

# Relieve Stress Hypnosis

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Stress is one of the most potent diseases of the modern world, yet by learning to change our state of mind, we can become less affected by the environment around us. Our 'Stress Relief & Anxiety' Hypnosis MP3 teaches you how to relax deeply and allow your body to let stresses melt away during the session. It also teaches you how to deal with the world around you so can remain calm whilst engaging in the most challenging situations. This hypnosis MP3 was created by developed by Jesse Berg, CHT & Steven B. Schneider, CHT, both world renowned, highly professional and certified hypnotherapists. Jesse Berg, CHT Certified Hypnotherapist Certified Advanced Hypnotherapist Certified Master Hypnotist 7th Path Self Hypnosis Instructor NLP EFT Martial Arts (Tae Kwon Do) Steven B. Schneider, CHT Certified Hypnotherapist Certified Master Hypnotist Member of The National Guild of Hypnotists (USA) 7th Path Self Hypnosis Instructor NLP EFT

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