

## Rapid Relaxation Guided Hypnosis Mp3



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Yes, You Can Achieve your Goals with Self-Hypnosis! Hypnosis can help you reduce stress and increase your level of relaxation! Buy this Professional, High Quality Hypnosis recording created and voiced by renowned Hypnotherapist and NLP practitioner Robert Siegel. You'll hear a powerful hypnosis session, which runs 17 minutes, in the privacy of your own home. This recording features time tested hypnotherapeutic techniques including Neuro-linguistic programming, Ericksonian hypnosis and direct suggestions in combination with subliminal suggestions. Listen to this recording every day for at least three weeks, at a time when you can devote at least an hour to feeling completely relaxed (most people listen to the recording prior to falling asleep at night). Hypnosis in and of itself is a powerful method of relaxation and stress relief. Allow this recording to ease you into a deeply relaxing hypnotic state while giving you an additional tool to minimize the stress in your life. You can do it! Order Now!! Important note: never listen to any hypnosis recording while driving! \* Please note the the hypnotic story contains indirect, covert suggestions, and embedded commands that will help you meet this goal. Thank you.

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