



Think Strategically, Act Effectively for Setting Priorities: Guided Self Hypnosis: Getting Motivated & Overcoming Procrastination with Bonus Affirmations

Anna Thompson

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This guided self-hypnosis program was designed to assist listeners in setting priorities, organizing their thoughts, getting motivated, and implementing strategic action plans. The hypnosis induction features isochronic tones, which are a form of brain-wave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies), and an exciting and powerful drum journey bodywork track.

Using an alternate induction, hypnotic drum beats, and posthypnotic suggestions related to thinking strategically, this drum journey is designed to get listeners out of their brains and back into their bodies. Many find this useful for releasing energy blocks, healing, and integrating the mind, body, and spirit.

Written and narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. For more information about Anna Thompson, please visit <http://www.askannathompson.com>. Life is short. Live it well.



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Theresa Nash:

What is your hobby? Have you heard this question when you got pupils? We believe that that concern was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. And you also know that little person such as reading or as looking at become their hobby. You need to understand that reading is

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