

# Why Hypnosis for Personal Development

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## Synopsis

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Do you want to upgrade your mind to an expert level? Do you feel exhausted and beaten by repeating the same behaviors and you don't know why? From the stresses of daily life to the nonstop changes we must adapt to, everything feels a little out of sync. Whether you're trying to kick a bad habit, or you want to defeat stress, hypnosis can help you achieve this. Perhaps you want to improve your mental capacity to own challenges, or you want to find direction in life.

What stands between you and the life you desire is a lack of confidence, low self-esteem, self-doubt, and a preconditioned mind. Whatever you wish to achieve by mastering your mind on every level can easily be done with hypnosis. Success comes to those who conquer their minds. This book will teach you about the human mind, what environmental hypnosis is, and how your beliefs and habits have been conditioned. You'll learn about the laws of repetition and association, and you'll understand the simple science behind it.

First, you must acquire the magic of diligent practice, and then you can change your habits. Even wishful thinking can be manifested. As a hypnotherapist, I've included suggestions and inductions for rapid and effective self-hypnosis for various conditions such as anxiety, stress, lacking sleep, and etc. You'll also know what the alpha state is and how to reach it. Dream therapy is another tool found in this audio. This book is for any one looking to control what goes in and out of their minds.

**PLEASE NOTE:** When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

## Reader's comments

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