



Self-Hypnosis And Subliminal Technology: A How-to Guide for Personal-Empowerment Tools You Can Use Anywhere!

Eldon Taylor

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Self-hypnosis and subliminal communication have long been mired in mystique, urban legend and disinformation. The truth is that both of these techniques are backed by extensive research demonstrating their efficacy and more importantly, once learned, both tools can be customized for any situation and can be used almost anytime and anywhere.

Join Eldon Taylor as he unravels the truth behind these technologies, and demonstrates how they are invaluable tools in your self-help armamentarium. In this essential guide, you will learn:

- How to create your own custom subliminal program to break through subconscious blockages.
- How subliminal communication works and why it is so much more powerful than simply using affirmations.
- 5 steps for putting yourself into a hypnotic state.
- Several techniques to assist you in going even deeper into a hypnotic state.
- How you can create new habits, uncover hidden conflicts that often cause self-destructive patterns and discover new solutions to old problems!

Hypnosis and subliminal communication have been used for medical purposes as well as the metaphysical. Once you have mastered these two technologies, you will be able to use them anytime and anywhere to achieve a wide range of goals, from weight loss to stop smoking, from building your self esteem to maximizing your own healing potential, from enhancing your learning ability to dealing with anger and stress, and so much more. Finally, you can take complete control of your own self-help program!

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