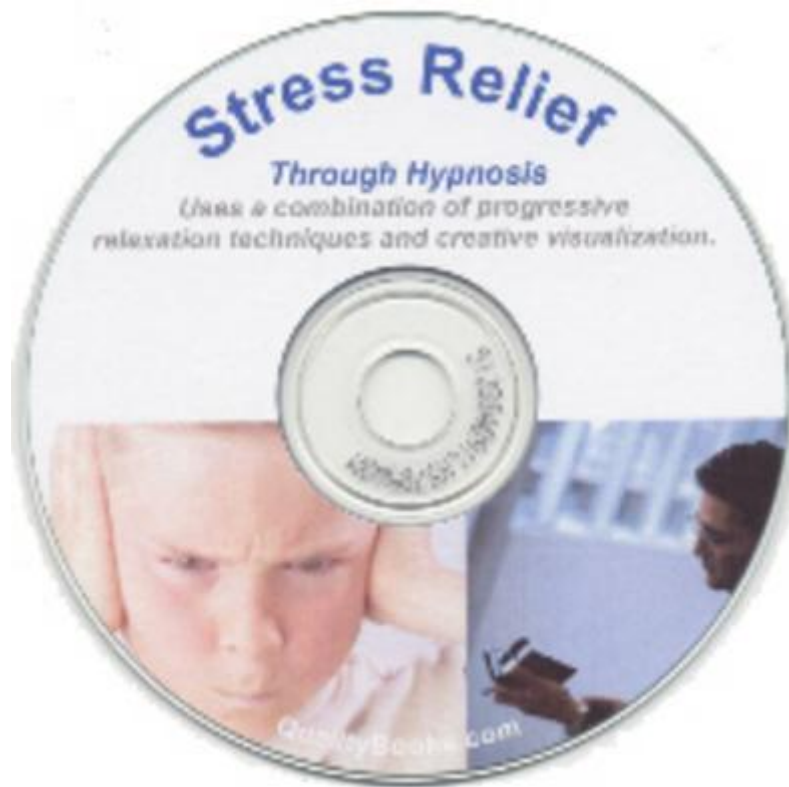


# Stress Relief With Hypnosis Audio



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A Complete and Full Hypnosis Session on CD. Has a Running Time Of 55 Minutes In Length. Created by certified Hypnotherapists, Jess Berg, CHT and Steven B Schnider, Stress has also been linked to back pain, ulcers, and many other ailments. Think about it: If five people are in a room and one has a cold two people may get it and the other two may not. Why? One reason is that when people are stressed it reduces their body's ability to fight off infection. Hypnosis is the best treatment for stress there is. The hypnosis Audio use a combination of progressive relaxation techniques and creative visualization. People rave about how wonderfully relaxing the process is and invariably sleep like a baby that night. Just going into the altered state of hypnosis is enough to reduce your stress level all day. Includes Posthypnotic Suggestions This stress reduction Audio also includes posthypnotic suggestions to help you maintain that relaxed demeanor and let problems and pressures just bounce away. That way, you can be at your best and handle everything that comes at you with calm confidence and really enjoy life all the more! This Audio Includes The newest techniques in hypnosis performance, combining up-to-date hypnosis inductions and the latest in NLP. Inducing music and trance deepening sounds intertwined with hypnosis.

A pre-talk that explains what hypnosis is, how hypnosis works and the common unknown facts of hypnosis. A running time of 45-55 minutes in length. A complete and full hypnosis session. Stress Can Make Us Physically Ill One of the major problems facing many people these days is Stress. Life goes at such a hectic pace and somehow we never seem to quite catch up. Stress can make us physically ill and or ruin our relationship with others and generally make for a miserable existence. But now you can try a drug free cure using our Stress Relief with Hypnosis Audio! Try it now!

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