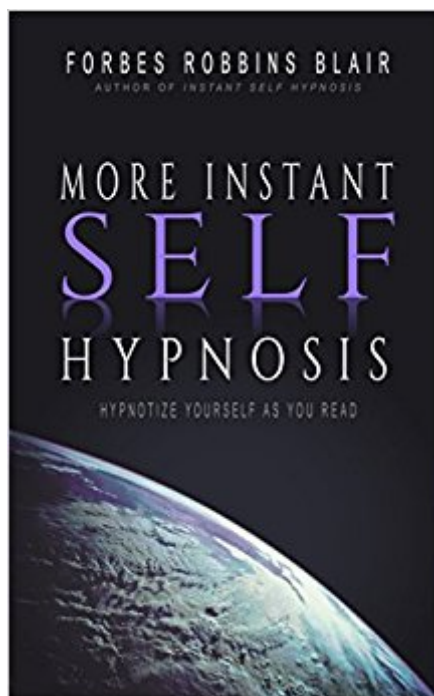


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More Instant Self Hypnosis: Hypnotize Yourself As You Read



Synopsis

MORE SELF-HYPNOSIS SCRIPTS AND INNOVATIVE TECHNIQUES FROM A TRUSTED BESTSELLING AUTHOR "Attract Surplus Money", "Become More Attractive", "Easy Weight Release", "Strong, Lean and Powerful Body", "Achieve Your Potential", "Attract A Mate", "Job Interview Confidence", "Stop Worrying". These are just a few of the 48 script titles in this powerful sequel to Forbes Robbins Blair's bestselling, Instant Self Hypnosis: How to Hypnotize Yourself with Your Eyes Open. Included are more scripts, more incredible bonuses, and Master Induction 2.0 to make it easier and faster to transform bad habits. You Simply Have to Try This! With this revolutionary self-hypnosis technique, there's nothing to memorize or to record. You will read your way into a state of self-hypnosis where habit change becomes easy. Then read the masterfully crafted self-hypnosis script for your goal before you safely return to everyday consciousness. The session takes about 20 minutes. And within days you will see the improvements you've been trying to make for years! Many Hypnosis Scripts to Choose From: Feel Sexy, Go to the Gym, Good Posture, Love Low Carb Eating, Reduce Hot Flashes, Relieve Chronic Back Pain, Confident Salesperson, Astral Travel Tonight, Become a Leader, Better Golf Score, Brighten Your Aura, Deeper Voice, Emotion Control, Forgiveness, Job Interview Confidence, More Faith in the Divine, Okay to Be Gay, Overcome Alcohol, Overcome Fear of Failure, Reduce Smoking Easily, Stay in the Now, Stop People Pleasing, Stop Worrying . . . and MANY MORE! These Are Not Just "ANY" Self-Hypnosis Scripts. Lately, a lot of self-hypnosis books have flooded the market with "FREE" script offers. Question is, can you trust their quality? Are the authors actual professional hypnosis therapists with proven track records? Do those authors even write those free scripts? The buyer needs to be aware! You want good results from good scripts. You can trust Forbes Robbins Blair, and you can trust his one-of-a-kind eyes-open self hypnosis scripts. He carefully composes each script to deliver maximum life-changing impact. He has been a clinical hypnotherapist since the 1990s with many thousands of satisfied clients, students and readers. These are the scripts you want because they come from an expert! Find Out If Your Goals Are Covered . . . Click the LOOK INSIDE button to see all 48 script titles. With a wide variety of topics covered, you'll find the scripts that address your goals and needs. Take control of your body and mind. Put this phenomenal eyes-open self hypnosis method to work for you right now.

Book Information

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Customer Reviews

I wrote the following review about the first version of this book. That version is titled "Instant Self-Hypnosis". After reading and using it successfully, I read and used the second version ("MORE Instant Self Hypnosis"). I like this second version even better than the first. I especially like the Rapid Induction (which saves time) and the wider array of scripts in the second version. If you're one of the few people who would actually take the time to create some customized scripts, you'll want to get the first version, too.-----I was extremely skeptical about this book as I read through it. I'd received it only because it was available for free as a Kindle book. I've read other books and studied hypnosis, including self-hypnosis. I'd had success with some self-hypnosis techniques. Overall, I've not been into hypnosis scripts. I've favored more ad hoc wording. Some parts of the scripts in "Instant Self-Hypnosis" violated some generally accepted principles of hypnosis. I did give the book a chance, because the author nailed three of the biggest problems with trying to use other self-hypnosis books. First, the other books require you to first hypnotic procedures and learn how to create effective suggestions. Most of us probably don't get past that hurdle. Second, the traditional self-hypnosis approaches requires that we prepare and memorize the techniques, because our eyes will be closed if we get as far as implementing the

advice. Third, it's very common to fall asleep during self-hypnosis. I've experienced that. Overall, most self-hypnosis books and techniques are difficult to use. "Instant Self-Hypnosis" sails by all three of those problems. I selected a behavior pattern I'd unsuccessfully tried to change through self-hypnosis and other methods. The desired behavior pattern was very specific. I decided not to rate or review this book until I had tried the ready-made tools on my challenging situation. Results: The specific behavior pattern changed within one day. And the results are continuing two weeks later. I'll take 20 minutes or so each of the next couple of days to go through the book's self-hypnosis script as directed to help lock in the change. I'm confident that if the new behavior pattern ever starts to slip...and it might (who knows?)...I can quickly use the tools in the book to get the desired results again. I have selected a new behavior pattern I will change using this book after I've completed a couple more sessions with the first pattern. For those wanting to make changes in your lives and who are open to using hypnosis (just a highly suggestible state of mind that all of us enter frequently, such as when we're engrossed in a book or movie or TV show), I recommend that you try this book. I went from being extremely skeptical to finding that the book's tools work...quickly and easily.

The author has created a very effective and user-friendly tool with this series of books. Mr. Blair also provides excellent background on the benefits of hypnosis and clear instructions on how to use self hypnosis to achieve measurable results in both our personal and professional lives. The variety of individual scripts is extensive, offering opportunities to work on many different areas. Informative, well-organized, and extremely user-friendly, this book covers new ground and is a wonderful addition to the personal development field. I believe the author's approach is well worth considering for those looking to make changes for the better at home and at work. Very highly recommended.

Chapter 1- "Change Your Mind, Change Your Life" This chapter teaches about your mind's high-functioning security system, and how (hypnosis allows you access) to get past it to rewire your brain. It talks about the relationship between the subconscious (dominant) and the conscious minds. "Whatever appeals to your subconscious imagination exerts a great influence over your behavior". Chapter 2- "Hypnosis Essentials" This chapter clears up some of the misconceptions about hypnosis and gives you a better understanding of how the process really works. It gives you a quick way to see what hypnosis feels like without going into an induction. It emphasizes the importance of practice and preparation to maximize results. Chapter 3- "How I Discovered the Eyes Open Method" Forbes talks about how he discovered the eyes open method while preparing a script

for a client. The nice thing about this method (compared to traditional self-hypnosis) is you don't have to memorize anything. All you have to do is invest in the words as you read and use your imagination. It's a lot of fun!

Chapter 4- "Your First session" Forbes highlights his new Master Inducton 2.0, which uses multisensory imaging. It puts you into a deep trance (your aware at all times) quicker. He explains step-by-step how the Eyes-Open Method is executed and why it works. This first session will prime you for future sessions to implement lasting change.

Chapter 5- "48 Hypnosis Scripts" If you read ISH you will be very pleased to see the variety of new scripts that Forbes has included. Before the scripts, the author briefly talks about how adopting a "Yes" attitude will improve results. The scripts are divided up into two categories: Body, Health & Sexuality Scripts; and Mind, Behavior & Spirit Scripts. This is nice because it allows you to concentrate on either the mental or physical side if that's what you prefer. Me personally I am focusing on the mental side first and then I will switch to the physical side.

After the 48 scripts are 5 Bonus sections that include:

1. Enhance Script Impact
2. Deeper Instant Self-Hypnosis
3. Rapid Induction Scripts
4. Instantly Hypnotize Others
5. Everyday Self-Hypnosis

Lastly there is a convenient FAQ section that is very helpful and an about the author section that explains more about Forbes Robbins Blair. This is another great book by Forbes. The Induction is even better, and the scripts are all new and very relevant to everyday life. This book is basically the new and improved ISH however, there are still many useful scripts in ISH. I think both of these books are great complements to each other but they are great individually as well. I would recommend this book to anyone. It has helped me achieve a lot. I have made sheet to track my progress with all the scripts I have done and have planned to do. Checking off a session or two each day is so gratifying. Every week I scratch off a different flaw or I add a new positive feature and it feels like I just got a new present. Buy this book! Forget about the misconceptions of Hypnosis! You will be doing yourself a favor to say the absolute very least!

It is a really nice book and with more scripts for Self Hypnosis. Also he now gave us a rapid induction, so the hypnosis section does not take too long. After you get used to the meditative state, you can induce your mind quickly with the rapid induction. This book has some nice and new scripts that were not covered on the first one.

I have had and used this book for several months now. My husband started reading it recently as well. We both have seen significant improvement in ourselves while using this book. I swear by the "worry" section of this. It has actually helped me so much in my life with other anxieties. Well, I may not be great at reviews, but I really believe in this book.

Good writing with variety of suggestions. This is more than reading material. Hypnosis is a skill. You get better as you practice. Repetition is very important!! You get better with getting into light trance as you practice, and drill the subconscious mind with repetition.

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