

Mp3 Eric Zeisler - Peak Performance Series: Hypnosis For Confidence With Eric Zeisler

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This self-hypnosis recording is embedded with binaural beats for enhanced absorption. The combined empowerment, goal achievement and future-pacing suggestions create an enormously effective hypnotic experience. 1 MP3 Songs NEW AGE: Self-Help, NEW AGE: Meditation Show all album songs: Peak Performance Series: Hypnosis for Confidence with Eric Zeisler Songs Details: Eric Zeisler is Certified by the National Guild of Hypnotists and holds an advanced Master Clinical Hypnotherapist Certification from the International Association of Counselors and Therapists and is Certified by the National Federation of Neuro-Linguistic Programming as a Sports Performance Specialist. His work in the field of hypnosis and interpersonal dynamics has led him into an active career as a coach and a speaker on hypnosis-related issues, speaking at such venues as The Learning Annex. He is a regularly consulted by media outlets for his expertise in hypnosis matters and his work was featured recently featured in NEW YORK MAGAZINE's Inner Peace issue. As an accomplished writer as well as a business owner, he has studied among award-winning novelists and he has a genuine insight into both professional stress management for the business world as well as the stress which can lead to creative blocks. WHAT OTHERS HAVE SAID ABOUT THEIR WORK WITH ERIC ZEISLER AND HIS CONFIDENCE CD: 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 Eric, your two downloads are good stuff! I think I will recommend it to my sister and some friends. I feel like its quite effective. You said it works in the morning - for me its good at night before bedtime. What other stuff have you got? Thanks, R.T. I had no idea what to expect before my first hypnotherapy session. I assumed I would be in an unconscious state and like in the movies I wouldn't remember what happened when I opened my eyes. I was surprised to find that I was fully conscious and could remember everything afterwards. My hypnotherapy session gave me an immediate sense of clarity. Objects seemed to have more definition, I felt more at peace with myself and my surroundings. The sensation was subtle but

distinct. It was as though I had been massaged from the inside. The tightness that I carry in my chest had evaporated. I had a renewed energy. It was not until after the third session that I began to notice subtle shifts in my attitude. My panic attacks subsided and I became more conscious of my reactions to situations. I felt lighter, less weighed down by life. The process is ongoing but I can honestly say that hypnotherapy with Eric Zeisler has had a gradual but profound impact on my personal and professional life.

W.F. Kennedy In between meetings, Eric does homework! He arrives prepared with ideas to discuss and processes to try. I'm a visual artist, so the aspects that resemble guided visualization work well for me. Invariably, a session with Eric leaves me relaxed and happy.

Gloria Wong Working with Eric was a very positive experience for me. I had certain preconceived notions about hypnosis; what it would feel like, how it surely would not have any "power" over me.. In fact, my initial reason for trying it was one of last resort. I was willing to try anything, even something that may be a gimmick, to change specific habits. What I was surprised and pleased to learn was that hypnosis was NOT a gimmick, and it did not feel like some other state of mind where I was out of control-or where someone (the hypnotist) had control over me. My sessions with Eric felt like personal quiet time in a hectic city (and life) where I could have a good sit-down with myself. I was always aware of what was going on, and I felt I had a choice to express whatever thoughts/feelings came up. Eric was incredibly intuitive as to how to guide those thoughts. I found my sessions to be very effective-almost immediately. I hesitate to say this, because it sounds kind of corny, but for anyone interested in getting back in touch with him/herself-or just making positive changes in one's life-I would recommend giving Eric a try.

T.A.P I came to Eric to deal with some very specific challenges that I had been struggling with for quite some time. During our consultation and each time we met, he was able to understand what I wanted to change in my subconscious mind. 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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