

Dealing With Difficult People Series

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The Dealing with Difficult People Series is a collection of hypnosis programs designed to help the listener improve coping skills such as boundary setting, conflict resolution skills, assertiveness and self protection by strengthening internal emotional boundaries. Each program utilizes a blend of techniques from Neuro-Linguistic Programming (NLP), Cognitive Behavioral Therapy (CBT), self-hypnosis, and guided imagery to go right to the location of the needed change -- the neural networks of the subconscious mind. Each program is approximately 25 minutes in length Tags: mp3

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