

Boost Your Confidence

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Synopsis

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Is your lack of confidence and self esteem making you feel uncomfortable and holding you back in life? This self-help hypnotherapy download for adults and older teenagers could be your answer! Relaxing comfortably and calmly you imagine an inner store room of beliefs and opinions about yourself. You are helped to get rid of old unhelpful faulty beliefs which have led to negative thinking and self-talk. You experiment with turning down the volume or turning off negative inner dialogue and then receive empowering suggestions for positive beliefs. With these firmly in place you then visualise yourself behaving with natural ease and confidence in your everyday life.

This successful approach is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms and re-assures as she gives suggestions for boosting confidence and self-esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of people world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. This recording uses state of the art technology with layered voices panning from left to right and is particularly effective when you listen on headphones. Regular listening is the key to success!

Reader's comments

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