

Mp3 Eric Zeisler - Hypnotic Anxiety & Stress Reduction Cd

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This Self-hypnosis cd will reduce your stress and anxiety the first time you listen to it and continue to do so upon further sittings. you will feel relaxed, rested, and stress-free as if you'd just had a power-nap, but better. 1 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Meditation Details: Eric is Certified by the National Guild of Hypnotists, holds an advanced Master Clinical Hypnotherapist Certification from the International Association of Counselors and Therapists as well as being a Certified Sports Performance Specialist and NLP Practitioner by the National Federation of Neuro-Linguistic Programming. He is an active speaker on hypnosis-related issues, speaking at The Learning Annex as well as at various other venues throughout the city. Eric has acted as a consultant for CNN on hypnosis matters and offers a variety of workshops at his office. Eric is a sensitive individual who has the ability to openly communicate with respect and integrity. His quest for profound connection with others is exceptional. Ann Goelitz, MSW, CSW Adjunct Lecturer Columbia University School of Social Work WHAT OTHERS HAVE SAID ABOUT ERIC ZEISLER'S HYPNOSIS RECORDINGS: "My utilization of Eric's smoking cessation CD's on a daily basis between one to one sessions were the KEY to providing reinforcement of the tools acquired under hypnosis to accomplish my goal of smoking cessation. Three months out from not smoking, I continue to utilize Eric's smoking cessation tape recognizing the mileage it provides in sustaining the skills to maintain my discovery of the world of NON-SMOKERS." -Francine "Eric, Thank you so much for sending me the Positive Attitude and Confidence CD. It's wonderful! I have been enjoying waking up and feeling more optimistic and positive. My thoughts now tend to gravitate to the "positive" rather than the "what if" scenarios that normally play out in my head. It is a priceless CD! April WHAT OTHERS HAVE SAID ABOUT THEIR WORK WITH ERIC ZEISLER: I found your hypnotherapy to be very helpful. While I still encounter anxiety prior to presentations, you afforded me the tools to accept the feelings and the physical reactions associated with the anxiety and allow them to pass. I am happy to report that I have been without a detectable display of anxiety since my sessions. J.S. "Through hypnotherapy, I was able to overcome the challenges that had been holding me back. He also encouraged me to confront past issues that I thought I had resolved in traditional therapy. I felt very comfortable opening up to Eric and he

was able to guide me and re-program my thoughts. It has been about a month since we worked together and I am convinced that this is the answer to letting go of unnecessary thoughts that used to haunt me. I have used hypnotherapy in the past and Eric is exceptional! Thanks Eric. Margaret Shrum
ericzeislerhypnotherapy.com/index.html

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