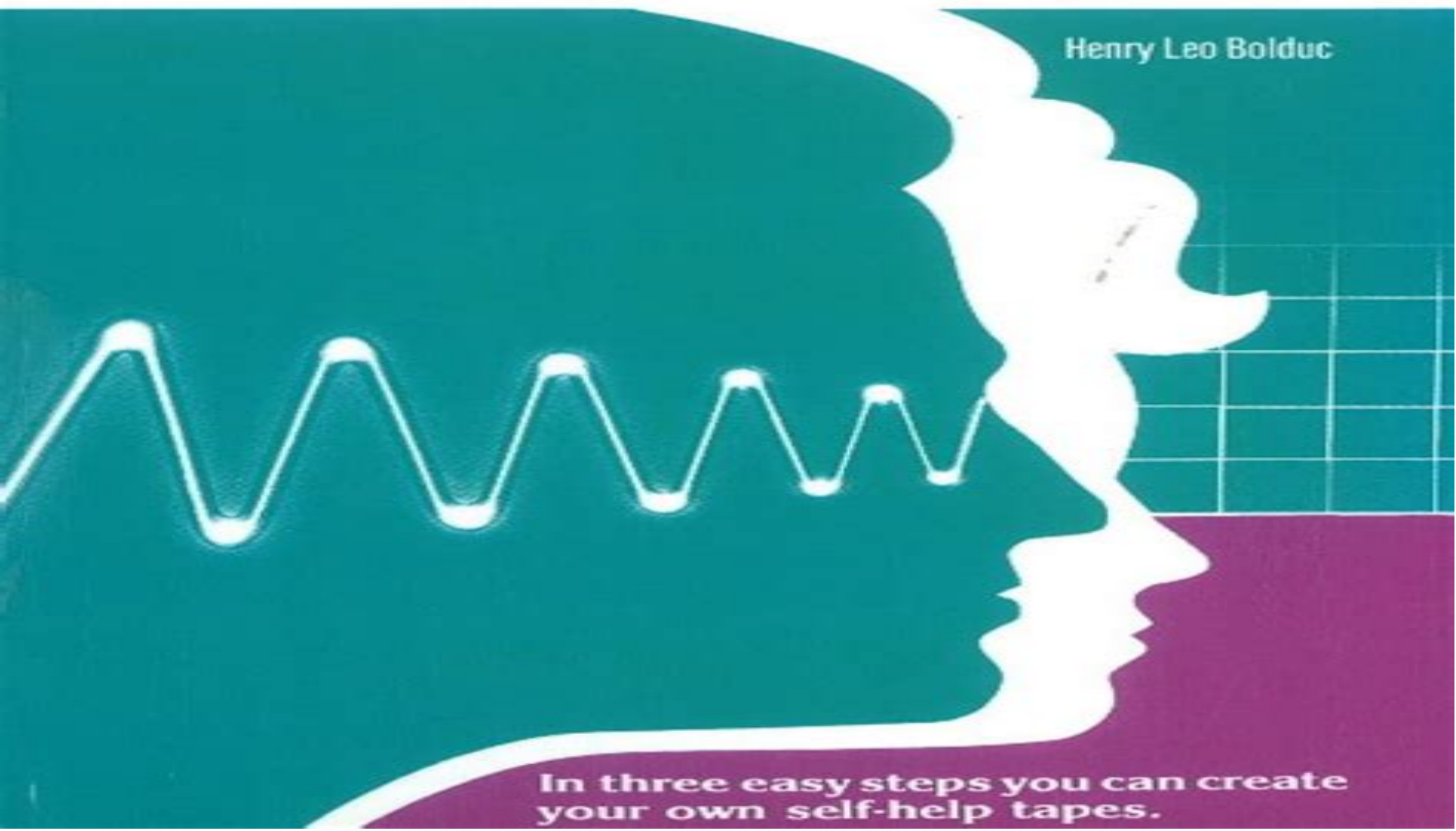


# Self-Hypnosis

**Creating Your Own Destiny**

Henry Leo Bolduc



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your own self-help tapes.**

# Self Hypnosis Creating Your Own Destiny

**Marie Mongan**



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*Take Charge of Your Thoughts - Create Your Ideal Life* Marianne Maynard,2009-01-01 Maynard s powerful book describes how to take control of life through examination of one s highest ideals to achieve limitless success Through an innovative step by step process she outlines how to focus thoughts in order to enhance the quality of life and accomplish goals *The Everything Hypnosis Book* Michael R Hathaway,2003-01-01 Getting that promotion at work or losing those last five pounds can be a struggle but goals like these can be accomplished with self hypnosis Whatever obstacles you want to overcome or goals you aim to achieve this book can help you do it With this informative resource you will learn to break bad habits like nail biting ease severe pain such as from migraines or labor during childbirth ensure confidence and success in business and personal matters quit smoking for good lose weight and keep it off improve memory retention reduce stress in relationships at home and at work and more Written by a board certified hypnotherapist this authoritative guide can help you create your own self hypnosis scripts to create the life you always wanted From tearing down mental roadblocks to making permanent changes you will be on your way to success in no time *Becoming a Channel of Creativity and Inspiration* Henry Reed,2014-09-03 Whether you call it channeling spiritual intelligence inspiration creativity or intuition we humans have available to us a level of awareness and intelligence that exists prior to any external education yet benefits from all your learning This unique book describes many grounded and practical ways consistent with research in scientific psychology of developing a relationship with this human potential all within a spiritual or transpersonal philosophy that assumes that the purpose in life is for us to learn how to share our gifts and thereby come into an awareness of our essence as Creator

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