Como Hipnotizar: El Secreto del Mago



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Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

COMO HIPNOTIZAR: EL SECRETO DEL MAGO



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: Spanish . Brand New Book ***** Print on Demand *****.La hipnosis es mucho mas que un conjunto de palabras empleado en una tecnica de relajacion. Es una forma de disfrutar al maximo de la vida. un metodo para crear la realidad que cada uno desea forjar para el momento actual y para el futuro. Hipnosis para principiantes es un alimento para vuestra alma. No solo os alimentara un solo dia, sino que os ensenara a pescar para que seais capaces de alimentaros durante toda la vida. La hipnosis es semejante a la ensonacion diurna, durante la cual vuestro estado de consciencia se altera hasta alcanzar la zona de frecuencia alfa y os entregais a vuestras fantasias. Durante la hipnosis permaneceis todo el tiempo, conscientes pero abstraidos de las distracciones exteriores. La ensonacion diurna es un fenomeno perfectamente normal, sano y seguro al que todos nos entregamos con cierta frecuencia. En ocasiones, el sueno diurno esta tan intensamente orientado hacia un objetivo que es posible llegar a materializarlo de una forma espontanea y sin una intencion premeditada. La hipnosis es una tecnica que permite alcanzar deliberadamente ese estado alterado de consciencia -que es la ensonacion diurna-y dirigir vuestra atencion a determinadas metas con el fin de materializarlas. Como el sueno diurno, la hipnosis es un fenomeno absolutamente normal, seguro y saludable. En ambos fenomenos estareis conscientes, aunque apartados de las distracciones exteriores; la mente se ajusta a la frecuencia alfa; la diferencia es que en la hipnosis la mente no esta orientada a las fantasias, sino a la consecucion de determinados objetivos como, por ejemplo, dejar de fumar, hacer una dieta, mejorar la autoimagen, dominar miedos y fobias, mejorar la memoria-la lista es interminable. Cuando hayais terminado de...



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