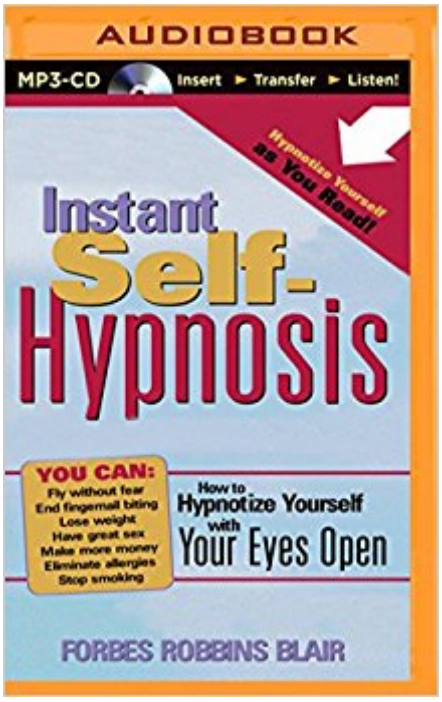
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Instant Self-Hypnosis: How To Hypnotize Yourself With Your Eyes Open



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Synopsis

Lose weight, fly without fear, end fingernail biting, stop smokingÃ¢â ¬â •Instant Self-Hypnosis will help you make the changes you have been trying to make for years. This new, easy-to-use method allows you to put yourself into a hypnotic state and use that state to improve your life. Bonus PDF Includes over 35 hypnotic scripts that will teach you to:Have great sexStop procrastinatingFeel more confidentMake more moneyFeel more energeticNo longer fear public speakingEliminate allergiesBecome more creativeÃ¢â ¬Â¦and moreWith this fail-proof method, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently. This technique will make eliminating bad habits easier than ever.

Book Information

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Customer Reviews

A professional hypnotherapist, Forbes Robbins Blair has a certification in clinical hypnotherapy from the American Institute of Hypnotherapy. He is also a dream consultant and facilitates dream groups and teaches classes on dream analysis and astral travel. He has made numerous appearances on radio and television programs for his expertise in both hypnosis and dream analysis. He lives near Washington, D.C.

Excerpt from the IntroductionIf you are like many people, you've heard how hypnosis has helped others achieve their goals. You've even thought about different ways you might use hypnosis to change your own life for the better.Maybe you'd like to be hypnotized to improve your physical body to get lean and trim, stay motivated to exercise, or to stop smoking once and for all.Or maybe you're

feeling stress in your life. You'd like to be hypnotized to let go of that tension and to feel more relaxed? Who wouldn't?Perhaps you'd improve your mental abilities through hypnosis. Have you imagined how your life might change if you possessed Zen-like focus and concentration? Have you wished for a sharper memory? To ace that test coming up? Or maybe just to remember the names of people you meet?Perhaps you've wondered if hypnosis could help you be more loving toward your mate or to spruce up your sex life?So Why Aren't You Going to a Professional Hypnotist?Again, if you are like many people, thinking about ways hypnotherapy might help you is as far as you've gone. Or you've gone once or twice to a hypnotist but you just didn't continue. The reasons people don't go to a hypnotist are often these:- You don't have the time to go to the hypnotist's office.- You don't have-or don't want-to spend the money.- You're too timid. Is hypnosis safe? Are your issues just too personal to discuss with a hypnotist...or anyone?Now You Don't Need to Go to a ProfessionalThe good news is, now that you have this book, you don't need to go to a professional hypnotist. Just sit right there and read! Instant Self-Hypnosis enables you to hypnotize yourself to accomplish virtually any goals without ever putting down the book. The book does the work for you!Even more startling, you will learn to hypnotize yourself with your eyes open! Unlike other forms of hypnosis, with Instant Self-Hypnosis there's no reason to close your eyes throughout the entire procedure.The best part of all is that the can't-fail methods of Instant Self-Hypnosis are so easy to use. You'll succeed the very first time you try them. The procedures are so efficient, applying them to a goal takes as little as fifteen minutes.Please do not confuse Instant Self-Hypnosis with any other books or audio programs about hypnosis or self-hypnosis. It's unlike anything you've read, heard about, or tried. It's a revolutionary book offering you an extraordinary technique with distinct advantages over traditional methods of self-help hypnosis. This user-friendly book can change your life in practical ways, and you'll be able to put it to work for you in just minutes...if you keep reading.Get ready to learn about an innovative discovery in self-improvement-Instant Self-Hypnosis.This book is about a breakthrough discovery in hypnosis and self-improvement. In 1997 I discovered an unusual method for inducing hypnosis. As a professional hypnotherapist, I've been teaching, testing, and refining it ever since. I call the technique Instant Self-Hypnosis. It involves the reading and writing of hypnosis scripts as a means of entering a state of hypnosis. This method of hypnosis may be used for a wide range of therapeutic purposes: removing bad habits, confidence building, goal attainment, and so much more. This can't-fail technique requires no experience or knowledge of hypnosis whatsoever. Plus, it's so simple that you may marvel that no one previously thought of it...or if they did think of it, why they never published the discovery. Or if they did publish it, how come no one knows about

it?Instant Self-Hypnosis is ingenious in its efficacy and simplicity. I call Instant Self-Hypnosis a discovery rather than an invention because the method has been "hidden in plain sight" perhaps for as long as hypnotherapy has been in existence. What I've done is recognize its potential value and develop it in such a way any intelligent person can put to good use.Why is Instant Self-Hypnosis not your average self-improvement book? This publication does something that most self-help books cannot do. Most self-help authors give advice or enumerate steps to be followed after you've read their books. That is, only when you put those books down can you begin to put their advice into practice. But with Instant Self-Hypnosis, there is no delay.You benefit fully from this book without ever putting it aside. It's designed to change you as you read it! With this innovation in self-improvement, there are no words of wisdom to remember. There are no skills to practice. There are no traits or steps of "highly perfect people" to emulate! This book and its techniques are self-contained. The help is immediate. The results materialize automatically.This book is for anyone who wants-or needs-a potent, valuable tool for positive personal change. If you are new to hypnosis or self-help media, Instant Self-Hypnosis gives you a fast and easy means for improving the quality of your life in many areas. If you are an avid consumer of do-it-yourself material, you will find Instant Self-Hypnosis a friendly alternative to some of the other techniques you might have tried. If you are a professional hypnotherapist or a psychologist, you will be intrigued by the powerful simplicity of Instant Self-Hypnosis. Its operative principles have many implications and applications for the fields of hypnotherapy, psychology, and psychoimmunology.The Things You Will LearnThe heart of this book revolves around the hands-on learning of Instant Self-Hypnosis. The book takes you through a fun exercise that not only introduces you to the concepts of Instant Self-Hypnosis but actually hypnotizes you as you perform it! The exercise acts as a proactive primer to ensure success with all subsequent endeavors with Instant Self-Hypnosis. After that, you'll apply the method to your goals, using the appropriate scripts.As mentioned, you don't have to know a thing about hypnosis to put Instant Self-Hypnosis to work for you. But some basic knowledge is certainly a good thing to possess in any endeavor you undertake. Part One of the book tells you what you need to know about the power of your subconscious mind and how it relates to hypnosis. You'll also learn about these things:- what hypnosis and self-hypnosis are and whether you are hypnotizable;- the misconceptions and ill-founded fears some people have about hypnosis and how safe it truly is;- how hypnosis and traditional self-hypnosis work and the problems associated with conventional methods;- my discovery: what it is, how it works, and how it automatically avoids the troubling pitfalls associated with traditional techniques; and- a powerful hypnotic primer, which lets you experience its power and simplicity firsthand!In Part Two, you'll be shown how to put the technique

to work for thirty-five common hypnosis goals, using professionally prepared hypnosis scripts. In Part Three, you'll learn another aspect of Instant Self-Hypnosis that shows you how to customize the technique for virtually any self-improvement goal, no matter how unique it may be. I have taught this customization process for several years in a course called "How to Hypnotize Yourself with Your Eyes Open," and students have found it easy to master.The book wraps up with some important tips to ensure success with Instant Self-Hypnosis. Additionally, it clarifies answers to some frequently asked questions regarding the techniques and their proper application. And don't forget to check out the Bonus sections toward the end of the book. For instance, you may want to take the Instant Self-Hypnosis Stress-Buster Challenge. --This text refers to an alternate Audio CD edition.

This works. Hands down. I am a lifetime nailbiter, so I started with that to get a sense of whether this would work for me. Two weeks later, my nails are so long, I'm having to file them to type this review. I've also had problems with insomnia for the past five years--used the script for that, and I'm sleeping through the night. And then I did the one on procrastination. Does it work? Well, I've been putting off writing this review....Seriously. This works, and you should try it. I'm giving this book to everyone I know as a Christmas present.

I used to be skeptical about the effects of hypnosis; it's not that I thought it was nonsense, I just thought its effects were exaggerated. Nevertheless, I bought it to try it out; as I was reading it I didn't feel anything but I kept it up for about 8 days even though I didn't really think it would work. Guess what? All of a sudden it worked. I used the "More Fun at Parties" script which is for shyness and social anxiety, and then voila! I feel more comfortable in social situations. No, I really don't think that it's the placebo effect at work here because I've tried many other things that didn't make any difference, plus I would have to really believe that this would work for the placebo to take effect (which, as I said, I didn't). I want to express my gratitude to the author and to add that it was the best money I ever spent.

I purchased the kindle version of this book when it was offered for free in Jan 2012. I have struggled with weight my entire life, and thought what the heck? It's free and I don't think it can hurt me. I browsed through the book and decided to try the weight loss hypnosis for a 5 times, just to give it a fair chance.The first night, I felt ridiculous, but I persevered. The next day, I felt different. I didn't feel hungry and I wasn't thinking about food as usual. I seemed full quicker when I did eat. Hmm.

Intrigued, I kept it up and ended up doing about 10 sessions. The effect continued and I started to work on being more active, eating healthier and not eating mindlessly. It's been 3 months now, and I have lost 30 pounds. I did do one touch up session in the past week as I was tending to eat more during snack times.I will not say that this will work for everyone or even anyone else but me! I will say that it has worked very successfully for me, so far. I still have about 100 pounds to lose, so I will update periodically on my progress.

Note: After reading "Instant Self-Hypnosis" and writing the review below, I read the second version of this book: "MORE Instant Self-Hypnosis". If you have not read the first book, I recommend that you skip it and read and use "MORE Instant Self-Hypnosis".----------I was extremely skeptical about this book as I read through it. I'd received it only because it was available for free as a Kindle book.I've read other books and studied hypnosis, including self-hypnosis. I'd had success with some self-hypnosis techniques.Overall, I've not been into hypnosis scripts. I've favored more ad hoc wording. Some parts of the scripts in "Instant Self-Hypnosis" violated some generally accepted principles of hypnosis.I did give the book a chance, because the author nailed three of the biggest problems with trying to use other self-hypnosis books. First, the other books require you to first hypnotic procedures and learn how to create effective suggestions. Most of us probably don't get past that hurdle. Second, the traditional self-hypnosis approaches requires that we prepare and memorize the techniques, because our eyes will be closed if we get as far as implementing the advice. Third, it's very common to fall asleep during self-hypnosis. I've experienced that. Overall, most self-hypnosis books and techniques are difficult to use."Instant Self-Hypnosis" sails by all three of those problems. I selected a behavior pattern I'd unsuccessfully tried to change through self-hypnosis and other methods. The desired behavior pattern was very specific. I decided not to rate or review this book until I had tried the ready-made tools on my challenging situation.Results: The specific behavior pattern changed within one day. And the results are continuing two weeks later. I'll take 20 minutes or so each of the next couple of days to go through the book's self-hypnosis script as directed to help lock in the change. I'm confident that if the new behavior pattern ever starts to slip...and it might (who knows?)...I can quickly use the tools in the book to get the desired results again.I have selected a new behavior pattern I will change using this book after I've completed a couple more sessions with the first pattern.For those wanting to make changes in your lives and who are open to using hypnosis (just a highly suggestible state of mind that all of us enter frequently, such as when we're engrossed in a book or movie or TV show), I recommend that you try this book.I went from being extremely skeptical to finding that the book's tools work...quickly

and easily.

This book is very straight forward, and I wasn't lost in a lot of babble and science. I bought the ebook version, and after reading it have used the scripts several times. (I found the one to stop procrastinating the most useful). I recommend this book as a tool to get closer to reaching your goals.

I have read countless self-improvement books and attended courses on self-improvement over the last 24 years. Many of these books or courses speak to affirmations or repeated behavior to break/change habits and form new ones. I am always able to keep up the affirmations or repeated desired behavior for about a week or two before I go back to my old ways. Thus I decided to try something new.I was initially skeptical about self-hypnosis so I am glad this book explains very very clearly, what it is, and what it is not. I spent twenty minutes on Sunday doing the first exercise (Stress-buster), and I slept like a baby. My anxiety was completely gone. I repeated the self hypnosis with a different exercise (self confidence) on the following day - and it helped me at work the next day as I was more confidence and calm throughout the day. I left work feeling energized, not stressed out like I used to be. I followed ALL the instructions to a tee i.e. find a quiet corner, speak out clearly and slowly as I read, imagining the scenarios as portrayed, no interruptions.So, in short, I think this book is a must-read. I am so glad I know a little more about about self-hypnosis than I do a few days ago!

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