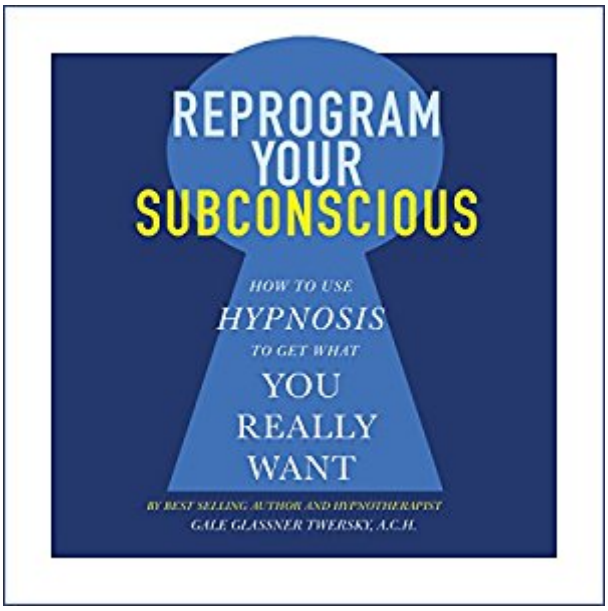
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Reprogram Your Subconscious: How To Use Hypnosis To Get What You Really Want



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Synopsis

Open the door to your subconscious mind, your silent, invisible partner that is responsible for how you think, feel, and behave. You'll discover how to reprogram your subconscious mind-sets, beliefs, and behaviors, so you can get what you really want in every facet of your life. Learn about Gale's specialty Reprogramming Hypnosis and self-hypnosis to keep your subconscious supporting your desires. Enjoy unique perspectives, dozens of instructive case studies, a wealth of information, easy-to-use applications, abundant original scripts, plus affirmations. Beginners as well as the experienced and/or professionally trained in hypnosis will realize life-altering benefits from this book. You will learn to: Connect to your suggestible subconscious for reprogramming purposes Speak the words that your subconscious understands and will enact for you Delete faulty subconscious programs, replacing them with beneficial ones Fortify strong high self-esteem so you consistently believe in yourself and in your success Release negative emotions that could be hazardous to your well-being and then download positive emotions for happiness Maintain consistent peace of mind, with feelings of harmony and balance Forgive yourself and others subconsciously, so your forgiveness is complete Access your intuitive wisdom for well-being Identify and articulate spiritual views that will help anchor and guide you Sustain a positive, optimistic attitude that daily brings you happiness Plus much, much more! Gale Glassner Twersky, ACH, has been a hypnotherapist since 1999 and is a best-selling audiobook and book author, a certified hypnosis instructor, a creator, and a leading authority on the Reprogramming Hypnosis System and RHS certification. Gale is passionate about her work and has already helped many thousands to improve their lives with her Reprogramming Hypnosis specialty.

Book Information

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Spiritual

Customer Reviews

An amazing book with a wealth of information. Gale has years of hands-on experience in the art of Hypnosis and helping others improve their lives. She is passionate about getting the message out that through hypnosis we all can learn to access the power residing within each one of us.Her book provides the tools to help effectively communicate with your subconscious mind so you can delete what isn't working and replace it with what does.Enjoy!

Dear Gale:I wanted to write you to thank you for bringing your program into the world. It has been such a blessing to me and certainly dramatically changed my life. Time heals everything.....Except .....what is in your subconscious programming. The best news is that by using your system to make the changes in my subconscious, it has enabled me to direct my own rapid healing and the eliminations of negative issues.I sustained a severe injury in 2000 which resulted in permanent disabilities and the onset of fibromyalgia. When I saw your 9CD program I initially thought it would be a wonderful tool for healing my condition and help deal with my pain without the use of prescription medications. Was I in for a surprise when I accomplished that and made even more progress! I do not worry about problems anymore because I am confident I can resolve them with the tools you have taught me.I was raised in a violent alcoholic environment. As you can imagine I had some deep seated issues that I had treated with traditional therapy for many years. This method was beneficial in so many ways. It helped me through some very rough times, gave me understanding and insights into myself and my life, however, I did not find a final solution to the issues until I added your program.This is what I found: By adding your unique methods of subconscious reprogramming, to what I had learned in therapy, I was able to bring about a final solution to my issues. It cleared out the leftover debris that still lingered and affected me negatively. Also, unlike therapy where I experienced fear and resistance to change and some dread about the information that I would uncover, using your method was effortless, non-threatening and I knew I would be finding a solution. I found I could dig deeper, obtain information, process it and think my way thru without the reactive fear I had before. It's like becoming your own therapist. I find it to be a life saving tool.Your reprogramming hypnosis system naturally enhances who you are and brings about a stable and relaxed state of being. I found rather than being reactive, I could handle a crisis or negative situation by being centered, non reactive to negative input and able to think myself through the situation.Yours isn't the type of program that you hear just once and you're done. I use it

on a daily basis for ALL things in my life. I can't begin to tell you how many different ways I've used it and how many things I've cleared by using the reprogramming instructions. It was also greatly enhanced when I purchased your expanded book edition and used both the CD's and the book together. With a combination of your easy to understand instructions, the tone of your voice and the NLP techniques you used, the induction into hypnosis is always effortless. Since I've been using the CD program, just hearing your voice starts the process automatically that brings the answers. It is a very natural, dependable, easy and eye opening experience.So Gale, I'm not just doing your program, I'm Living your program! It brings positive benefits each time I listen to i including what is already positivet. The CD program plus your new book provide the resources and hands-on tools to help anyone live life in the most positive way. And the best thing is that it WORKS.Once again thank you so much. This experience is a blessing to me and truly "heaven sent".Sincerely,DeeCaliforniaSeptember 27, 2012

I'm a believer. A good read that includes a free 20 minute audio for hypnosis. DON'T KNOCK IT UNLESS YOU TRY IT.

Fascinating

I wasn't sure what this audiobook would be like but am pleased to report it is a uniquely comprehensive audiobook. It actually provides you with all you need to know to become proficient in self-hypnosis. I am so grateful that this audiobook included a separate free bonus download of a hypnotic guided imagery audio that helps to experience hypnosis before you start learning about it in the audiobook This audiobook is totally professional, clear cut and truly a great bargain too! It thoroughly explains self-hypnosis and arms you with an understanding of hypnosis and your subconscious and how and why they operate, as they do, without our awareness. For me, best of all, this audiobook seems to be, based upon the author's many years of successes that carefully can guide one with all the tools/explanations that one would need to enjoy self-hypnosis quickly. I have learned more than I could have ever imagined through this wonderful audiobook.

I've lost track on how many books I've read on this subject, however, I can say without hesitation that this is by far the best book I've read about the subconcious mind. Not only does the author provide a comprehensive overview of how the subconscious mind works, but she also gives you invaluable tools and exercises to help you reprogram your subsconscious mind to improve any area

of your emotional or physical state that you may be struggling with or need improvement. After hearing some of her success stories, or in my opinion, miraculous healings, I became a bigger believer in the power of your subsconscious mind. I also feel much more in control, knowing that I can change how I perceive or behave in any situation, be it to relieve anxiety about a certain situation, break bad habits, to release fears or guillt, and/or to make improvements in any area of my life. I purchased the audible version of the book, and found the author's voice to have a calming and pleasing effect. Other authors usually have someone else handle the narration, but I am thrilled the author chose to do her own narration.

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