypnotists - however even a professional hypnotist, particularly those who are new to hypnosis, may use this book as an additional resource - just as they would use any other script (pattern) book. Near the end of the book is a section on hypnotizing yourself while you write.

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