



Maximize Your Self Discipline: Scripts Instructions for Self Hypnosis (Paperback)

By Brian E Birchmeier

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Self-Discipline is the cornerstone to all elite achievement. Beyond talent. Beyond skill. Beyond hope. Beyond dreams. These processes use the two most powerful tools available to affect change quickly: Hypnotherapy and Mindfulness Meditation. From the day that you begin the audiobook you will feel the changes taking place and your Self-Discipline will improve. Included in this book are the scripts for all of the Hypnotherapeutic and Mindfulness Sessions for the audiobook, as well as instructions to guide you as a professional or novice to create wonderful works to suit your needs. The Maximum Performance 4 x 4 Series Provide effective and structured solutions to behavioral modification problems, ensuring that as long as you follow the steps of each program, that your life is going to change. Scripts for these sessions and more: Removing Roadblocks The Breath Awareness Meditation Lower Your Activation Points The Loving Kindness Meditation Maximum Motivation The Mountain Meditation The Crossroads Get Ready, Your Life Is About To Change!.



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