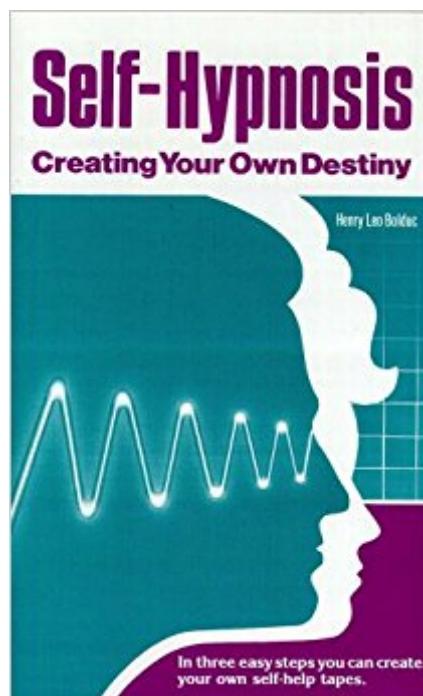


The book was found

# Self Hypnosis: Creating Your Own Destiny



## **Synopsis**

This book offers 31 different self-hypnosis programs, within just 194 pages! Readers will easily obtain results by recording self-hypnosis tapes and CDs from proven self-hypnosis scripts. Readers will often achieve: weight reduction, smoking cessation, public speaking, overcoming fears, and more.

## **Book Information**

Paperback: 200 pages

Publisher: Transpersonal Publishing (April 15, 2005)

Language: English

ISBN-10: 1929661053

ISBN-13: 978-1929661053

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #606,246 in Books (See Top 100 in Books) #300 in Books > Self-Help > Hypnosis #2706 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #10370 in Books > Self-Help > Personal Transformation

## **Customer Reviews**

All hypnosis is self-hypnosis, says Henry Bodluc, as he shows you how you can visualize yourself into a healthier and happier life. --Jess Stearn Author of Edgar Cayce: The Sleeping Prophet

The author is a hypnosis researcher of 30 years who conducts workshops throughout the United States.

I liked this book because it talks about things I'm interested in:1) hypnosis2) how the mind works including the sub conscious mind3) the Edgar Cayce psychic material as it relates to these thingsThe main point of the book can probably be summarized by the statements that appear on the last page:Pessimists blame others for their problems.Optimists hope others will fix them.Realists take responsibility for their lives and make their own self help, self hypnosis tapes.The book provides generic scripts for starting and ending a self hypnosis session and then specific scripts or 'cycles' are provided which cover a wide range of goals including smoking cessation and building confidence as well as more esoteric subjects such as past life recall and developing psychic

abilities. The idea is people can create their own tape recordings and then play them to hypnotize themselves. For me I will probably just try to remember the scripts in my mind. This book gets into more than just hypnosis. It talks about mystical things like everyone has a vibration which is unique in the entire universe. He mentions the 7 spiritual centers or 'chakras' which are bridges between our physical bodies and the spirit world. The chakras are associated with the influences of the different planets such as Neptune. Perhaps somewhere in all of this are important insights into the true meaning of mythology since the different planets all have their unique influences and were named after the mythological gods. Jeff Marzano Meditation Music of Ancient Egypt Edgar Cayce on Vibrations: Spirit in Motion Same Soul, Many Bodies: Discover the Healing Power of Future Lives through Progression Therapy Past Life Regression: A Guide for Practitioners

This book is an excellent tool from start to finish in creating your own self hypnosis scripts. It has everything you need except for a recorder. Even the included scripts are wonderful and wide ranging. A must have in the hypnosis section of your own studies

Must have reference book.

Great book

I love the book, lot of good scripts

Excellent Information.

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