

Stress Free in Three Minutes (Paperback)

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Reviews

The publication is not difficult in go through better to comprehend. I could comprehended everything using this created e publication. Its been designed in an exceptionally easy way in fact it is merely soon after i finished reading through this ebook by which basically transformed me, modify the way i really believe. (Taylor Gleason)

STRESS FREE IN THREE MINUTES (PAPERBACK)



MX Publishing, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. You may be feeling stressed right now or would like to help someone that is feeling stressed. It has been proven that heart attacks, strokes, high blood pressure, headaches, ulcers and many more medical conditions can all be brought on or made worse by cumulative stress. Stress has negative effects in all spheres of your life and can be fatal. The English Sisters, known as the Everyday Hypnotherapists, will take you on a relaxing journey in each of their easy-to-read short stories, which guide you into a comfortable stress-free state of mind in only three minutes. Each easy to read, short, hypnotherapeutic story is filled with metaphor and hypnotic language, which takes your mind on a mini break, providing relief from stressful thoughts. As you are reading, you will find that your heart rate decreases, your facial muscles begin to soften and your mind begins to enjoy the wonderful benefits of a stress-free state of mind. Stress Free in Three Minutes will help you form new responses, thoughts, attitudes and feelings. This will enable you to create healthy, empowering and happy thoughts in your mind.

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