

Anger Management Hypnosis

Sylvia Berrill

Hypnosis Steven Wiseman, 2020-05-28 In this fantastic resource, you will learn conversational hypnosis and particularly hypnotic language patterns in just one hour. The best part about this hypnotic memorization process is that it is not boring, but in fact fun. A game you might say. It is a game. All you must do is read this book, learn the rules to the game, and you're just as genius as the next person claiming to be a genius. You'll be able to remember whatever you must, and whatever you want for that matter, and be able to come across as the most intelligent person. Please make sure after you read this book that you use these covert persuasion and hypnosis lessons to do right by people. Never manipulate or hurt anyone or make them do something that goes against their will. As a hypnotist you have the power to make someone's will what you want it to be, though I advise you against doing this-I don't think it is right ! Everybody knows something. I'm no different. I know a lot of things in fact, as I'm sure you do, as well. One thing I know well is how to write hypnotically. You see I've been doing it for years now. I've authored over 100 books, last I counted, and these include both fiction and non-fiction.

Anger Management - How to Keep Your Cool Rick Smith, 2019-04-30 You Are Not Your Anger So, you're angry. Maybe you're angry all the time. And when your anger bursts out, people around you get hurt or upset. Afterwards, you wish it hadn't happened. But it does, and the cycle repeats. You find yourself

asking why it happens to you, but not to everyone else. It does not define you First of all, let's agree: it's not your fault. Your anger is something that happens to you, probably because of something else that happened to you. 'Traditional' anger management therapy focuses on unearthing the source and modifying the outcome. It takes time. However, there's another way to control and eliminate persistent anger, and that's the approach this program takes. The book includes three full-length hypnotherapy scripts which you can download as mp3 recordings (recommended), or record for yourself. Step One - Taking care of your hidden needs You're probably not taking care of yourself as well as you could, mentally and/or physically. The source or cause of your anger is real, however, there are a whole bunch of practical considerations that will, if not attended to, amplify your anger symptoms. It's easy to lose sight of some of the logical, conventional human behaviour systems that have evolved to keep us stable and level headed, and which you've been neglecting. We'll be dealing with this aspect first, and making a few small repairs. Step Two - Taking back control You may pass off your anger episodes as stress-induced. But if you look beneath the here-and-now, you shouldn't be surprised to unearth long-standing feelings of disappointment, sadness, betrayal, or inadequacy. Your anger triggers kick in whenever you feel threatened, undervalued, or even unloved. Life often feels unfair to you, so you're unconsciously hyper-vigilant to any kind of criticism - real or perceived - and this sets you off. This was done to you; you did not cause it. The

program offers you the opportunity to right some wrongs and correct some flawed beliefs; the ones that are disrupting you. Step Three - A new, calmer you You can stay calm and rational if you focus, but your anger has become a kind of therapeutic outlet for your feelings of indignation or vulnerability, and it may even be addictive in some way. You blow off steam without any limit or restraint, and you think you feel better. People end up flattering or indulging you so they get through your outbursts in the shortest time possible, or alternately avoid you altogether. It's not their fault either. You've forgotten how to be calm, but you can learn again and make it your default state, once you're shown how. You'll succeed faster with hypnosis As with all my programs, this one will work better and faster if you're confident with hypnosis. If you've tried it in the past, and feel that it worked for you, you should be fine. If not, I recommend you complete my two short training recordings (included free) before you set to work on your new mission. Full instructions are included in the book. All you have to do is relax! Click on Look Inside to learn the full story Rick Smith has been a Certified Clinical Hypnotherapist since 2007. His bestselling 2013 book How to Master Self-Hypnosis in a Weekend introduced tens of thousands of new enthusiasts to the amazing potential of the hypnotic trance. Rick's online system, using custom hypnosis recordings, has opened up access to professional hypnotherapy to people all over the world, irrespective of their location, wealth, or status.

Hypnosis [5 In 1] Mindfulness Hypnosis Academy, 2020-02-17 If you want to discover how to melt stress, sleep better, grow your self-esteem, overcome pain, burn fat fast thought hypnosis, then keep listening ... Today, a very big part of human population acknowledged the power of hypnosis. Thousands of people used the power of hypnosis to change their lives. Hypnosis can create a highly relaxed state of inner concentration and focused attention for patients, and the technique can be tailored to different treatment methods, such as cognitive and dialectical behavioral therapy (CBT, DBT, ACT). Recent studies have confirmed its effectiveness as a tool to reduce chronic pain, improve sleep, or alleviate some symptoms of depression or anxiety. In this 5-book Bundle, you will find: A lot of guided hypnotic sessions with hypnotic background music A brief introduction explaining the power of Hypnosis to drive the sub-conscious mind into a more profound and enlightened state of being, and the power this can have on the conscious mind and body How to grow your self-esteem and confidence How to overcome overthinking and pain How to access hidden memories How to remember your past life and delete past life traumas and fears from now Guided Quit Smoking Hypnosis Guided Deep Sleep Hypnosis: the golden method to go in a dream-like state and to connect with your past selves. How to instantly relieve stress, calm energy, increase your inner peace and practice mindfulness How to lose weight through hypnosis quickly and permanently with the 2 golden methods tested and approved by Mindfulness Hypnosis Academy A lot of affirmations sessions to improve

hypnosis effects thought the Law of Attraction How to use hypnosis and self-hypnosis tools 100% Tips & Tricks about Hypnosis Allow yourself to see what you don't allow yourself to see. Milton H. Erickson, revered American psychiatrist who specialized in medical hypnosis and family therapy With this bundle, you will unlock your hidden powers and become an hypnosis master. You can help yourself improve the quality of your life with hypnosis now, even if you are a beginner. You can start - wherever you are - from this moment. You have only to close your eyes, keep an open mind, take deep breaths, feel your body relax. In 3.... 2.... 1... Are you ready to start a new way of life? You will be amazed just how effective Hypnosis is and will be in revolutionising your lifestyle. Scroll Up and Click the Buy Now Button to Get Your Book Copy Now!!

Anger Management: Understanding. Healing. Freedom. John Crawford, 2016-06-21
Is anger making your life a misery? Are you living with regret? Being angry is a terrible burden to carry, but a calmer life IS possible! Learn how to identify, heal, and re-program the roots of anger with this no-nonsense guide to re-claiming your power...the peaceful way. Anger Management offers no-nonsense understanding which can be quickly put into practice, helping you to re-connect with your best self! Depressed or anxious people receive much sympathy, and rightly so, but anger sufferers, not so much. They should. Chronic anger is a stress-related difficulty too, and anger sufferers deserve compassion as much as anybody else. You didn't ask to be angry. You won't be

judged here. There are solutions. Using fictional case studies from real world examples, Anger Management will explain why your subconscious programming may be making it impossible for you to “will” yourself calm. You’ll find practical, workable approaches here to understand and desensitise these triggers. You’ll discover how to live more peacefully, enjoy better relationship security, be more patient with the world, and get more of what you need without the stress or regret of anger and rage. Don’t wait until it’s too late! Get your “yang” back in balance today with Anger Management - A professional guide for everyday folks from an experienced practicing therapist. You will learn:- Why the brain creates angry responses when we feel threatened, and what you can do to soothe it. How to recognise where your personal anger stems from, and how to heal it. Why anger can feel good and become an addiction. About your brain chemistry. The “science” of the anger response. Why controlling behaviour will drive those you love away, and how to invite them closer instead. How to “use” anger appropriately to have people help you instead of resent you! Why softness controls hardness, and how to implement that understanding in your life. The incredible power of words. How to ask for what you need, and why sorry is the most powerful word in the English language. Plus, much more. Also included in the book is a full professional Anger Management hypnosis session available for free download. This clear and insightful book could help you change your life. If you're angry, and you don't know why, then don't be without it. Buy this book today

to learn how to rescue your relationships, get more of what you want, and feel prouder of who you are because life is too short for regrets!

Vagus Nerve Michael Jacobs, 2020-01-12 Do you often get tired with no energy and with a foggy brain Do you suffering of chronic pain like gut inflammation or migraine that make your life unbearable? Have you experienced a deep trauma that is causing you depression, anxiety, sleep disorders and memory issues? Have you tried different ways to solve these problems with no success and don't know what to do anymore? If you answered YES to all these questions, vagus nerve is the book you need. Did you know that in your body exists a very special nerve that can control your emotions, health, happiness and hormones and has a direct role in alleviating depression and stress and inflammations? Chronic stress overload increases the risk for a number of conditions that commonly affect many people. It is important to deal with stress and anxiety in the healthiest and most natural ways possible. The techniques in this book are all you need to enhance the quality of your life and overcome different physical & mental pains that common medicine can't help with. In this easy-to-follow guide, the author will reveal the secrets of the Vagus nerve - The Complete Guide to Vagus Nerve Stimulation, Emotional Intelligence, Anger Management and Self Hypnosis for Overcome Anxiety, Depression And Chronic Illness. You will learn how you can activate it, manipulate it, and use it to your advantage, no matter what is your issue or condition. This guide explores how to activate your Vagus nerve to heal your

body naturally and contains information of great value such as: -
UNDERSTANDING ANXIETY, PTSD, TRAUMA AND DEPRESSION- HOW TO ACTIVATE AND
ACCESS THE POWER OF VAGUS NERVE- VAGUS NERVE AND ANXIETY DISORDER- BODY AND
MIND CONNECTION- UNDERSTANDING CHRONIC PAIN AND INFLAMMATION- HOW PAIN,
STRESS AND ANXIETY AFFECTS YOUR LIFE- MIND AND PHYSICAL ILLNESS- THE NATURAL
HEALING POWER OF YOUR BODY WITH SELF-HELP EXERCISES AND TECHNIQUES...and much
more! So what are you waiting for? Scroll up, click the Buy Now button and
learn how to cure your vagus nerve naturally to live the stress and pain free
life that you deserve! GRAB YOUR COPY TODAY

Self Hypnosis: New Opportunity for Wellness Asst. Prof. Sylvester J.
Lim, 2016-04-30 Hypnosis is not something new. It has been with us for a long
time in fact, even before the term was coined. Yet today, it is still shrouded
with mystery and misconceptions. This book is written to provide you with a
simple explanation that demonstrates to you how common hypnosis is and how we
experience it on a daily basis even. Beyond understanding what it is, it goes
on to show you how you can easily use hypnosis (self-hypnosis) in
transforming your life and helping you reach goals you perhaps never thought
you could. If nothing else, at the least, it will give you the tools to relax
your mind and thereby relaxing your body as well.

Self-Hypnosis For Dummies Mike Bryant, Peter Mabbutt, 2010-12-01 Self-
Hypnosis For Dummies is your hands-on guide to achieving your goals using
hypnosis. Whether you want to lose weight, overcome anxiety or phobias, cure

insomnia, stop smoking, or simply stop biting your nails, this guide has it covered! The reassuring and straight-talking information will help you harness the power of your mind and re-train your subconscious to think in more healthy and constructive ways, and to overcome specific issues, such as anxiety and paranoia, and break bad habits, such as smoking. The easy-to-follow style will guide you through every step of the process, empowering you to take control and start making changes right away.

Personal Change through Self-Hypnosis Pamela Young, 2016-05-27 Get help with: • Confidence and communication • Assertiveness • Smoking • Eating disorders • Study issues and exam nerves • Pregnancy and childbirth • Insomnia • Breast enlargement • Sporting enhancement • Anxiety, panic attacks • Job interviews • Fear of flying • Depression • Broken heart • Skin problems • Headaches • Nailbiting • Pain control • Drug and alcohol problems • Tumours • Seasickness • Anger Management

Vagus Nerve Stanley Leary, 2021-01-08

Self Hypnosis T. MUSTAFA, 2017-07-06 Self Hypnosis from a psycho-spiritual perspective. This book explores self hypnosis secrets and methods that will help anyone overcome bad habits like alcohol and smoking. There is also self hypnosis methods to help deal with love, weight loss, relaxation, stress and anger management issues.

How To Do Self Hypnosis HowExpert, Leslie Riopel, 2012-03-26 If you are interested in self hypnosis, then get How To Do Self Hypnosis written by a

person with real life experience in this field. Hypnosis is an amazing tool that can literally reshape your life. If your life is not quite how you envisioned it, then it's time to take a look at what kind of information you have programmed into it over time. This incredible book can show you how to get your mind and body in sync, how to write effective self-hypnosis scripts, and tell you everything you need to know about hypnosis. Sample a simple self-hypnosis induction; learn how to access your mind to solve problems, travel down a lazy river or float on a cloud, all via hypnosis. This book will help you tackle any problem you may have including weight loss, lack of confidence, smoking and other addictions, stress management, relationship issues, pain management and even help you develop a prosperity consciousness. All you really need is the desire and the motivation to make changes. This simple little book can show you how to do that, in terms you can understand. About the Expert Leslie Riopel ACHT, is an Advanced Certified Clinical Hypnotherapist and owner of Sweetdreams Hypnosis LLC and <http://www.customhypnosiscds.com>, which offers custom hypnosis CD's and digital downloads. She has a passion for helping people live their best life. She is a firm believer in the healing art of Hypnotherapy and other relaxation techniques that can help relieve stress and anxiety, improve well-being, and increase self-confidence, amongst other things. Leslie also holds a masters degree in Psychology Health and Wellness and believes that we all have an amazing capacity within us to make incredible changes in our lives,

all within the power of our own subconscious mind. Her philosophy is based on the premise that hypnosis is all about changing those limiting beliefs in your life that are holding you back. Much like looking in a magic mirror, and seeing yourself in a different light, Leslie believes that hypnosis can literally transform your life. Her unique program works on the concept of the custom suggestion, which is finding those 10 things related to your issue that you would like to improve. Customers can create a custom CD, via the website, or select a digital product download. Her website has over 13 unique categories for customers to choose from with over 900 unique hypnotic suggestions. The program is unique and offers customers a 100% custom CD, fine-tuned to their specific issue. Leslie also holds a Bachelor of Science in Interior Design from the University of Cincinnati, College of Design, Architecture, and Art & Planning. She is interested in and studying various methods of holistic healing for the last 20 years. Sweetdreams Hypnosis, LLC is located in Milford, Ohio at 632 Main Street, 45150. Leslie and her partner, Cynthia Morris RN BSN CHT, work with clients to help them overcome issues related to weight loss, smoking cessation, pain management, phobias, addictions, depression, stress and confidence, amongst many other things. Leslie also specializes in past life and regression therapy via hypnosis. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

Everyone's Guide to Anger Management Sylvia Berrill, 2004-11-01 The four

affordably priced, easy-to-read volumes in this exciting new series include simple, but effective ideas and techniques from the fields of counseling, stress management, hypnosis, and other types of therapies to help people deal with relationship and personal problems in ways that are easy to put into practice. The no nonsense, jargon-free text gives exercises and suggestions that readers will find easy to incorporate into their daily lives. Written by noted counselor and hypnotherapist Sylvia Berrill, these handy little guides are perfect for slipping into a pocket or purse!

OVERTHINKING [2 in 1] David Turner, 2021-01-07 Feel overwhelmed by your thoughts? Struggling with anxiety about your daily tasks? Or do you want to stop worrying about life? The truth is... We all experience the occasional negative thought. But if you always feel overwhelmed, then you need to closely examine how these thoughts are negatively impacting your lifestyle. Here's the deal...If you always feel overwhelmed and can't calm yourself down to get a good night's sleep, then you need to examine how negative thoughts are impacting your lifestyle. This book bundle is a step-by-step guide to forming healthier habits for your mind, body, and spirit. You will learn to take a step back and evaluate how you currently live your life before creating a plan to remove those sources and triggers for overthinking. Here's just a tiny fraction of what you'll find in this audiobook: Powerful methods to declutter your mind and fill it back up with healthy, productive habits and encouragement The best strategies to begin removing negative influences

from your life The importance of sleep and why you should introduce new, healthy sleeping habits The benefit of mindfulness and meditation techniques How to declutter your environment to reflect the positive changes you're making in your life Number one tips to eliminate bad relationships How to address information overload in your life and much, much more! The Overthinking bundle is full of exercises that will have an immediate, positive impact on your mindset. Instead of just telling you to do something, we provide practical, science-backed actions that can create real and lasting change if practiced regularly. Would you like to know more? Grab your copy today!

Manage My Emotions: What I Wish I'd Learned in School about Anger, Fear, and Love Kenneth Martz, 2020-12-08 Enrich Your Life! Internationally Renowned Lecturer: Now from the comfort of your home. Stop struggling on the roller coaster and find freedom. In Manage My Emotions, author, psychologist, and emotional intelligence expert Dr. Kenneth Martz draws on over 25 years of improving people's emotional and spiritual lives to offer you proven and powerful methods for understanding emotions, how they affect your life, and how to change. In Part 1, you will learn an introduction to the role of emotions in a successful life, coping skills strategies, and how the brain tricks us to believe our self-doubt. In Part 2, armed with these valuable tools, you will continue through a clear plan for change that you can apply and practice on your way to success. In Part 3, you will learn easy self-

discovery exercises and tools to find emotional balance by facing your fear, anger management, and relieving depression. In Part 4, you will learn how to maintain emotional balance and find happiness across a range of applications such as motivation issues, relationship problems, and workplace challenges. Together, this inspiring book will help you achieve success and create the life you were meant to have. Additionally, in this valuable self-improvement guide for managing emotions, you will learn: What emotions really are, how they become ingrained into your daily life Amazingly effective self-assessment exercises How to develop the ability to control your emotions and limit the effect of 'less comfortable emotions'. 8 powerful ways to conquer fear 14 thoughtful tools to manage anger 12 easy exercises to quiet our worry To find the motivation to succeed, passion for life, and learn to cherish positive relationships with spouses, your children, and your friends Inspirational quotes about emotions from great thinkers and the most influential self-help personalities of all time In these challenging times dealing with the Covid-19 pandemic, Coronavirus quarantine isolation, and social unrest, do you feel depressed, unmotivated, or off your game? Would you like to learn how to live a purpose-driven life, based on your true emotional needs? If so, you need to read Manage My Emotions. What Are They Saying about Manage My Emotions? A highly recommended read 5 Star Rating Tammy Wong Take back control and live our lives to the fullest. 5 Star Rating Rabia Tanveer Exactly the book I needed...and I believe it will resonate with

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Anger Management John Williams, 2021-04-16 Learn how to identify, heal, and re-program the roots of anger with this no-nonsense guide to re-claiming your power...the peaceful way. Anger Management offers no-nonsense understanding which can be quickly put into practice, helping you to re-connect with your best self! Depressed or anxious people receive much sympathy, and rightly so, but anger sufferers, not so much. They should. Chronic anger is a stress-related difficulty too, and anger sufferers deserve compassion as much as anybody else. You didn't ask to be angry. You won't be judged here. There are solutions. Using fictional case studies from real world examples, Anger Management will explain why your subconscious programming may be making it impossible for you to will yourself calm. You'll find practical, workable approaches here to understand and desensitise these triggers. You'll discover how to live more peacefully, enjoy better relationship security, be more patient with the world, and get more of what you need without the stress or regret of anger and rage. Don't wait until it's too late! Get your yang back in balance today with Anger Management - A professional guide for everyday

folks from an experienced practicing therapist. You will learn: - Why the brain creates angry responses when we feel threatened, and what you can do to soothe it. How to recognise where your personal anger stems from, and how to heal it. Why anger can feel good and become an addiction. About your brain chemistry. The science of the anger response. Why controlling behaviour will drive those you love away, and how to invite them closer instead. How to use anger appropriately to have people help you instead of resent you! Why softness controls hardness, and how to implement that understanding in your life. The incredible power of words. Plus, much more. Also included in the book is a full professional Anger Management hypnosis session available for free download. This clear and insightful book could help you change your life. If you're angry, and you don't know why, then don't be without it. Buy this book today to learn how to rescue your relationships, get more of what you want, and feel prouder of who you are because life is too short for regrets! Get this book today to get started!

Vagus Nerve David Turner, 2020-02-02 Have you ever heard about the little-known nerve that can drastically improve your way of life? In your body, exists a very special cranial nerve that control your emotions, health, happiness and hormones. Scientists and doctors are now getting more and more interested in this secret nerve, because it can treat physical illnesses and help manage stress, tension, cancer, reduce depression and cognitive disorder. Do you want to know how stimulate the Vagus and activate it 100%?

This book contains a very deep explanation of Vagus Nerve, its functions and its way to radically improve your life though it, done by one of the most influent neurologists of this century: Dr. David Turner. In this book, you will learn: What Vagus Nerve functions are, in a very deep and step-by-step explanation How to save time by going directly to the source of the problem and fix it from the inside out What happen in vagus doesn't stay in vagus: what about it? How you can overcome different physical & mental pains - common medicine can't help with. One signifcation thing doctors don't tell you about the Vagus Nerve Stimulation (VNS) A lot of easy exercises useful to interact with the vagus nerve and turn on its positive influences on the parasympathetic nervous system, without lessons or professional instruction. How to quit smoking through VNS How to free yourself from stress, anxiety, depression quickly and from now How to manage your breathing with proven inhaling and exhaling techniques that almost immediately engage and activate the Vagus Nerve. How you can massage your neck to activate the vagus nerve: the magic touch massage VNS to rapid calming of your heart, respiration and digestive system. What cold therapy is, how simple it is and its incredibly powerful Through a series of easy self-help exercises, the book helps you how to regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injuries and traumas... Useful for psychotherapists, doctors, bodyworkers, caregivers and for novices, this book will guide you to understand how you can optimize the autonomic functioning in yourself and

others, and bring the body into the state of safety that activates its innate capacity to heal. Are you ready to start a new way of life? It's time for you to meet the Vagus Nerve and to start using it 100%, to take completely control of your mind, your body and your sense of self and well-being. Scroll up and Click the Buy Now button to get your copy!!!

Anger Management Blueprint Jennifer Mello, 2019-12-02 Do you want to control your anger by coping with all types of stress? Do you definitely want to identify and resolve the causes of these problems in order to have a better life? Do you think that apologizing means being weak? In this book you will also learn the importance to forgive yourself and others. This book will highlight some of the universal challenging emotions we face and how susceptible we are to them. The chapters will, therefore, highlight the primary causes of these emotions with some mainly being inherited traits. You will learn: Why you absolutely must understand your condition How to manage and cope with mental complications The causes Why anger can be destructive Which situations would require professional counseling The art of forgiveness The importance of apology Whether inhibition during childhood is important The best TECHNIQUES and THERAPIES for overcoming anxiety and stress and fighting anger attacks ELECTROMAGNETIC FIELDS: a shocking truth! ...and so much more! Even if you think that you will never be able to control your temper with yourself and others, or if you are convinced that you cannot solve your anger-related problems, reading this book will surprise you

because you will find that there are many solutions! ::: Scroll up and Click the Buy Now Button:::

VAGUS NERVE David Turner, 2021-01-07 Have you ever heard about the little-known nerve that can drastically improve your way of life? In your body, exists a very special cranial nerve that controls your emotions, health, happiness, and hormones. Scientists and doctors are now getting more and more interested in this secret nerve, because it can treat physical illnesses and help manage stress, tension, cancer, reduce depression and cognitive disorder. Do you want to know how to stimulate the Vagus and activate it 100%? This book contains a very deep explanation of the Vagus Nerve, its functions and its way to radically improve your life through it, done by one of the most influential neurologists of this century: Dr. David Turner. In this book, you will learn: What Vagus Nerve functions are, in a very deep and step-by-step explanation How to save time by going directly to the source of the problem and fix it from the inside out What happens in the vagus doesn't stay in the vagus: what about it? How you can overcome different physical & mental pains - common medicine can't help with. One significant thing doctors don't tell you about the Vagus Nerve Stimulation (VNS) A lot of easy exercises useful to interact with the vagus nerve and turn on its positive influences on the parasympathetic nervous system How to free yourself from stress, anxiety, depression quickly and from now How to quit smoking through VNS How to manage your breathing with proven inhaling and exhaling techniques

that almost immediately engage and activate the Vagus Nerve. How you can massage your neck to activate the vagus nerve: the magic touch massage VNS to rapid calming of your heart, respiration, and digestive system. Through a series of easy self-help exercises, the book helps you how to regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injuries and traumas... Useful for psychotherapists, doctors, bodyworkers, caregivers and for novices, this book will guide you to understand how you can optimize the autonomic functioning in yourself and others, and bring the body into the state of safety that activates its innate capacity to heal. It's time for you to meet the Vagus Nerve and to start using it 100%, to take complete control of your mind, your body, and your sense of self and well-being. Scroll up and click now the buy now button to get your copy!

Vagus Nerve Steven Turner, 2021-01-07 Have you ever heard about the little-known nerve that can drastically improve your way of life? In your body, exists a very special cranial nerve that controls your emotions, health, happiness, and hormones. Scientists and doctors are now getting more and more interested in this secret nerve, because it can treat physical illnesses and help manage stress, tension, cancer, reduce depression and cognitive disorder. Do you want to know how to stimulate the Vagus and activate it 100%? This book contains a very deep explanation of the Vagus Nerve, its functions and its way to radically improve your life through it, done by one

of the most influential neurologists of this century: Dr. David Turner. In this book, you will learn: What Vagus Nerve functions are, in a very deep and step-by-step explanation How to save time by going directly to the source of the problem and fix it from the inside out What happens in the vagus doesn't stay in the vagus: what about it? How you can overcome different physical & mental pains - common medicine can't help with. One significant thing doctors don't tell you about the Vagus Nerve Stimulation (VNS) A lot of easy exercises useful to interact with the vagus nerve and turn on its positive influences on the parasympathetic nervous system How to free yourself from stress, anxiety, depression quickly and from now How to quit smoking through VNS How to manage your breathing with proven inhaling and exhaling techniques that almost immediately engage and activate the Vagus Nerve. How you can massage your neck to activate the vagus nerve: the magic touch massage VNS to rapid calming of your heart, respiration, and digestive system. Through a series of easy self-help exercises, the book helps you how to regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injuries and traumas... Useful for psychotherapists, doctors, bodyworkers, caregivers and for novices, this book will guide you to understand how you can optimize the autonomic functioning in yourself and others, and bring the body into the state of safety that activates its innate capacity to heal. It's time for you to meet the Vagus Nerve and to start using it 100%, to take complete control of your mind, your body, and your

sense of self and well-being. Scroll up and click now the buy now button to get your copy!

How to Do Self Hypnosis HowExpert Press, Leslie Riopel, 2016-09-07
If you are interested in self hypnosis, then get *How To Do Self Hypnosis* written by a person with real life experience in this field. Hypnosis is an amazing tool that can literally reshape your life. If your life is not quite how you envisioned it, then it's time to take a look at what kind of information you have programmed into it over time This incredible book can show you how to get your mind and body in sync, how to write effective self-hypnosis scripts, and tell you everything you need to know about hypnosis. Sample a simple self-hypnosis induction; learn how to access your mind to solve problems, travel down a lazy river or float on a cloud, all via hypnosis. This book will help you tackle any problem you may have including weight loss, lack of confidence, smoking and other addictions, stress management, relationship issues, pain management and even help you develop a prosperity consciousness. All you really need is the desire and the motivation to make changes. This simple little book can show you how to do that, in terms you can understand. Click Buy Now to get it now!

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