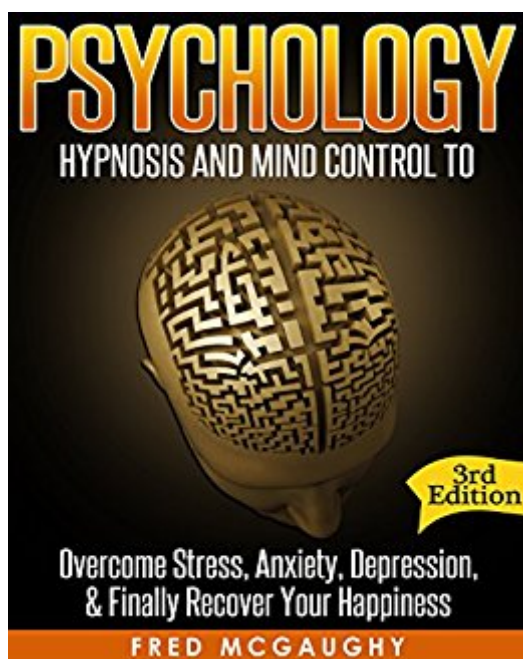


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# **Psychology: Hypnosis And Mind Control To Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis Sex, Brainwashing)**



## Synopsis

Use Hypnosis and CBT to Take Control of Your Mind and Others!— 3rd Edition  
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## Customer Reviews

With the fast-paced world we are living, we can't avoid but feel the pressures and stress of everyday living. We can't avoid being overwhelmed by negative feelings. We need a breather from time to time to keep us sane. This book teaches us the power of the mind. It tells us that we always have a choice either we linger into negative feelings and sulk in misery or you do something to get it over with. This is a very informative book that teaches us how to control our mind to get over the stress in our lives. My favorite part of the book is on how to keep yourself from being won over by your anger. Since I have the tendency to be very impatient, I easily get angry with some situation. This book has taught me how to manage my anger and not let my anger manage me. The only thing that I can suggest for improvement of this book is to have a volume 2 of this book. I hope there will be more suggestions and more examples in the next book. This is worth reading so make sure to get a copy.

I have had my share of ups and downs in life, even to a point where I no longer wanted to move forward. That feeling of too much pain where you no longer feels it and you were numb instead. Since then, I seek for ways to lessen my dilemma and overcome my negativity. I'm so much impressed by the author who deliberately imparted significant information to the readers. After reading through, I realized that I'm on the right track in healing my wounds and getting rid of my stress due to unpleasant things that kept coming my way. I hope the techniques and exercises I gained from here would help me drop the negative aspects in my life and change everything into a positive view that will lead me to happiness. I enjoyed reading this book.

This is a book on hypnosis and learning to control your mind to overcome stress, anxiety, depression and other related problems. Before I read this book, I had no idea how hypnosis really works, and this book explained in great detail on the types of manipulative therapies that you can apply and see how it can help to overcome your problems. I, myself, been having anxiety problems and knowing that hypnosis is one way to overcome those fears and anxiety attacks, my life changed tremendously. By following the steps provided and performing the self-hypnotism, you will began to feel amazing and relieved. Overall, a great book and totally worth it!

The book was straight-forward, highly-informative, practical yet scientific, and well written. I could say this because the book arouses my interest on controlling negative thoughts for one's own well-being. Using the author's experience, the book was able to illustrate how the reader can apply positivity to one's life. I learn a lot from the book, like Cognitive Behavior Therapy (CBT), Biofeedback, creating pain levels, etc. I like what he points out in the concluding chapter, that one must learn compassion, empathy, humility and kindness to others and to oneself. I think the aim of the book was achieved, to know the author's example and experiences about mind control and thus, use it to revamp one's life through therapeutic psychology and manipulation techniques.

There were step-by-step instructions on how to perform self-hypnotism for anxiety. They were instructions but for me they were actually like an insight to how this process happens. I'm glad to say this was simply a very educative book. Also it is clearly explained here how and why hypnosis could be used to treat things such as anxiety, stress and depression, CBT, RMT etc. And this does not simply indicate the pros of hypnosis treatments it also includes some of the drawbacks. I've never really looked at hypnosis as a form of treatment. It seemed for a really long time, until I read this book, something like magic that can be seen in movies. Now I have a very clear idea and in-depth understanding of this as a treatment.

Lots of time I heard about hypnosis and mind control, but I did not believe them. But last week my close friend told me about hypnosis and suggested me about this book. This book is amazing and it showed me some effective strategies about mind control to overcome stress, anxiety, and depression. This book opens my eyes and motivates me to learn mind control. I have learned some effective strategies about hypnosis and mind control from this book. Last week I tried some of them and amazingly they worked perfectly. I got my all questions answered in this book. Everything inside of this book is well organized and clearly described by the author. Now I believe that applying this therapeutic psychology, we can overcome our stress, anxiety and depression.

The word Hypnosis scared me before. It has a negative connotation to me. I thought that to hypnotize someone is wrong and something bad will happen. I laugh at myself now as I go through this book. I know now that it is by all means an act that you disconnect your mind from your body. It allows you to enter a state of mind where you can take back the control over your mind and make it relax. This book explains that hypnosis is very beneficial to people who suffer from anxiety,

depression and stress. I have learned so many significant information about how hypnosis contributes healing in our disturbed state of mind and emotion. This is a good book and I am glad with all the information I read.

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