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Reduce Stress & Anxiety (Success World Self-Hypnosis Series)

David Illig

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High negative stress can be very wearing on the body and lead to many health problems. The purpose of this CD is to increase your ability to successfully deal with the challenges of living and to decrease how much you go into high stress states. Positive stress states are actually quite healthy. We usually call them excitement, joy, exuberance and natural high. Three things are usually going on in a natural stress state:

* Your inner mind, the unconscious mind, truly believes that you are in physical danger and nothing is being done about it, you're trapped,
* The body is in a state of tension, anxiety, and biochemical imbalance,
* You are overwhelmed with too much information, too much input and too much output. What we need to do is learn to operate in the stress level that is most effective with what we are doing.

Stress management involves how our mind operates, how our body operates, and what our environment is like. This program will help you do it. However only you can take charge of the stress levels in your life. Give it respect, invest in yourself, it is something to work on everyday. The investment will pay off by bringing more joy and satisfaction. Performance improves in all areas of our lives when we learn to manage our stress levels.

Track 1 is a Self-Hypnosis and Subliminal Program. Hypnosis is centuries old and time-tested and new advances make it a potent, powerful and effective tool for tough problems. You are guided into a relaxed natural learning state. Positive suggestions then fill your mind.

Track 2 is a Subliminal Learning Program. You hear only the sound of beautiful music and ocean waves. Hidden beneath these sounds are specially designed messages. Only your unconscious mind hears these healthy powerful messages, turning them into positive feelings and improved abilities.

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