

Positive Self Esteem Visual Meditation And Affirmations

Elicia Rose Trewick

Guided Meditation for Building Happiness Olivia Clifford, Discover a Quick and Easy Way to Guide Your Mind to Happiness, Success, and Prosperity in Life! Have you ever wondered why it can be challenging to change your unwanted behaviors, attitudes, or situations? Have you ever wondered why you can't stop anxiety, relax more, and enjoy life? It is like each of us has two minds which disagree on what should and shouldn't change. One part of you agrees to change. And another part says, no way. Would you like to learn how to influence the disagreeing part of your brain that is holding you back? If so, you are in the right place because this guide will teach you how to use guided meditations, hypnosis, and positive affirmations with the Law of Attraction so that you can manifest prosperity, success, self-love, and much more in your life. With Guided Meditation for Building Happiness, Olivia Clifford will give you proven strategies presented through step-by-step guides – methods and techniques that will change your life forever. Here is what this guide to a happy and prosperous life can offer you: · Attract success in your life with Guided Meditation for the Law of Attraction · Master the Law of Attraction in no time with 7 Steps for Deliberate Attraction · Find a sense of peace in your life and calm your mind with guided meditation exercises for happiness · Achieve any goal in your life with step by step guide for self-hypnosis · Improve your life, self-love, self-esteem with powerful positive affirmations · And much more! If you want to change your life for the better and become a happy and successful person, all you have to do is follow the simple guides and expert strategies in this book.

Self Hypnosis for Positive Change Law of Attraction Hypnotherapy,2019-01-19 Discover the keys to unleashing your true inner power by harnessing the abilities of your subconscious mind You are standing on the precipice of greatness... You are far closer than you think... All you need to do, is let go of your fear of success. And these tapes will help you do just that. After listening and immersing yourself to the quiet consistency of direction... You will see yourself... Hear yourself... And truly feel yourself in the most successful form you can be. These recordings are optimized for regular and repeat listening... Your journey to your greatest self begins here... Scroll up and click “add to cart” for instant access

The 100 Most Powerful Affirmations for Meditation Jason Thomas,2017-04-03 Audio Version is Now Available with Audible! Exclusive Offer - Today Includes 2 Amazing Bonus Books: The 100 Most Powerful Affirmations for Yoga & The 100 Most Powerful Affirmations for Self-Esteem You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through positive affirmation. Because you can. You will be able to release all fear and doubt simply because you know that you can. Utilize this simple, proven technique to regain the lost comforts of joy, love, and fulfillment in your life. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of affirmation can elevate you above any of life's challenges. Life is too short to be exhausted on thousands of everyday anxieties and fears. Sadly, the average person will get to the end of their life and realize that more than half of it was spent struggling with these kind of problems. Because they didn't know what to do, many of these people never found any satisfaction in life. You can and will become bigger than those struggles by enhancing the energy that already flows within you. Too often people are held hostage and limited by a cycle of negative thinking and pessimism. This kind of

thinking creates a streak of what many choose to call, bad luck. I have good news for you. There is no such thing as bad luck. This phenomenon is merely a cycle of negative affirmation that must be broken and mended with a fresh regimen of positive affirmation and vision. By repeating and remembering these affirmations in times of difficulty, we transform our rigid affirmations of defeat and intimidation into warm, confident manifestations of the world as we choose it to be. Get what you want and desire from the world like millions of others around the globe using affirmations. You already possess the power to assert your own perceptions and transform your thoughts and desires into reality. By using positive affirmations daily, you will unlock that natural potential inside of you. If you want to see positive change now, you'll find the quickest path to fulfillment with positive affirmation and visualization. There is no time to spend on loss, negativity, and defeat when you can be achieving tangible, historically proven results with minimum time and effort invested. There is no limit to changes that can be made through the power of creating truth with affirmation... Read This Book To Change Your Life Today! Also available in Audiobook & Ebook Format

Powerful Self-Esteem Meditation Guided Mediations for And a Better Life,2020-05 Is it hard to ask for a pay raise? Are you an introvert that doesn't speak up in the meetings at work? Or do you lack the confidence to start for yourself? Then keep on reading ... These can be signs that you might have a lower Self-Esteem and lower than average confidence or assertiveness level. This is affecting your career negatively. Take a moment to imagine yourself as confident man, with a healthy Self-Esteem and a respectful assertiveness. Saying No at the right moments to your boss or partner. Getting the important projects and the credits at work. Feeling good about yourself everyday. And much, much more. This audiobook is especially designed to fit in your busy life and career.. It will boost your Self-Esteem, Confidence and Assertiveness. In this audiobook you will discover: How to Use Affirmations Two sessions with 12 Daily Affirmations to Increase Your Self-Confidence Two sessions with 12 Daily Affirmations to Increase Your Self-Esteem Two sessions with 12 Daily Affirmations to Increase Your Assertiveness 25 Weekend Affirmations to Increase Your Self-Confidence 25 Weekend Affirmations to Increase Your Self-Esteem 25 Weekend Affirmations to Increase Your Assertiveness 50 Holiday Affirmations to Increase Your Self-Confidence 50 Holiday Affirmations to Increase Your Self-Esteem 50 Holiday Affirmations to Increase Your Assertiveness And you can increase your Self-Confidence, Self-Esteem and Assertiveness even further with the following bonuses: How to Use Guided Meditations Short Guided meditation on Self-Confidence and Calmness (15 minutes) Short Guided Meditation on Self-Esteem (15 minutes) Short Guided Meditation on Assertiveness (15 minutes) Hypnosis 1 Self-Confidence (30 minutes) Hypnosis 2 Self-Esteem (30 minutes) Hypnosis 3 Assertiveness (30 minutes) Final thoughts Being a confident man also means getting the right help on the right moment, so don't wait, scroll up and start listening now.

Meditation for Weight Loss Harmony Academy, This book is not a magic pill, but it is a powerful tool and the best way to lose weight. You will be able to lose weight, take control of your eating habits, reduce stress, and you will be able to control the way you think about food. The process of weight loss hypnosis is divided into several stages. To help understand, this guide will lead you through the following points: - How Meditation can help you lose weight - Meditation script for weight loss - Meditation to help you motivate in sustaining important physical exercises - Meditation to help you control food cravings - Positive affirmations for weight loss - Positive affirmations that you can use while working out in the gym - Positive affirmations to help you change the way you see diet and nutrition - Additional tips to help you lose weight - And much more! Use this book to reprogram your mind to love healthy food, stay away from junk food, easily practice portion control, and finally get the healthy, toned body you want. Don't wait any

longer! Buy now. This is the latest and updated guide to hypnosis & meditation that will help you on your way to a more fulfilling life and a healthy and beautiful body!

Positive Thinking Meditation Chakra Guided Meditation, 2018-10-20 Use the power of Positive Thinking to climb above problems to visualize solutions and then attain them. Do you imagine yourself happy, optimistic, and peaceful every day? In this book, *Positive Thinking Meditation*, you will discover the strategies on how your mind can change into a positive-peaceful state. You will know the specific steps on how to make yourself happy, fulfilled, optimistic, calm, and peaceful every day. The secret to success in life lies in harnessing the power of the mind. If you are fully aware of that but find it hard to use your mind's unlimited power to unleash your full potential, this audiobook will help you to achieve just that. Inside you will learn the various tools and techniques successful people do every day, such as: How to really think positively How to gain confidence and increase self-esteem The top secret morning habits of successful people How to unlock the power of prayer to achieve what you want in life This guided meditation system gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed for a great night's sleep. While you're sleeping, the program will help remove self-doubt and negative thinking and help you create a positive belief system so you will love, cherish, and empower yourself. By focusing on results, taking action, creating consistent positive habits, and keeping your affirmations fresh, you can create the life you've always dreamed of! Awaken your most ideal self and allow yourself to gravitate toward that person until you become them. Allow the law of attraction to enhance your well-being and increase your happiness. Click add to cart and get all these wisdom from this guided meditation book!

Yin Yoga Kassandra Reinhardt, 2017-12-12 Return to balance with this calming, healing approach. Yin yoga offer remedies to the stresses of your busy yang life. Each restorative pose targets your deeper fascia and connective tissues, helping you experience increased flexibility and improved joint health. Yin yoga also focuses on deep breathing and longer hold times, allowing you the time and space to clear your mind and enhance your mental acuity. These meditative poses will help you attain a renewed sense of mindfulness and physical well-being, making them the perfect complement to an active yang lifestyle and helping bring you back into balance. Yin Yoga includes these features: • More than 50 step-by-step poses that focus on specific areas of the body • 20 sequences linking the poses, designed to help you reach specific physical, mental, or emotional goals • Expert information on techniques and philosophies, including correct breathing techniques, chakras and meridians, and how best to practice yin yoga If you've been looking for something to settle your mind and body, look no further than yin yoga the practice and Yin Yoga the book.

Powerful Meditations for Weight Loss Harmony Academy, Have you ever wondered if it's possible to lose weight just through the power of your mind? Have you tried every diet fad and trend, and still can't shed those extra pounds? Spent money on gyms and fitness classes only to end up feeling frustrated and defeated? If this sounds like you, then *Powerful Meditations for Weight Loss: Affirmations, Guided Meditations, and Hypnosis for Women Who Want to Burn Fat. Increase Your Self Confidence & Self Esteem, Motivation, and Heal Your Soul & Body!* Within this book, you'll discover: - Improve your body image - Remove cravings for unhealthy foods - Help you visualize your weight loss goals - Increase your desire for exercise - Sleep better and reduce weight loss related anxiety and stress - Change your life for good - And much, much more! This book includes chapters on the history of hypnosis and its modern applications, an overview of the different types of self-hypnosis for weight loss, and how to craft mantras and affirmations that can change your life. Find out why this book will become your one-stop reference for learning to believe in yourself, planning a weight loss program you can stick to, and thinking your way to

your goal weight. Let this guide show you everything you need to know to get started, stay focused, and maintain your hard work on your weight loss journey! Do you want to change your life? Scroll up, click on Buy Now, and start your weight loss journey NOW!

8 Life Areas Affirmations for Positive Thinking No Limits Academy, 2019-05-20 If you are looking for a way to increase your self-esteem and confidence to improve your relationships, your health, your spirit or your financial situation, then keep reading...What's wrong with me? Why don't I get results at work, in the gym or in life in general? Why is that guy successful and I'm not? Have you ever asked yourself one of these questions? Lack of results is mostly caused by bad mental habits that turn into bad financial, eating, relational and any other habits. That's why in this audiobook you will find an effective, fast and proven method that will allow you to reprogram your mind from scratch through powerful AFFIRMATIONS that will act on the 7 AREAS OF YOUR LIFE rebalancing them and pushing you to always give it your best. What are we talking about? Tony Robbins, the most famous trainer in the world, identifies 8 AREAS in which our life is divided: 1) WORK, 2) FINANCES (wealth), 3) HEALTH, 4) EMOTIONS, 5) MIND AND SPIRIT, 6) FRIENDS AND FUN, 7) RELATIONSHIPS, 8) FAMILY. These are the areas that MUST be rebalanced so that you can achieve all your goals in life. This audiobook will help you to: -Rise after a misadventure-Reach your career goals-Attract positive people and harmonious relationships-Overcome health problems-See money get into your wallet-Stay positive to get the most out of your life-And much more! If you are wondering if you will be able to change through this audiobook, the answer is yes! The effectiveness of daily affirmations to reprogram the mind is now something widely used and widespread among successful people and we will guide you step by step to make you achieve great goals even if you start from zero! If you want to know more about how to improve your self-esteem and confidence through affirmations, scroll up this page and download your copy now!

Experience Your Good Now! Louise Hay, 2014-07-22 In this delightful book, Louise Hay discusses the power and importance of affirmations and shows you how to apply them right now! Louise explains that when you state an affirmation, you're really saying to your subconscious mind: I am taking responsibility. I am aware that there is something I can do to change. Within these pages, Louise discusses specific topics and concerns (health, fearful emotions, addictions, prosperity issues, love and intimacy, and more) and presents exercises that show you how to make beneficial changes to virtually every area of your life. On the accompanying audio download, Louise offers you helpful information about affirmations that you can also use to your benefit. She recommends that you listen to it at any time of the day or night—whenever you'd like positive thoughts and ideas to permeate your consciousness and fill you with hope and joy. It takes some time to go from a seed to a full-grown plant. And so it is with affirmations—it takes some time from the first declaration to the final demonstration. Be patient!

Powerful Weight Loss Hypnosis for Women Harmony Academy, Who doesn't wish they had more control over some aspects of their life? Whether it's a want to quit a harmful addiction, increase self-confidence, self-control, focus, lose weight, get out of debt, or improve our general dispositions, we all have a desire to become better. The good news is, you do have control over your future, and hypnosis can help you get the future you want. Powerful Weight Loss Hypnosis for Women is something that you need to have in your life. It'll allow you to change your dieting and eating habits, and by the end of it, you'll also be able to have a better time when it comes to your control of food. Remember, this isn't just for your benefit when it comes to the number that is seen on the scale, but it will also benefit you in the manner of being able to change your outlook on life. You don't need to think that the only thing to do is to stick with the diet you're on. Couple it with hypnosis for weight loss, and you'll have an even better time. It'll make

all the more difference in your life as well. You'll learn about: - How you can use hypnosis to program your mind over your body - How to develop self-hypnosis as a means of learning about yourself - How to improve your eating habits with hypnosis - How to control urges and cravings while helping your body recognize when it is time to stop eating - How you can use the mental gastric band in your efforts to reduce the amount of food you eat - How you can control your cravings and urges by reprogramming your mind to the state you wish - How you can deal with emotional overeating by digging deep into your psyche - And so much more! So, what are you waiting for? Buy this eBook now to get started!

Calm Elicia Rose Trewick,2022-09-20 Harnessing the power of positive thinking to uplift, encourage, and inspire, *Calm: 100 Affirmations for Serenity* guides you through empowering affirmations and more to achieve personal growth. The way we speak to ourselves matters. Positive affirmations and meditations are an important tool for personal growth—and these uplifting, inspiring, and motivational statements, when implemented regularly, can have a profound impact on our lives. This mindful book incorporates original, modern, and charming line art on every page as well as 100 guided affirmations to help you reflect, maintain positivity, and grow as a person. Here is a sample of the type of guided affirmation included in this beautifully designed book: Today's affirmation: I embrace myself in this moment. Why is this affirmation powerful?: Embracing yourself exactly as you are in this moment is an excellent way to cultivate self-acceptance and self-love. Whatever you're feeling in this moment, whether positive or negative, this meditation reminds us that every expression of ourselves is worthy of love. Journaling prompt: Let's cultivate a little mindfulness and connect to the present moment. Take a few breaths and close your eyes. How do you feel exactly in this moment? What thoughts are going through your mind? How does your body feel? Journal anything that comes up. Bonus exercise: Give yourself a hug for at least 30 seconds. I know this might sound strange, but it's a great way to self-soothe.

I Am an Invincible Black Woman Shanice Robinson,2022-11-25 Try to think of an invincible black woman; an independent, strong woman, who does not let herself be beaten down by problems, able to positively impact the lives of others. Who comes to your mind? If you haven't thought about yourself, but only about other people, this is the book for you. In *I Am an Invincible Black Woman*, I focus on a fundamental element, the most important of all, and one that can really change your life. It's what all successful women have in common: self-esteem! You will have a clear idea of how it works and you will be given very specific strategies to become the best version of yourself, face every problem and give less importance to the judgment of others. Find yourself starting to live a life full of love and happiness, at work, in romantic relationships, and... What you will find: What really the self-esteem is Why it is important to have high self-esteem and tips to gain more of it Effective Practical exercises for self-esteem The must have behaviors all confident people have The secrets to live at best every single day The most effective and innovative exercises to counteract anxiety and stress with powerful guided breathing session What are positive affirmations? The mechanism that makes them effective The 7 personal tips to boost positive affirmations in a simple way The most stimulating positive affirmations divided by chapters on: Self-Love & Self Confidence, Mind & Body, Relationships, Career & Success The perfect combination that will boost your life What you will get: Increase motivation Find inner peace from a chaotic world Improve self-esteem Overcome all your insecurities Find success Replace limiting beliefs with empowering ones Find unconditional love Start living your best life And so much more Once you finish reading this book, I guarantee you will be proud of yourself and have the answer to the question: If you were to think of an invincible black woman, who comes to your mind? This time, only one person will come to your mind: Yourself. Buy it now and start your transformation today!

The Art of Self-Esteem Joan Grace Amira, 2022-08-21 Increase your self-esteem and confidence with this book. Do you want to increase your self-esteem and self-confidence? Then be sure to check out The Art of Self Esteem. This life-changing book will help you become stronger, more powerful, and more accomplished in all areas of your life. Each entry features simple techniques that will help you build a more positive mindset, increase your self-esteem, remove self-doubts, and increase your overall self-confidence. The Art of Self Esteem is a revolutionary book that will teach powerful techniques to help you change your entire life. Pick up this book, change your life, and believe in yourself! In this book you'll learn about: Low self-esteem symptoms Focused on Outside Reassurance Seeing your strengths Questioning Your Limiting Beliefs Consider the Consequences of Your Limiting Beliefs Choose a New Empowering Belief Practice Affirmations Change Your Self-Talk Eliminate Judgment Incorporate Self-Care Enhancing positive feelings through action Let go of Perfectionism! Practice Gratitude Meditation for Building Self-Confidence Self-Acceptance Mindful Meditation Visualization Relaxation Through Concentrated Breathing Anchoring And so much more! Grab your copy today!

Guided Meditation for Weight Loss Harmony Academy, Do you want to lose weight quickly and permanently through hypnosis & Meditation? Are you sick and tired of trying so many weight loss diets that don't yield any results? Are you looking for a protocol that guarantees fast results without too many restrictions? If you answered yes to these three answers, then keep reading... Mental blocks and unhealthy beliefs about ourselves often keep us from realizing our full potential, and that includes getting to your ideal weight. The hypnosis & meditation scripts inside of this book are designed to help you remove those negative mental blocks that prevent you from sticking to a healthy lifestyle. Guided Meditation for Weight Loss is a psychological procedure that can help to convince the subconscious mind that a gastric band has been fitted. And how does this method work? This book will guide you through a state of hypnosis, so you can train your brain to create a virtual gastric band. Together with the power of attraction, we will empower you to control your eating habits and form a positive relationship with your body using effective beginner-friendly meditation scripts as well. This technique shrinks your stomach's capacity to store food, so you feel fuller, faster. In this way, your body will behave exactly as if it were physically present. There's no physical surgery, no scarring, and no forbidden foods! In this book, you will find: - Improve your body image - Remove cravings for unhealthy foods - Help you visualize your weight loss goals - Increase your desire for exercise - Sleep better and reduce weight loss related anxiety and stress - Change your life for good - And much, much more! Hypnosis & Meditation has been used for centuries to cure many ailments, including the inability to get better sleep. You can help yourself improve the quality of your life with hypnosis & meditation now, even if you are a beginner. What are you waiting for? Click the "Buy Now" button, and start your weight loss journey NOW!

Positive Thinking Meditation Guided Meditation Therapy, 2019-10-04 Use the power of positive thinking to climb above problems to visualize solutions and then attain them. Do you imagine yourself happy, optimistic, and peaceful every day? In this book, Positive Thinking Meditation, you will discover the strategies on how your mind can change into a positive, peaceful state. You will know the specific steps on how to make yourself happy, fulfilled, optimistic, calm, and peaceful every day. The secret to success in life lies in harnessing the power of the mind. If you are fully aware of that but find it hard to use your mind's unlimited power to unleash your full potential, this book will help you to achieve just that. You will learn the various tools and techniques successful people do every day, such as: How to really think positively How to gain confidence and increase self-esteem The top secret morning habits of successful people How to unlock the power of prayer to achieve what you want in life This guided mediation system

gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed for a great night's sleep. While you're sleeping, the program will help remove self-doubt and negative thinking and help you create a positive belief system so you will love, cherish, and empower yourself. By focusing on results, taking action, creating consistent positive habits, and keeping your affirmations fresh, you can create the life you've always dreamed of! Awaken your most ideal self and allow yourself to gravitate toward that person until you become them. Allow the law of attraction to enhance your well-being and increase your happiness. Click Buy now to get this wisdom from this guided meditation book! ©2019 Guided Meditation Therapy (P)2019 Guided Meditation Therapy

Extreme Weight Loss Hypnosis Serena Lynn, 2021-02-20 ★ 55% OFF for Bookstores! NOW at \$ 16.64 instead of \$ 36.97! LAST DAYS! ★ Your Customers Never Stop to Use this Awesome Cookbook! Have you tried different ways to lose weight without success? If you're tired of working hard without getting any results, then keep reading. Even if you have tried and failed to lose weight many times in the past, you should never give up your goal. The reasons for our failure are often due to the fact that treatment is not the right path for us, but it is not the only element that leads us to give up, in fact, our brain and our mind play a fundamental role in this process. Probably the main problem is that you don't really believe that you will be much happier and healthier once you reach your goal and consequently don't feel able to reach it. You can't really imagine yourself slimmer and with an attractive body, because you are convinced that your current form will accompany you throughout your life, and there is no way to change it. This is a great mistake, because with the help of Meditation, Self-Hypnosis and Positive Affirmations, you will be able to change your image, create healthy habits and finally achieve the desired results. Thanks to the information contained in this book you'll be able to truly understand and realize the potential and benefits that you can get thanks to these powerful techniques to burn fat, heal your body and soul, and at the same time increase your motivation and self-esteem. In a few words, you will discover how to love your body and how to lose weight successfully, using an incredible source: the power of your mind. In this guide, you will learn: The Secrets of Mind and How It Can Help You to Lose Weight The Power of Hypnosis and Self-Hypnosis and How to Use Them Successfully How to Use Meditation and Affirmations to Lose Weight How to Improve Your Eating Habits How You Can Overcome Food Addiction by Retraining Your Psyche to Recognize It What Are Overeating and Emotional Eating and How to Stop Them 100+ Positive Affirmations for Weight Loss Powerful Mind Exercises to Practice Every Day to Increase Motivation and Self-Esteem How to Start Feeling Good by Loving Your Body and Healing Your Soul And so much more! So, if you feel that there is nothing more you can do to help you lose weight and improve your overall health and well-being, then look no further. With this book, you will have the keys that can help you make the most of the power that is in your mind. Do you want to change your life? Don't wait any longer. Let's get started on making the most of the opportunities that Self-Hypnosis and Positive Affirmations have to offer, Buy it NOW and let your customers get addicted to this amazing book ★ 55% OFF for Bookstores! NOW at \$ 16.64 instead of \$ 36.97! LAST DAYS! ★

All is Well Louise Hay, Mona Lisa Schulz, MD, PHD, 2014-05-06 Whenever there is a problem, repeat over and over: All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe. In this healing tour de force, best-selling authors Louise L. Hay and Dr. Mona Lisa Schulz have teamed up for an exciting reexamination of the quintessential teachings from *Heal Your Body*. *All Is Well* brings together Louise's proven affirmation system with Mona Lisa's knowledge of both medical science and the body's intuition to create an easy-to-follow guide for health and well-being. And, for the first time ever, they present scientific evidence showing the undeniable link between the mind

and body that makes these healing methods work. Bringing focus and clarity to the effects of emotions on the body, *All Is Well* separates the body into seven distinct groups of organs—or emotional centers—that are connected by their relationship to certain emotions. Structured around these emotional centers, the authors outline common imbalances and probable mental causes for physical illness. They also include case studies that show a complete program for healing that draws from all disciplines, including both traditional and alternative medicine, affirmations, nutritional changes, and so much more. Using the self-assessment quiz, the holistic health advice, and an expanded version of Louise's original affirmation chart, you can learn how to heal your mind and body with affirmations and intuition and live a balanced, healthy life.

Imagine Meditation Cards for Kids Meirav Tamir, 2019-11 A set of guided imagery meditation cards for kids including scripts and illustrations, a breathing exercise, and 2 DIY cards for kids to create their own guided meditations.

Hypnosis for Women Self Help Habits, 2020-10-24 Before I begin, every woman deserves success when and wherever possible - keep that in mind. If the statement above doesn't sit well with you, you definitely need this audiobook more than most. And if you agree, you are already on the track of growth that this book intends to take you. Regardless of your stance, let's walk hand-in-hand as I share some secrets with you. From our inner-self (mind) to outer-self (physical appearance), women have not always had it easy. This is understandable considering the huge pressure on every woman out there. A woman is expected to be the perfect being that can maintain a balance between family and work. A woman is expected to be a role model for the kids, be meek, bashful, compassionate, and sexy without being slutty. A woman is expected to have a great body and a smart mind. A woman is expected to provide value at work without a suitable platform to step-up in her career. If all these expectations weigh heavily on you, you are not alone, dear sister. And the most saddening part is it's already damaging your self-esteem. You are probably more conscious of your mind and appearance, giving yourself critical and harsh judgment than necessary. You are giving little to no appreciation to yourself, despite your huge accomplishments. Trust me; it's not your fault. Gladly, I'll like to inform you that every woman deserves success when and wherever possible. And women are accomplishing amazing things. From science, technology, human relations to fitness goals, women lead and bring values to the community - and so could you. Women are beautiful and created with a great body, including you. Women are achieving personal growth - something, you can also begin today. You are more than enough to be an inspiration to others. Regaining your confidence and building your personal growth starts with your mindset. As long as you can orientate your mind to accept yourself, your personal growth and development are already in motion. Understandably, you might be asking how or where do I begin? Using hypnosis, meditations, and positive affirmations will come handy in developing your self-esteem and help achieve a rapid weight loss. More so, practicing the techniques will not only help increase your self-confidence but stop your emotional eating. In fact, you'll realize that hitting the gym hard or starving your stomach is not actually your best solution to a great body. If you are wondering that such practices will help bring an overall positive change to your life, you are right. I know it's quite complex, but in *Hypnosis for Women*, you'll find out that the positive change is easier than imagine. In this dual-purpose book, you'll find out in: Book 1 How to understand self-esteem Build your self-esteem and self-confidence Understand inner critic and negative self-talk Causes of self-doubt and low-esteem Understand self-forgiveness, self-acceptance, and self-love. And lots more. Book 2 How to use hypnosis for weight loss. About sleep deprivation and weight gain Emotional eating and overeating Weight loss hypnosis and deep sleep hypnosis How to love your body and soul. And many more secrets. To purchase the highly informative and life-improving *Hypnosis for Women*, click on the Buy Now button, and begin

your personal growth journey.

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
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