

Stop Thumb Sucking, Break the Habit, Three Track Self Hypnosis Hypnotherapy CD



Stop Thumb Sucking, Three Track Self Hypnosis CD by Clinical Hypnotherapist, Rachael Eccles. Hypnosis is a proven, safe and easy method to rid yourself of unwanted habits and change negative behavior. This self-hypnosis recording guides you into a relaxed state where your attention is focused and your body relaxed. As you drift into a lovely day-dreamy state, your subconscious mind hears the positive suggestions that allow you to let go of this habit, to accept it is time to let go, and to do so easily and willingly. It is important to listen to the CD each day, perhaps when you go to bed. With continued use, the post hypnotic suggestions begin to take an effect and automatically over a short period of time this habit becomes a thing of the past. You simply decide that you are ready to let go of the habit, and let the hypnosis do the rest. track 1. Listen & wake track 2. bedtime hypnosis track 3. Lite-Speed mini 5 minutes hypnosis: This is designed for when you don't have time to do the full version, and is also ideal for children

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