



Be a Better Communicator: Self-Hypnosis & Meditation

Erick Brown

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Would you like to become a better, clearer communicator? Are you trying to develop your communication skills in the most efficient way possible? Learn valuable tools for communication and showcase your best qualities with this hypnosis program from Erick Brown.

Be a Better Communicator Hypnosis will help you increase your listening, focus, and attention to detail in conversation. Powerful suggestions for deep relaxation and positive change will be received by your mind, removing self-doubt and hesitancy, and boosting your self-confidence and focus, so that you can speak your mind and get your ideas across in a clear, intelligent way.

Be a Better Communicator Hypnosis includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change.

This audiobook contains three hypnosis tracks: One containing a staircase induction that will walk you down a mental stairway in to a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

Also included on this audio book are five subliminal chapters. These subliminal chapters are designed to be listened to at anytime, day or night. Do not listen to them while operating a moving vehicle. They include: "Mind Over Matter", "The Powerful Positive", "Never Ending Energy", "Laser Focus", and "Create the Powerful You".

Why wait another day? Become a better communicator and start seeing the positive results in all areas of your life.

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