



Secrets of Self-Hypnosis: Making It Work for You

Dr. Bruce Goldberg

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In just 20 minutes a day, you can significantly improve your health, relationships, financial security...everything about your life. The secret lies in personalized self-hypnosis tapes that you make yourself to program your subconscious. Their effect is nothing short of astounding. They can build self-confidence, improve memory, cure insomnia, enhance your sex life, help break such bad habits as smoking and overeating, and much more. The transformation begins with basic induction techniques and the creation of taped messages that contain powerful motivating phrases. Use relaxation procedures that make the mind more receptive to suggestions. Follow exact scripts, plus advice on physical settings, for 30 dramatic life changes. Easy-to-follow tips show exactly how to reach any goal you set.

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