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## Improving Your Concentration with Self-Hypnosis (Paperback)

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By J D Rockefeller

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\*\*\*\*\*.When we live our lives with negative or limiting beliefs, we get feedback from our body in the form of pains, aches, illnesses, lack of energy, and from our emotions; undesired feelings such as anxiety, depression, apathy, anger or grief. When we make the decision to improve an aspect of our lives, such as releasing excess weight, we must first tackle the limiting self beliefs we hold that could prevent us from succeeding in achieving our new goals. You see limiting beliefs are held in our subconscious mind, so we usually are not aware of what exactly these beliefs are or how they were originally formed, however through the use of hypnosis, not only can we discover what these limiting beliefs are exactly, but we can also remove and replace them with positive self affirming beliefs, that will allow us to change our lives in positive empowering ways, release negative emotional behaviours and achieve the goal permanently. Congratulations on taking the first step towards releasing excess weight from your life and changing your limiting beliefs...



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