



Self Hypnosis

Valerie Austin

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Hypnosis is the most natural self-healing gift known to humanity. It is the key to changing old or unwanted behaviour patterns and creating new, positive habits.

Whatever you want to do - stop smoking, lose weight, cope with stress, overcome your fear of spiders or just improve your snooker game - self-hypnosis will help you to harness your own inner power and change your life. Valerie Austin is a practising hypnotherapist who leads workshops and courses on self-hypnosis. She shares her years of experience and explains in simple terms the quick and easy-to-learn technique for hypnotising yourself. Your subconscious is actively working on your behalf in more ways than you can possibly imagine. With the scripts you need to hypnotise yourself easily and successfully, this book guides you step by step through the process of relaxing totally and programming your subconscious to help you get what you want out of life.

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