



Self Hypnosis for a Better Life

William W. Hewitt

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If you have tried hypnosis tapes and been disappointed with the results, it may be because the tapes weren't recorded with your voice. *Self-Hypnosis for a Better Life* by William W. Hewitt presents the breakthrough technique that will allow you to become your own hypnotherapist and improve your life. Using the system in this book, you will learn how to create self-hypnosis tapes in your own voice and be able to design your own self-improvement program.

Making these tapes is surprisingly easy. All you need is a tape recorder, a blank tape, and the complete instructions in this book. Simply make yourself comfortable and recite one of the 23 scripts included in the book.

The easy-to-follow scripts include self-hypnosis techniques to:

- Bring more love into your life
- Understand your dreams
- Help control your weight
- Control insomnia
- Improve your memory
- Increase self-confidence
- Enhance success at work
- Overcome phobias and fears
- Maintain good health
- Stop smoking
- Reduce stress
- Stimulate self-healing

Once you have made the tapes, you can use them at your convenience. Just pop in a tape, close your eyes, and allow your own voice to hypnotize you. As you use these tapes, you will discover that hypnosis is safe, pleasant, relaxing, comfortable, and effective.

Self-Hypnosis for a Better Life presents an elegant, simple system you can use to improve every area of your life. You owe it to yourself to get this book.

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