



## Unlocking Your Potential Through Self Hypnosis

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By Darren Griffin Ch

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In 1983 I first came across Self Hypnosis. This was my first glimpse into the vast power of the mind and one of the many tools that can unlock its potential. I began searching for more information about self hypnosis, the mind, and ways of accessing the amazing resources within us. What I have found is nothing short of awesome (I use the word in its correct context: inspiring, creating an overwhelming sense of reverence or admiration, inducing awe, etc., not the surfer context: totally gnarly, super cool, wholly bodacious and so on.) This was the beginning of great things. I used self hypnosis to memorize ventriloquism scripts; I used it for creating extra energy bursts in gym class. I used it to enhance my performance as a guitarist. I have been studying and refining the techniques for over thirty years and it has changed my life. Let me show you what I ve found.



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