

# Hypnosis Stress Relief

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Description: This download is designed to reactivate a time from the past when stress was not a part of your life. You will use visualization techniques to release stress and allow stress to float away. You will feel a new sense of relaxation throughout your mind and body. Hypnosis Induction: Ericksonian/Elman Style Rapid Induction Techniques Used: Direct Suggestion, Indirect Suggestion, Anchoring, Visualization, Convincers Guided Hypnosis By: Steven B. Schneider, CHT. Track One-PreTalk: 18 minutes 57 seconds  
Track Two-Hypnosis: 49 minutes 34 seconds

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