



Eyes Open Self Hypnosis: An Uncommon Guide to Getting Thin, Getting Happy and Getting More!

Jo Ana Starr PhD

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Eyes Open Self Hypnosis is a power-packed, hypnotic shortcut for creating dynamic personal change in your life in only 10 minutes a day. Using this method, readers can reach a very light state of Eyes Open Self Hypnosis which over time will produce the same desired changes that traditional Self Hypnosis produces. The main difference between Eyes Open Self Hypnosis and traditional Self Hypnosis is the amount of time needed daily plus the bonus of being able to accomplish the desired behavioral changes in a conscious state. The process of Eyes Open Self Hypnosis involves reading suggestions and affirmations multiple times throughout the day. Over time, the effects of this method are comparable to the results that can be achieved with traditional Self Hypnosis.

You will find 30 ready-to-use, right out of the box EOSH Primary Sessions, 58 Eyes Open Self Hypnosis Bonus Sessions, plus the General Primary Session Template that you can use to create a total of 88 Eyes Open Self Hypnosis Sessions, covering the areas of Career, Relationship and General categories, plus as many custom sessions as you desire.

As a special bonus to all readers, you will receive a Free audio download of the EOSH Primary Session valued at \$29 so you can become comfortable with the cadence and speed of the ideal EOSH session. More information on accessing your free session can be found in the last chapter of Eyes Open Self Hypnosis.

This book was inspired by the author's ongoing personal research into the best ways to create quick and effective personal change. As a Certified Clinical Hypnotherapist and trainer for the last 27 years, as well as a devoted explorer of mind-body technologies, Jo Ana Starr PhD found Self Hypnosis to be the easiest and most effective way to create behavioral change, but sometimes hard to fit into a busy schedule.

Traditional Self Hypnosis requires some time to create a few audio files or CDs for your use. Then there is a daily time requirement of 30 to 45 minutes. Conversely, Eyes Open Self Hypnosis packs most of the punch of traditional Self Hypnosis without the necessary recording and the 30-45 minute daily time investment.

While traditional Self Hypnosis works faster for most individuals, many never get around to recording the sessions and/or finding the time to use those recorded sessions. With Eyes Open Self Hypnosis, the daily requirement is about 10 minutes spaced throughout the day with virtually no other requirement beyond reading the book.

If you are ready to make important personal changes to your life, but your schedule is a busy one, consider adding Eyes Open Self Hypnosis to your daily schedule. By engaging in a relaxing, transportable, conscious state program, every reader can create the desired changes. Just imagine what those 10 minutes daily can add to the quality of your life!!

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