

Hypnosis For Improved Focus And Concentration (audio) Audio Book

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Hypnosis For Improved Focus And Concentration audio book Do have difficulty focusing and concentrating? This seems to be a growing problem in today's society as we find more avenues of sensory information demanding our attention. With the technology age presenting us with constant information to observe from devices such as cell phones, television, radio and internet, its no wonder our focus is conditioned to jumping from one place to another. Its as if we are in a continuous state of alert, fearing that we might miss some vital information if we do not keep a watch for it. But what happens if we relax and clear our minds of the surrounding noise? What if we quiet our minds and bring our attention to one detail at a time within one subject or object? And just as you read the words before you now, you can allow a stronger point of focus to begin to develop within. It requires your focus and concentration to read these words and to process what they mean. And as you read these words, you can bring your focus on the shape of each word. You can bring your focus onto the contrast of the letters against the background. And you can do this as slowly or as quickly as you like. You can bring your focus onto the sound of your voice as you read each word and wonder if you have ever really noticed this detail before. And before you notice it, you can realize that you have been focusing and concentrating very well on this one subject. So what do you imagine will happen when you use hypnosis to truly quiet your mind and enhance your natural skill to focus and concentrate on anything you wish? Hypnosis has been defined as a heightened state of focus, so naturally you will notice great improvements in your ability to concentrate through the use of hypnosis. Hypnosis Audio Description This Power Focus For Concentration Hypnosis Audio is designed to develop a tool for powerful concentration and focus within your mind using visualization and other professional hypnotic techniques. Using mental triggers to enhance access to this highly focused state of mind for concentration, you will gain the ability to use this skill at any time. Hypnosis Induction: Ericksonian Style Rapid Hypnosis Induction Hypnosis Techniques Used: Direct Suggestion, Indirect Suggestion, Reframing, Fractionalization Deepening, Post Hypnotic Triggers, Visualization Audio Track One: Intro To Hypnosis: 19 minutes 36 seconds Audio Track Two: Hypnosis Session: 46 minutes 05

seconds What Previous Customers Have Said I can focus better and stay motivated! I was skeptical at first but I found it to be a good development tool for me to get back on track with my goals. K. S. Broken Arrow, OK USA I'm a believer now! My motivation, concentration and study habits have improved! These products helped me achieve my goals! A. K. Port Saint Lucie, FL USA This CD has worked for my whole family. Including our seven year old son, who has trouble concentrating. We all feel hypnosis has helped improve our family life. G. K. Ontario, Canada More able to focus my energies. It really teaches you to concentrate on the direction you want your life to go. M. P. San Pedro, CA USA I have difficulty focusing on anything for even a short period. After using this product several times I have noticed that I can maintain concentration on a subject longer and relax myself easier than I've been able to do for a long time. T. R. Orange, FL USA

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