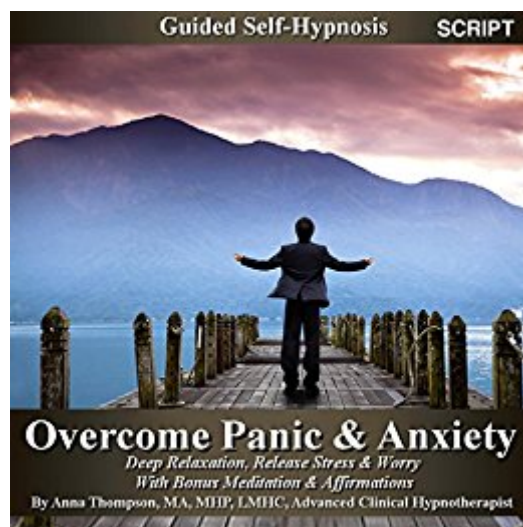


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# Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson



## Synopsis

This "Overcome Panic And Anxiety" guided self-hypnosis script was designed to assist the listener in gaining a deeply relaxed state, releasing thoughts and emotions related to anxiety, and gaining a sense of empowerment. This self-hypnosis script also contains a small amount of systematic desensitization and visualizations to help release anxiety triggers. Included you will find an introduction to hypnotherapy, a hypnosis script, a drum journey script, and the affirmations used in this program. Within the audio version, the drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body and spirit. This script can be used as a reference while following along with the audio version, or to make your own recording for personal, non-commercial use only. Written by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist. For more information about Anna Thompson, please visit <http://www.askannathompson.com>. Life is short, live it well.

## Book Information

File Size: 1016 KB

Print Length: 18 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 7, 2015

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00Z76QX8A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #361,482 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #176

in Â Â Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Self-Help #292

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