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Practical Hypnosis: Learn Hypnosis to Influence People, Improve Your Health, and Achieve Your Goals (Paperback)

By Instafo

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Enhance Your Everyday Life With Everyday Hypnosis Hypnosis. The very essence of the word conjures up an image of some theatrical individual swinging a pocket watch in front of willing participants in an attempt to get them into a trancelike state, who lose all their free will and do whatever the hypnotist commands. Nothing could be further from the truth. Pop culture and pure work of entertainment have mystified hypnotism as nothing more than manipulative mind control when, in fact, it is much more compliant and cooperative than that. Separating scientific fact from Hollywood fiction, this is real hypnosis, not the hocus pocus that you see in movies. This is Practical Hypnosis. What is hypnosis? Hypnosis is a tool that offers tremendous benefits to those who regularly practice it as self-hypnosis or willingly participate in it as hypnotherapy by a licensed hypnotist. For example, if you have a smoking or weight problem, then hypnosis can help in attacking and addressing the problem at the core of your subconscious to get you to overcome or stop these habits or problems altogether. Or maybe...



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