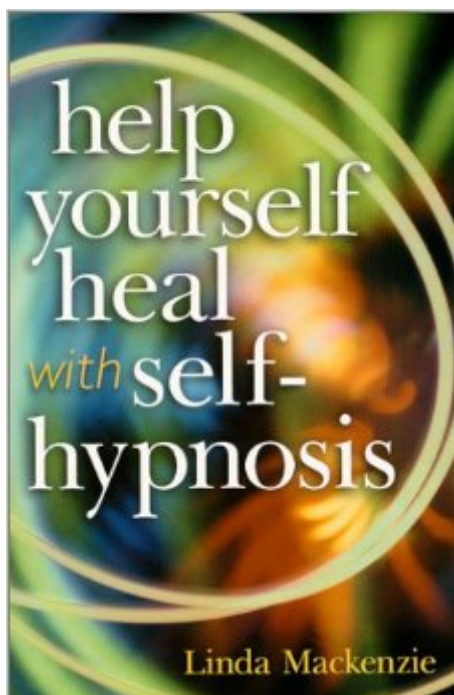


The book was found

# Help Yourself Heal With Self-Hypnosis



## Synopsis

We are what we think--so use the power of the mind to improve health and well-being, reach your goals, and enhance receptivity to change and renewal. Self-hypnosis opens up the subconscious mind to suggestion, allowing positive messages to flow in and gradually eliminate harmful emotions and unpleasant physical sensations. This guide to establishing the mind-body connection shows how to prepare for a session, how to concentrate on breathing in order to relax completely and move into a trancelike state, and how to implement a specific, realistic objective. Work on relieving 40 different ailments by following detailed scripts that guide you moment-by-moment during the hypnosis; in addition there are homeopathic medicine charts with remedies focusing on attitude, foods and diet, vitamins and supplements, herbs, and aromatherapy. Among the problems covered are allergies, anxiety, arthritis, asthma, backaches, cancer and chemotherapy, chronic fatigue syndrome, depression, fear and phobia, infertility, insomnia, osteoporosis, prostate diseases, ulcers, and more. The author lives in Manhattan Beach, CA. 192 pages, 6 x 9.

## Book Information

Paperback: 192 pages

Publisher: Sterling (December 31, 2000)

Language: English

ISBN-10: 0806949694

ISBN-13: 978-0806949697

Product Dimensions: 9 x 6 x 0.6 inches

Shipping Weight: 11.4 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #1,315,768 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #777 in [Books > Self-Help > Hypnosis](#) #20851 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

## Customer Reviews

Help Yourself Heal with Self-Hypnosis is such an informative book. I actually read many of the hypnosis scripts to my husband and he felt so relaxed. Linda is just incredible and offers so much knowledge to her readers. There is so much positive suggestion in this book that it makes it hard not to accomplish your goals and improve your health and well-being.

[Download to continue reading...](#)

Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) QUANTUM SELF HYPNOSIS STOP SMOKING NOW: Hypnosis Script & Inductions Included! (Quantum Self Hypnosis Singles Book 2) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Help Yourself Heal With Self-Hypnosis Perfect Self Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Imagine Yourself Well: Better Health Through Self-hypnosis (Better Health Through Hypnosis) ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You [With 6-Page Study Guide]Â Â [SELF HYPNOSIS DIET 3D] [Compact Disc] Hypnosis Diet, Wendi's Hypnosis for weight loss PLUS EIGHT audio hypnosis MP3s Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on Hypnosis for the Beginner, Intermediate and Advanced Practitioner Letting Go of the Past: Hypnosis to Heal Your Life, Let Go of the Past and Move On via Relaxing Rain Hypnosis and Meditation THYROID: Hashimoto's Thyroiditis Cure: Holistic Self-Care Guide for Thyroiditis (Self-Help Alternative Medicine Action Plan to Heal Hypothyroidism and ... issues) (Treating Thyroiditis Book 1) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Affirmators! 50 Affirmation Cards to Help You Help Yourself - without the Self-Helpy-Ness!