

## Eliminating your addiction with self-help tapes

Self improvement tapes help you to achieve your goal of quitting by detailed instructions. Full audio support can make a difference when you don't have the time for lengthy therapy sessions and just don't have the privilege of affording them. I have included some of the data's which the tapes features and what it could do to help you along the way.

Hypnosis is an amazing tool for self-help. There is nothing as pleasant as allowing yourself to sink into a nice and easy trance and meditation from hypnosis and guided imagery. This self-esteem hypnosis tape is dedicated to helping you gain control over your life and your health by just sitting back and allowing the guided imagery to lead you to a healthy life and general self-esteem.

This self-esteem hypnosis tape is a safe and effortless way to aid in your goal to better health by inducing a trance state. It should be used at least a couple of times a day. It is important to find a quiet and secure place to listen to this hypnosis tape. It should never be played while operating a car and works best in complete isolation.

Pets often find a trance inducing tool such as this self-help tape intriguing and will try and be part of it so make sure they are out of the room before listening. I would also suggest that you keep the room semi-dark for the best trance quality. Allow yourself not to work hard at "doing it right." All you need to do is let yourself go and enjoy the meditation trance state that develops naturally.

The self help tape or a CD "Attain and experience Inner Peace with -Tools For Balanced Living". Is an example. "Tools For Balanced Living" is a Mindfulness Practice that guides you toward personal insight, body awareness, yoga postures and meditation. The Sedona Method will show you how to tap your natural ability to let go of any unwanted thought or feeling on the spot even when you are right in the middle of life's greatest challenges.

This will free you to quickly and easily have all that you choose including the following: unshakable inner security, more money, better relationships, more radiant health and well being, more effective goal achievement plus break bad habits and other self-sabotaging behaviors, lose weight, stop smoking and sleep better.

THE FEAR AND DO IT ANYWAY by by Susan Jeffers. Arrow (1987) 1991. How to turn

your fear and indecision into confidence and action. As well as "OUR OWN HANDS - A BOOK OF SELF-HELP THERAPY" by Sheila Ernst and Lucy Goodison describes all kinds of therapy, from bodywork to psychoanalytically-based therapies, shows with sensitivity and clarity how to use those techniques which can actually free us and help us, and gives exercises to use in a self-help situation.

It is also important to realize that this meditation self-help and self-esteem tape is only one highly effective aid in your plan to induce self-esteem successfully. A good dietary program, exercise, and acupuncture will make your self-help program permanent over time. All you need is to assess the problems you need to focus on first as there are a lot of self-help topics which these audio books have.

Due to the fact that they all do have good results doesn't mean you don't need to chose which is right for you. Handpicking your choices can make a better difference and you can do it at your own home.