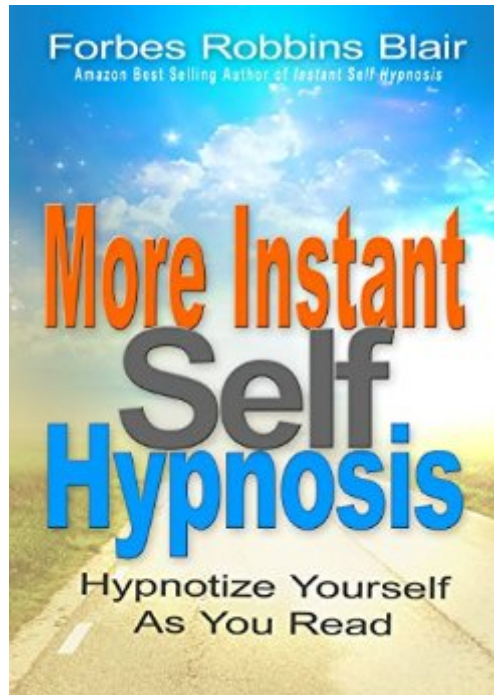


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# MORE Instant Self Hypnosis: Hypnotize Yourself As You Read



## Synopsis

MORE SELF-HYPNOSIS SCRIPTS AND INNOVATIVE TECHNIQUES FROM A TRUSTED BESTSELLING AUTHOR "Attract Surplus Money", "Become More Attractive", "Easy Weight Release", "Strong, Lean and Powerful Body", "Achieve Your Potential", "Attract A Mate", "Job Interview Confidence", "Stop Worrying". These are just a few of the 48 script titles in this powerful sequel to Forbes Robbins Blair's bestselling, *Instant Self Hypnosis: How to Hypnotize Yourself with Your Eyes Open*. Included are more scripts, more incredible bonuses, and Master Induction 2.0 to make it easier and faster to transform bad habits. You Simply Have to Try This! With this revolutionary self-hypnosis technique, there's nothing to memorize or to record. You will read your way into a state of self-hypnosis where habit change becomes easy. Then read the masterfully crafted self-hypnosis script for your goal before you safely return to everyday consciousness. The session takes about 20 minutes. And within days you will see the improvements you've been trying to make for years! Many Hypnosis Scripts to Choose From: Feel Sexy, Go to the Gym, Good Posture, Love Low Carb Eating, Reduce Hot Flashes, Relieve Chronic Back Pain, Confident Salesperson, Astral Travel Tonight, Become a Leader, Better Golf Score, Brighten Your Aura, Deeper Voice, Emotion Control, Forgiveness, Job Interview Confidence, More Faith in the Divine, Okay to Be Gay, Overcome Alcohol, Overcome Fear of Failure, Reduce Smoking Easily, Stay in the Now, Stop People Pleasing, Stop Worrying . . . and MANY MORE! These Are Not Just "ANY" Self-Hypnosis Scripts. Lately, a lot of self-hypnosis books have flooded the market with "FREE" script offers. Question is, can you trust their quality? Are the authors actual professional hypnosis therapists with proven track records? Do those authors even write those free scripts? The buyer needs to be aware! You want good results from good scripts. You can trust Forbes Robbins Blair, and you can trust his one-of-a-kind eyes-open self hypnosis scripts. He carefully composes each script to deliver maximum life-changing impact. He has been a clinical hypnotherapist since the 1990s with many thousands of satisfied clients, students and readers. These are the scripts you want because they come from an expert! Find Out If Your Goals Are Covered . . . Click the LOOK INSIDE button to see all 48 script titles. With a wide variety of topics covered, you'll find the scripts that address your goals and needs. Take control of your body and mind. Put this phenomenal eyes-open self hypnosis method to work for you right now.

## Book Information

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## Customer Reviews

I wrote the following review about the first version of this book. That version is titled "Instant Self-Hypnosis".After reading and using it successfully, I read and used the second version ("MORE Instant Self Hypnosis"). I like this second version even better than the first. I especially like the Rapid Induction (which saves time) and the wider array of scripts in the second version. If you're one of the few people who would actually take the time to create some customized scripts, you'll want to get the first version, too.-----I was extremely skeptical about this book as I read through it. I'd received it only because it was available for free as a Kindle book.I've read other books and studied hypnosis, including self-hypnosis. I'd had success with some self-hypnosis techniques.Overall, I've not been into hypnosis scripts. I've favored more ad hoc wording. Some parts of the scripts in "Instant Self-Hypnosis" violated some generally accepted principles of hypnosis.I did give the book a chance, because the author nailed three of the biggest problems with trying to use other self-hypnosis books. First, the other books require you to first hypnotic procedures and learn how to create effective suggestions. Most of us probably don't get past that hurdle. Second, the traditional self-hypnosis approaches requires that we prepare and memorize the techniques, because our eyes will be closed if we get as far as implementing the advice. Third, it's very common to fall asleep during self-hypnosis. I've experienced that. Overall, most self-hypnosis books and techniques are difficult to use."Instant Self-Hypnosis" sails by all three of those problems.

Chapter 1- "Change Your Mind, Change Your Life" This chapter teaches about your mind's high-functioning security system, and how (hypnosis allows you access) to get past it to rewire your brain. It talks about the relationship between the subconscious (dominant) and the conscious minds. "Whatever appeals to your subconscious imagination exerts a great influence over your behavior".

Chapter 2- "Hypnosis Essentials" This chapter clears up some of the misconceptions about hypnosis and gives you a better understanding of how the process really works. It gives you a quick way to see what hypnosis feels like without going into an induction. It emphasizes the importance of practice and preparation to maximize results.

Chapter 3- "How I Discovered the Eyes Open Method" Forbes talks about how he discovered the eyes open method while preparing a script for a client. The nice thing about this method (compared to traditional self-hypnosis) is you don't have to memorize anything. All you have to do is invest in the words as you read and use your imagination. It's a lot of fun!

Chapter 4- "Your First session" Forbes highlights his new Master Induction 2.0, which uses multisensory imaging. It puts you into a deep trance (you're aware at all times) quicker. He explains step-by-step how the Eyes-Open Method is executed and why it works. This first session will prime you for future sessions to implement lasting change.

Chapter 5- "48 Hypnosis Scripts" If you read ISH you will be very pleased to see the variety of new scripts that Forbes has included. Before the scripts, the author briefly talks about how adopting a "Yes" attitude will improve results.

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