



Fear of Lifts: Overcome Your Fear of Lifts/Elevators, Self Hypnosis, Hypnotherapy CD

Rachael Eccles

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Fear of Lifts: Overcome Your Fear of Lifts/Elevators, Self Hypnosis CD by Clinical Hypnotherapist, Rachael Eccles

This self-hypnosis recording guides you into a relaxed state where your attention is focused and your body relaxed, the suggestions allow change to happen in the way you feel, and the post hypnotic suggestions ensure these changes continue into everyday life. Listen to the CD each day for 30 days and in your own time move forwards with using lifts/elevators when the opportunity arises. You will find that any anxiety quickly fades, as with continued use of the CD the suggestions are repeated and the changes become reinforced more and more.

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