



Stress Relief Hypnosis: Reduce Anxiety, Relieve Stress and Be Happy

Dr. John Landers

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Stress is an everyday part of life - though, as you probably know - it can feel overwhelming. Learning how to deal with stress is a valuable skill that will help you move through life with more inner peace and happiness. This hypnosis is meant to help trigger more healthy responses towards stress and anxiety. It utilizes neuro-linguistic programming (also known as NLP) to confuse the brain through specific sentence structures, allowing messages to enter directly into the subconscious.

This hypnosis session will help you:

- Relieve stress
- Reduce anxiety
- Increase your inner peace
- Feel happier

This hypnosis session also includes:

- Gentle guided hypnosis
- Relaxing hypnosis music

You do not have to go through life feeling depleted or overwhelmed. This audiobook is intended to help reprogram how you react to stress - and to help you feel happier, more at peace and relaxed.

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