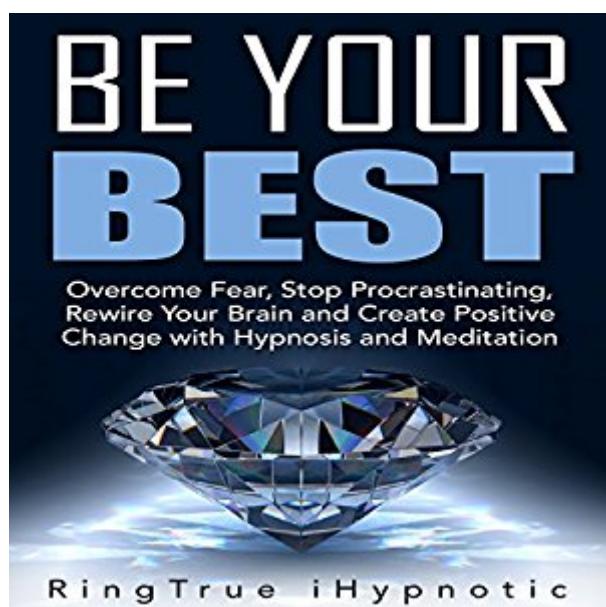


The book was found

Be Your Best: Overcome Fear, Stop Procrastinating, Rewire Your Brain And Create Positive Change With Hypnosis And Meditation



Synopsis

Becoming your best self is an evolving process, because you are an evolving being. This collection is designed to restructure your thought patterns, making you more resilient, more productive and better at whatever you choose to do. First hypnosis: A 17-minute hypnosis to help you overcome your fears, increase your courage, and shape your thoughts to be more resilient. Second hypnosis: A 10-minute hypnosis designed to get you inspired, motivated, and off the couch. This session will help you end procrastination and become more productive. Third hypnosis: A 12-minute hypnosis to help you rewire your mind to become your best self while letting go of old wounds. As the Chinese proverb goes, the best time to plant a tree was 20 years ago. The second best time is now. Don't wait any longer to become what you were always meant to be.

Book Information

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