

Mind Changing Short Stories & Metaphors: For Hypnosis, Hypnotherapy & Nlp - John Smale

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When used in NLP and hypnotherapy, metaphors have long given insights into the difficulties of people and have shown the ways in which we can escape or improve. If the stories strike a chord with you, then they also show a way out. These short stories, metaphors and interactive scripts will help you to eliminate negative thoughts and achieve your dreams by allowing you to relax while reading stories that can bring about positive change. Some of the stories will relax you, others will make you think. Some allow you to enter a light feeling of hypnosis. Hypnotherapy and hypnosis have been major users of metaphors to show different approaches to problems and their resolution. Milton Erickson, the grandfather of modern hypnotherapy used metaphors to great effect in resolving problems with his patients. Self hypnosis allows you to enter the areas of your mind where you can become imaginative and optimistic. You can create your dreams and the ways in which you will achieve them. Based on a huge amount of therapeutic work, these short stories, metaphors and interactive scripts can help you to bring about positive changes, eliminate negative thoughts and achieve your- dreams. Author: Smale, John Publisher: emp3books Illustration: N Language: ENG Title: Mind Changing Short Stories & Metaphors: For Hypnosis, Hypnotherapy & Nlp Pages: 00164 (Encrypted PDF) On Sale: 2008-10-12 SKU-13/ISBN: 9780955073649 Category: Psychology : Hypnotism Category: Self-Help : Self-Hypnosis Category: Body, Mind & Spirit : Occultism

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