



# **Be a Happy Person Hypnosis: Be Optimistic & Obtain Happiness, Meditation, Hypnosis Self-Help, Binaural Beats, Solfeggio Tones**

*Erick Brown Hypnosis*

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Do you feel frustrated with the path your life is taking? Are you ready to take charge of your own life and create your future? Get the motivation you need to reach your life goals with this hypnosis program from Erick Brown.

*Take Charge* will help you stay motivated to achieve the future you desire and the self-confidence you need to do so. Subliminal suggestions for deep relaxation and positive change will be received by your subconscious, increasing your motivation, helping you to let go of negativity in your life, and increasing your self-confidence. Why wait another day? Take charge of your future today!

*Take Charge* includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change. One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. And one containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation. Bonus Track: Deep Sleep Subliminal -This subliminal bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

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### **From reader reviews:**

#### **Amy Sims:**

Spent a free time to be fun activity to try and do! A lot of people spent their spare time with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the e-book untitled Be a Happy Person Hypnosis: Be Optimistic & Obtain Happiness, Meditation, Hypnosis Self-Help, Binaural Beats, Solfeggio Tones can be excellent book to read. May be it might be best activity to you.

#### **Robert Beck:**

Often the book Be a Happy Person Hypnosis: Be Optimistic & Obtain Happiness, Meditation, Hypnosis Self-Help, Binaural Beats, Solfeggio Tones has a lot of knowledge on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. Mcdougal makes some research before write this book. That book very easy to read you may get the point easily after reading this book.

#### **Chad Jones:**

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