



THE SELF-HYPNOSIS HANDBOOK

Train Your Subconscious Mind & Become A Self-Improvement Superhero

Table of Contents

Introduction 3

Self-Hypnosis Fundamentals..... 6

 What is Self-Hypnosis?7

 How Does Self-Hypnosis Work?8

 What Are the Benefits of Self-Hypnosis?10

 Are There Any Risks or Concerns to Be Worried About?12

How To Get Started..... 14

 Reaching Theta14

Self-Hypnosis: Getting Specific 22

 Bad Habits22

 Negative Thinking23

 Emotional Trauma25

 Forgiveness25

 Self-Confidence.....25

 Relieve Stress25

Conclusion..... 27

Introduction



Take a look at your leg. Look at your hand, arm, and face in a mirror. What do you see? You're looking at a physical thing you can see and feel.

That's not the case with your subconscious.

The subconscious part of your mind or psyche is invisible. It's there nonetheless and drives most of your actions and behaviors. It's what motivates you to take action. If you don't believe how powerful it is, consider this.

Have you ever done anything that was out of character for you? You did something that hurt a loved one. Maybe you consistently have problems with money, even though you make more than enough to live a comfortable life. But still, you struggle.

Perhaps you've wanted to lose weight for years. It seems like you've always been overweight and out of shape. You've tried the top diets and a dozen different exercise plans. Even when you lose some weight, you gain it back, sometimes even more.

What's at play here? Those are all common issues people deal with that come from subconscious programming.

Now think about this. Have you ever encountered someone who had a serious issue for years or even decades? Then you meet them one day, and they are an entirely different person. They've put some terrible habit in their rearview mirror. They've conquered it totally, and you're amazed that over the oncoming years, they don't return to the negative behavior that characterized them in the past.

Whether or not they knew what they were doing, their positive change occurred because they reprogrammed their subconscious. That's exactly the power that self-hypnosis can give you.

In this guide, you'll discover how self-hypnosis (also called auto-hypnosis) actually works.

Sometimes it's easier to accomplish something when you know the ins and outs of the process. So we'll look at what goes on inside your mind when you use this suggestive motivator to help you make important changes in your life.

You will also discover some of self-hypnosis's very real and wonderful benefits. Before you put this transformative practice to work in your life, you might wonder if there are any risks or concerns you should be worried about. It's only normal to feel that way. So we will also examine possible issues surrounding auto-hypnosis.

Finally - and most importantly - we'll help you get started. To arrive at an intended destination, you need a roadmap. We'll hand you a roadmap to follow that will take you on a journey from where you are right now to where you would rather be.