



# Improve Your Self Esteem: Learn to Relax and Feel Better About Yourself

*Anne Morrison*

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# Improve Your Self Esteem: Learn to Relax and Feel Better About Yourself

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## **Improve Your Self Esteem: Learn to Relax and Feel Better About Yourself** Anne Morrison

Do you lack confidence? Do you feel that you are worth less than others? Do you want to feel better about yourself?

This audio explores what we mean by self-esteem and how you can start to think differently about yourself. It encourages you to think about the assumptions and judgements you make about yourself and how you think others compare you. It includes a self-hypnosis process: 'A Special Place', which guides you to create a place where you can go, in your mind's eye, to help you be more relaxed, happier and calmer. As you listen and follow the beneficial guidance and suggestions, you may find that you start to think and feel differently about yourself. The tracks contain background music, supplied by Royalty Free Tunes, Tranquil Moods, Volume 1.

Customer Feedback: 'Listening to this audio has helped me realise that if I don't value myself then others won't. I am worrying less about what others might think about me and starting to feel more comfortable with who I am.'

Anne Morrison is a qualified and experienced clinical and cognitive behaviour hypnotherapist, life coach, and NLP master practitioner. She is a full member of the British Society of Clinical Hypnosis, a Practitioner Member of the General Hypnotherapy Register, and an Associate Member of the Association of Coaching. Anne Morrison and Glen Harrold, another first class hypnotherapist, both trained with the prestigious London College of Clinical Hypnosis. Anne has their Diploma in Clinical Hypnosis, their Practitioner Diploma in Clinical Hypnosis, and their Practitioner Diploma in Cognitive Behaviour Hypnotherapy (CBH). CBH is a relatively new field that combines the best of CBT and hypnosis, helping people make changes consciously and unconsciously. Many of Anne Morrison's audio products use this combination to help listeners make the changes they want to make to how they think, behave, and feel.

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