



Hypnosis For Stress Reduction (Hypnotic Empowerment Series for Self-Awakening)

Janet I. Decker, C.Ht.

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The rabbit on the cover of this audio product represents what this hypnotic audio recording can do for you. [Rabbit: Rabbits exude a sense of peacefulness and are very fertile creatures. Stress blocks creative fertility.] This Audio product contains 2 programs. Program 1: Hypnosis for Stress Reduction. Verbal step-by-step instructions gently guide the listener into a hypnotic trance state. Positive suggestions are then given to the subconscious mind to help relieve the accumulated stress and tension of everyday life. With regular use the listener can discover what it is like to be at peace with themselves and the world around them. Program 2: Relax and Relieve Stress. Step by step instructions guide the listener into a deeply relaxed trance state. Deep relaxation is extremely beneficial to mind, body and spirit. Program 2 enhances the effects of program 1. Program 1 and program 2 may be used independently of each other. An enclosed booklet describes what hypnosis is and how best to use/listen this recording to achieve the greatest results. Effects will vary from person to person. Hypnotherapy is considered complimentary medicine and is not intended to be used in place of medical or psychiatric care.

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