



# **Hypnosis for Self-confidence and Self-Esteem (Hypnotic Empowerment Series for Self- Awakening) (Hypnotic Empowerment Series for Self-Awakening)**

*Janet I. Decker*

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The eagle on the cover of this audio product represents what this hypnotic audio recording can do for you. [Eagle: It's ability to soar to great heights without so much as a thought both inspires and encourages.] This Audio product contains 2 programs. Program 1: Hypnosis for Self-Confidence and Self-Esteem. Verbal step-by-step instructions gently guide the listener into a hypnotic trance state. Positive suggestions are then given to the subconscious mind to improve self-confidence and self-esteem. Program 2: Relax and be Self-Confident. Step-by-step instructions guide the listener into a deeply relaxed trance state. Deep relaxation is extremely beneficial to mind, body and spirit. Program 2 enhances the effects of program 1. Program 1 and program 2 may be used independently of each other. Effects will vary from person to person. Hypnotherapy is considered complimentary medicine and is not intended to be used in place of medical or psychiatric care.

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