

Let Go - Hypnotherapy For Change

author: Benjamin Bonetti

2026-08

Synopsis

author	Benjamin Bonetti
readBy	Benjamin Bonetti
inLanguage	english

Have you been holding on to the past? Do you hold on to previous relationships or events? Is it time that you let go of the past and start living in the present? If you have been struggling with something that happened in the past then why not release, breathe, and let go? Regain control with this highly effective hypnotic recording from master hypnotherapist and trainer Benjamin Bonetti. This new recording utilises a three-pronged approach to change, delivering direct messages to both the subconscious and the conscious mind. Following the railed path of a train journey, you™ll be able to unload slowly and opt for choices over your thoughts, behaviours, and actions. Simply listen to this deeply relaxing journey and immerse yourself in hypnotherapy for change. For full effect it is recommended to use this hypnotherapy session just before going to sleep at night, using headphones.

WARNING: Not suitable for under 18s. Do not use if you suffer from epilepsy, clinical depression, or any other nervous or psychiatric conditions or whilst driving, exercising, operating machinery, or taking alcohol or drugs. If in doubt, seek medical advice.

Reader's comments

comment 1:

â€"â€" ()