



Sweet Dreams: Hypnosis for Better Sleep

Beverly Hills Hypnosis, Trevor H Scott

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Enjoy the Better Sleep You Need!

This highly successful hypnosis sleep CD utilizes a special blend of hypnosis, relaxation techniques and guided imagery designed to help you enjoy the better sleep you need!

Hypnosis is a fast and incredibly effective insomnia treatment. If you can't sleep or suffer from chronic sleep problems, hypnosis can help.

Many people find sleeping medication ineffective or are concerned about the side effects. Hypnosis is a completely natural state of relaxation in which your subconscious mind is open to hearing positive suggestions that will help you sleep better. In addition, while in hypnosis your subconscious is willing to let go of any blocks or negative associations that may be the cause of your sleep problems.

Drift to sleep easily each night and wake up every morning feeling refreshed and full of energy.

Why is "Sweet Dreams" such an effective insomnia treatment?

Again, "Sweet Dreams" uses a special blend of hypnosis, relaxation techniques and guided imagery that will enable you to slow down, unwind and sleep better. Hypnosis allows you to calm both your conscious and subconscious mind, while guided imagery leads you into a more tranquil state where you can drift to sleep quickly and easily.

Can everyone be hypnotized?

Yes. Have you ever been driving a familiar route home and suddenly arrived at your destination without remembering the last few minutes of the drive? This is one example of our subconscious mind taking over the routine details of life. Our subconscious mind handles most of our day to day activities. That is the subconscious mind's job - to handle the details of life, while our conscious mind handles the more important needs.

Most clients are amazed at how quickly they accomplish their desired results. Unlike traditional therapies, Hypnotherapy is able to help you reach your goals without going through years of self-exploration.

When You Are Ready!

Reach your goals faster than ever! You can and will make permanent, positive changes in your personal and professional life. Beverly Hills Hypnosis offers an effective, relaxing, drug-free choice for change.

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