

self hypnosis for weight pdf

Self-hypnosis or auto-hypnosis (as distinct from hetero-hypnosis) is a form, a process, or the result of a self-induced hypnotic state.. Frequently, self-hypnosis is used as a vehicle to enhance the efficacy of self-suggestion; and, in such cases, the subject "plays the dual role of suggester and suggestee".. The nature of the auto-suggestive practice may be, at one extreme, "concentrative ...

Self-hypnosis - Wikipedia

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Hypnosis is a state of human consciousness involving focused attention and reduced peripheral awareness and an enhanced capacity to respond to suggestion. The term may also refer to an art, skill, or act of inducing hypnosis. Theories explaining what occurs during hypnosis fall into two groups.

Hypnosis - Wikipedia

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When hypnosis becomes a subject of discussion, some people doubt if it is real or fake and people feel it hard to distinguish it. However, according to both medical studies and clinical practices, hypnosis has been proven to be real and has been promoted and has become a very popular method to treat patients mental disorders such as insomnia, stress and anxiety; it is a totally pain free ...

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