



## Eyes Open Self Hypnosis: Create Miracles in Minutes

By Jo Ana Starr Phd

Jo Ana Starr, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Eyes Open Self Hypnosis is book that shows readers how to create dynamic personal changes such as weight loss, stress reduction, self confidence, job success and relationship success in 20 of the time required for traditional Self Hypnosis. And yes, this means that with Eyes Open Self Hypnosis, you can create effective and permanent change in only 10 minutes a day! In this book, you will find 30 ready-to-use Eyes Open Self Hypnosis Sessions, 58 Bonus Sessions, plus a Session Template that you can use to create a total of 88 Eyes Open Self Hypnosis Sessions. You will find sessions in the areas of Career, Relationship and more, plus all the information you need to create as many custom sessions as you desire. As a special bonus to all readers, you will receive a Free audio download of the EOSH Primary Session valued at \$29 so you can become comfortable with the cadence and speed on the ideal EOSH session. More information on your free session can be found in the last chapter of Eyes Open...



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