Alcohol Abuse Hypnosis

Robert J. Finger

Hypnosis Treatment for Addictions Kristi 0'Neill, 2001-01-20 This book offers an invigorating, highly professional, and rapid way to end major addictions with hypnosis. It is a great investment of your time and money for professional training in the field. You are provided with unique and complete word-for-word hypnosis sessions to treat individuals and groups. These sessions have been used in Dr. O'Neill's own clinic for over 15 years. To further enhance the healing process, you can offer Dr. O'Neill's professional hypnosis audiotapes for use between sessions. The goal is to have your clients reach their healthy goals in the shortest number of sessions. Dr. Milton H. Erickson, the world-renowned expert in the field of medical hypnosis said it best: Hypnosis is the safest, fastest, and most effective form of psychotherapy. The hypnosis sessions you will do from this book are sure to increase your referrals from satisfied clients, and add to your professional reputation. BOOK 1: HYPNOSIS SESSIONS TO STOP SMOKING In Book 1 you will be trained to perform excellent hypnosis. There are unique word-forword beginning, middle, and final sessions for stopping smoking with individuals and groups. These are followed with powerful advanced hypnosis techniques. Knowledge of mind-brain activities is presented. Also included are verbatim hypnosis sessions for excellent health and peak performance. BOOK 2: HYPNOSIS SESSIONS TO STOP DRUG ABUSE Book 2 gives hypnosis training to stop all drug addictions. It has seven complete word-for-word sessions for stopping individual drug abuse, and four group sessions for drug addictions. Stress reduction and pain management techniques follow. Instructions for stress reduction homework, and sessions to increase self-esteem and personal success are given in detail. BOOK 3: HYPNOSIS SESSIONS FOR WEIGHT LOSS & ALCOHOL ABUSE There are eight verbatim individual and group sessions for weight control. These are followed by four hypnosis sessions to stop individual alcohol abuse. This is followed by group hypnosis for alcohol abuse. Included are items covering the 12-step program, and additional sessions follow for sexual fulfillment.

How to Stop Alcohol Abuse with Self-Hypnosis Bryan Westra,2016-01-12 A lot of people abuse alcohol. This doesn't necessarily mean they should be labeled an 'alcoholic' but it could mean this. If you or someone you know has an alcohol problem, you owe it to yourself to own this book. This book will teach you how to harness the power of your own mind, using self-hypnosis, to overcome addiction, alcohol abuse, and the inner conflicts you face. Grab a copy of this book now! Don't wait another minute. Get the help you need. Help yourself. Own Your Copy Now!

Quit Drinking Hypnosis Elliott J Power,2020-11-10 Are you an alcoholic, desperate for a solution to your addiction?Is your drinking ruining your life, career and health?Have you considered hypnosis as a possible treatment? Being dependent on alcohol can be ruinous for anyone who is unable to control their urge to drink. The impact that it can have on family life, career and your health can be long lasting even with treatment but could be permanent if you do not tackle it properly and rid yourself of it for all time. This book, Quit Drinking Hypnosis, will help you to understand the impact that alcohol misuse can have on your life and help you to control it and eventually cure yourself completely, with chapters that cover things like: - How alcohol can affect relationships - Myths about drug abuse and addiction - Why quitting drinking is so hard - The causes of alcoholism - The effects on your body - Breaking the habit and replacing it with something good - Symptoms of alcohol withdrawal - Planning for alcohol relapse - 10 common relapse triggers - Positive Affirmations to reprogram your subconscious mind Breaking the cycle of alcohol addiction isn't easy but it can be done with the amazing techniques described within this book. Within a short period of time you could significantly reduce and even eliminate alcohol from your life and be healthier and happier as a result. Even trying out the challenge of cutting alcohol out of your life for just 30 days will help you to reassess your habit and make subtle changes to the way you drink, benefitting you with more energy, better sleep patterns and improved skin and hydration. Abusing alcohol can be the catalyst for endless problems in your life, so deal with it now, before it's too late. Scroll up now and click Add to Cart for your copy!

Quit Smoking & Alcohol Hypnosis (2 In 1) Guided Self-Hypnosis & Meditations To Overcome Alcoholism & Smoking Cessation Including Positive Affirmations Meditation Made Effortless, 2021-01-25 If You Want To Finally Quit Smoking And Drinking Alcohol & Develop Healthy Habits In Their Place By Utilizing The Power Of Hypnosis Then Keep Reading... Let's start here. The New Scientist Magazine Comprehensive Study stated 'Hypnotherapy enjoys a greater success rate than any other in helping people quit smoking.' The same effectiveness can be had for Alcohol addiction also. Why is that? Why can some people stop after 1 session of Hypnotherapy after years of failing trying to quit? It's because Smoking& Drinking, like all habits, is controlled by the unconscious part of the mind. And, Hypnosis helps us access the REM state in which we are more open to new ideas and suggestions, and once this is reprogrammed the smoking urge is simply gone. Up until now you have been programmed to believe smoking& drinking has done good for you, and that it is a positive habit. Things like relieving stress, confidence and weight control have been associated with these behaviors. Hypnosis will reprogram your unconscious to produce these positive intentions you believed Cigarettes gave you, but in far healthier ways. Anyways, Here's A Slither Of What This Audiobook Can do For You... Help Reduce And Eventually Completely Remove Your Cravings For Cigarettes, Tobacco And Nicotine Rewire Your Brain To Develop Healthy Habits To Replace Your Smoking Habit Positive Affirmations To Help You Overcome Your Smoking Addiction Once And For All Help Reduce & Completely Remove Your Cravings For Alcohol A Complete Transformation Of Your Beliefs Around Drinking Alcohol, That Makes Quitting Inevitable! Improve Your Health & Lose Weight By Giving Up Alcohol & Reducing Not Only Your Daily Calories But Your Daily Toxin Intake! And SO Much More! So, If You Want 20 Hours + Of Hypnosis To Help You Live A Smoking & Alcohol Free Lifestyle And Become The Healthiest Version Of Yourself, Scroll Up And Click Add To Cart.

Hypnotically Enhanced Treatment for Addictions Joseph Tramontana,2009-09-01 This book offers new strategies, techniques, and scripts as well as reviewing traditional methods of treating addictions. The five key addictions addressed are: alcohol abuse and dependency; drug abuse and addiction; gambling compulsions/obsessions and addiction; tobacco addiction (including cigars, pipes and chew); food addiction/compulsions. Many of the techniques and strategies incorporate a variety of therapeutic modalities, including: cognitive behavioral techniques, reframing and other NLP techniques, systematic desensitization, covert sensitization, 12-step-programs, guided imagery and meditation, and more. The techniques described can be employed both in and out of trance.

Quit Alcohol Hypnosis Beginners Guided Self-Hypnosis & Meditations For Overcoming Alcoholism, Alcohol Anxiety, Increase Confidence, Rapid Weight Loss Meditation Made Effortless, 2021-01-25 If You Want To Finally Be Able To Quit Alcohol For Good & Develop A Healthier Lifestyle By Utilizing The Power Of Hypnosis Then Keep Reading... Hynotherapy has been shown to help people with undesirable behaviors such as excessive drinking, smoking or unhealthy eating change there habits in as little as 1 session! Why is that? Why can some people stop after 1 session of Hypnotherapy after years of failing trying to guit? It's because drinking Alcohol excessively, like all habits, is controlled by the unconscious part of the mind. And, Hypnosis allows us access the REM state in which we are more open to new ideas and suggestions, and once this is reprogrammed the smoking urge is simply gone. Up until now you have been programmed to believe Alcohol has done good for you, and that it is a positive habit in your life. Things like relieving stress& effortless socializing have been associated with your drinking. Hypnosis will reprogram your unconscious to produce these positive intentions you believed Alcohol gave you, but in far healthier ways. The majority of Alcoholic beverages are consumed through habit or conditioned response to stimuli, by changing that habit and conditioned response, suddenly excessive drinking will be a thing of your past. Anyways, Here's A Slither Of What This Audiobook Can do For You... Help Reduce & Completely Remove Your Cravings For Alcohol Rewire Your Brain To Develop Healthy Habits To Replace Your Drinking Habit Relaxation Techniques That Can Also Be Used To Help You Fall Asleep, Reduce Alcohol Related Anxiety & Improve Confidence A Complete Transformation Of Your Beliefs Around Drinking Alcohol, That Makes Quitting Inevitable! Improve Your Health & Lose Weight By Giving Up Alcohol & Reducing Not Only Your Daily Calories But Your Daily Toxin Intake! And SO Much More! So, If You Want Over 10 Hours Worth Of Hypnosis To Help You Live An Alcohol Free Lifestyle And Become The Healthiest Version Of Yourself, Scroll Up And Click Add To Cart.

Stop Drug and Alcohol Addiction Tracie O'Keefe,2018-07-09 This book will give you the clinical hypnotherapy theory, structure and practical help on how to assist clients to recover from drug and alcohol addiction - quickly. Written specifically for hypnotherapists, it will guide you step by step on how to organise your clinical practice to maximise results.

Stop Drinking Carl Mendius, 2021-09-11 Are you an alcoholic, desperate for a solution to your addiction? Is your drinking ruining your life, career and health? Have you considered hypnosis as a possible treatment? Being dependent on alcohol can be ruinous for anyone who is unable to control their urge to drink. The impact that it can have on family life, career, and your health can be long-lasting even with treatment but could be permanent if you do not tackle it properly and rid yourself of it for all time. This book, Quit Drinking will help you to understand the impact that alcohol misuse can have on your life and help you to control it and eventually cure yourself completely, with chapters that cover things like: How alcohol can affect relationships Myths about drug abuse and addiction Why guitting drinking is so hard The causes of alcoholism The effects on your body Breaking the habit and replacing it with something good Symptoms of alcohol withdrawal Planning for alcohol relapse Ten common relapse triggers Breaking the cycle of alcohol addiction isn't easy but it can be done with the amazing techniques described within this book. Within a short period of time, you could significantly

reduce and even eliminate alcohol from your life and be healthier and happier as a result. Even trying out the challenge of cutting alcohol out of your life for just 30 days will help you to reassess your habit and make subtle changes to the way you drink, benefiting you with more energy, better sleep patterns, and improved skin and hydration. Abusing alcohol can be the catalyst for endless problems in your life, so deal with it now, before it's too late. Scroll up now and click Add to Cart for your copy!

<u>My Way Out</u> Roberta Jewell,2005 Incredibly, there are an estimated four problem drinkers for every hard core alcoholic. Yet problem drinkers don't feel they fit the stereotype of a traditional alcoholic and are reluctant to seek conventional approaches to treatment. Why should they? Why should you?

Stop Drinking: Get Sober, Stay Free from Alcohol Addiction and Reclaim Your Life Carl Power, 2021-09-11 Are you an alcoholic, desperate for a solution to your addiction? Is your drinking ruining your life, career and health? Have you considered hypnosis as a possible treatment? Being dependent on alcohol can be ruinous for anyone who is unable to control their urge to drink. The impact that it can have on family life, career, and your health can be longlasting even with treatment but could be permanent if you do not tackle it properly and rid yourself of it for all time. This book, Quit Drinking will help you to understand the impact that alcohol misuse can have on your life and help you to control it and eventually cure yourself completely, with chapters that cover things like: How alcohol can affect relationships Myths about drug abuse and addiction Why quitting drinking is so hard The causes of alcoholism The effects on your body Breaking the habit and replacing it with something good Symptoms of alcohol withdrawal Planning for alcohol relapse Ten common relapse triggers Breaking the cycle of alcohol addiction isn't easy but it can be done with the amazing techniques described within this book. Within a short period of time, you could significantly reduce and even eliminate alcohol from your life and be healthier and happier as a result. Even trying out the challenge of cutting alcohol out of your life for just 30 days will help you to reassess your habit and make subtle changes to the way you drink, benefiting you with more energy, better sleep patterns, and improved skin and hydration. Abusing alcohol can be the catalyst for endless problems in your life, so deal with it now, before it's too late. Scroll up now and click Add to Cart for your copy!

Accepting Alcoholism Self Hypnosis Hypnotherapy Script Key Guy Technology LLC,2019-08-28 Accepting Alcoholism Self hypnosis, this is a powerful hypnosis script that helps you admit your an alcoholic and admit it's a problem. Hypnosis is theorized to work by altering your state of mind, it does this in such a way that the left brain is turned off, while the nonanalytical right side is made alert. The conscious mind is slowed down and the subconscious mind is made more alert. This professional made Hypnosis Script was created and copyrighted by Key Guy Technology LLC. As a bonus you will receive access to the audio mp3 version of this script. Hypnosis is theorized to work by altering your state of mind, it does this in such a way that the left brain is turned off, while the non-analytical right side is made alert. The conscious mind is slowed down and the subconscious mind is made alert. The conscious mind is slowed down and the subconscious mind is

Healing Yourself with Self-hypnosis Frank Samuel Caprio, Joseph R. Berger, Caroline Miller, 1998 This work has been updated to include more helpful information on weight loss, smoking cessation, substance abuse, sleep, sex, nervous disorders, pain management, fatigue, managing your emotions, depression, personal power, marriage, longevity, sports performance and performance anxiety.

Quit Drinking Robert J. Finger, 2021-06-03 We live in a drinking obsessed world. We drink in baby showers and parties, brunch and book club, ceremonies, and funerals. Yet nobody challenges the ubiquity of alcohol- in reality, the one thing that has ever been guestioned is why somebody isn't drinking. It's a requirement for entry, and if you don't imbue, you're an exception. As a community, we are concerned with health and well-being, but retain alcohol as some sort of magic elixir. If you're in a spiral, have you been tired of waking up every day with low levels of hangover, sick of your booze breasts, and lack of energy? Then this book is all you need. It's HARD to stop drinking. Worse, because the WHOLE WORLD loves booze, you feel all alone! Yet you know that you have something to do. This gets worse, and you feel out of control. You're afraid you're going to end up as an alcoholic. This book is a map of the road. It's not a magical short cut because there is none, but it signs you through the sobriety and helps you to live soberly (two very different things). It provides hands-on advice for the entire phases of the sober process-how do you prepare for your first sober journey? Why don't your buddies cheer on you? And when are you going to be sober? Is there life beyond that journey-in the frightening new world of not drinking? The book admits that this journey is a double aim-to ditch the alcohol and to regain yourself-and when you can use sobriety in your life instead of destination, the strength and fulfillment of healing comes. What you will learn: Addiction or abuse? How to recognize it How this addiction can affect life and relationship Why is it so hard to guit drinking? Causes of alcohol addiction What damages alcoholism can cause Determine your level of addiction CAGE test Learn self-hypnosis for overcome negativity, anger, anxiety and depression A plan for dealing with relapses and triggers Withdrawal Syndrome How to treat alcohol withdrawal symptoms How to replace bad habits with good ones THE 30-DAY NO ALCOHOL CHALLENGE ... and much more. Everyone has a sober road-but the course of everyone goes in a different direction. This book will hopefully help you to get there without too many detours. How I stop drinking (and how you too can), is a realistic (and sometimes humorous) guide by a writer who has ploughed and made his own sober path! If you've had enough of being a wine witch whore, buy this book today and transform your life!

Drink Less in 7 Days Georgia Foster,2020-11-11 If you enjoy a drink but would like to reduce your intake, this is the book for you!Increased alcohol consumption in society today is rarely out of the news. But it seems that most therapies and therapists offer an all-or-nothing solution - give up completely or give in to the drink. However, there is good news for those of us who would like to reduce our intake without giving up completely. Clinical hypnotherapist Georgia Foster offers us a middle way - and even better, it takes just seven days!Georgia is a world-leading therapist, specialising in overdrinking behaviour (as well as anxiety and self-esteem and other issues). Her drink less courses have a high success rate (95% of attendees report reduced alcohol consumption) and in her new book she shares the secrets of this success. Georgia uses short questionnaires and tick boxes to help the reader establish how they currently relate to alcohol and then gives simple, practical steps to help the reader take back control of their drinking.

Cut the Crap and Feel Amazing Ailsa Frank, 2021-09-21 Have you ever felt

stuck or unmotivated about life? Are there things you want to do or dreams you want to achieve, but you don't know how to get started or how to reach your goals? In Cut the Crap and Feel Amazing, experienced hypnotherapist Ailsa Frank provides you with the knowledge and tools you need to take control of your life and ensure that it follows a more positive direction – the direction in which you want it to go. The techniques described in this book will help you to cut out the negative habits in your life and make improvements where they are needed – work, relationships, health, finance, finding love and more. Making regular small changes to your mindset will enable you to make bigger changes in your life. You don't need to know your whole life plan, you just need to focus on one small thing to get yourself started. Cut the Crap and Feel Amazing offers a helping hand to get you on track and keep your life moving forwards in a positive direction.

Hypnosis Sean F. Kelly, Reid J. Kelly, 2000

Hypnosis as an Adjunct in the Treatment of Alcohol Relapse Steven M. Crocker, 2004

Sports Hypnosis in Practice Joseph Tramontana,2011-06-10 This book offers new strategies and scripts for hypnotherapists, sports counsellors and sports psychologists working with athletes to help them achieve their peak performance. A major focus of the book is that the therapist does not necessarily need to be familiar with the sport or activity to serve as a mental coach to the athlete. The athlete is instructed that the goal is not to improve the mechanics of their performance (that is left up to their coaches) but, rather, to help them to relax, concentrate and focus so that they fulfill their maximum potential. They learn not to let the mental side of their game trip up the physical side, but rather to enhance it.

Allen Carr's Easy Way to Control Alcohol Allen Carr,2009-11-03 READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE. Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally bestselling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the 'alcohol trap' in the time it takes to read this book. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: The Allen Carr program was... nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

The Fastest Way to Stop Drinking... Guaranteed Craig Beck,2014-10-28 The Fastest Way to Stop Drinking... Imagine if tomorrow you wake up with no hangover, no regrets and feeling full of energy and vitality. Picture your bank account with thousands of extra dollars in it and imagine what life would be like if you had a limitless abundance of quality time with your family and loved ones? If you are drinking on a regular basis then alcohol is stealing all that from you everyday. My name is Craig Beck; I used to be just like you... My drinking was hopelessly out of control for nearly two decades. Nothing I tried made any difference, I attempted dry weeks & months but I always just ended up drinking even more than before. My doctor agreed it was time to cut down but he could offer no practical solution to help me to do so. I concluded that the only way I was going to escape the insidious trap of alcohol was to throw away all the 'advice' I had been previously given and do the unthinkable.

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