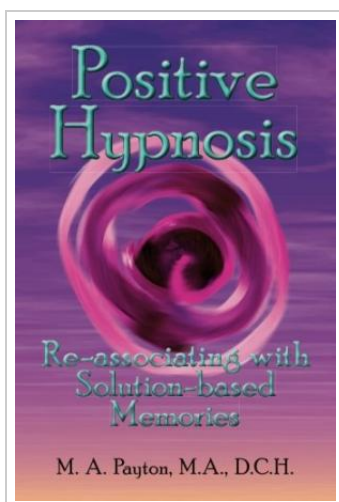




Positive Hypnosis: Re-Associating with Solution-Based Memories (Paperback)

By Michelle A Payton

Left Side, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. All experiences create unique realities for each person, so when new information is absorbed into the human brain--like a perception that something doesn't work, re-connections to past experiences must be strong enough to re-position beliefs and habits. Those who are interested in self-empowerment using mind over matter techniques will find facts in Positive Hypnosis on how the brain learns through re-association and why blocks occur in a healthy brain, why re-association is a key to individual re-thinking, and how Hypnosis, Self-Hypnosis and Neuro-linguistic Programming are experienced every day to dispel the perception of being controlled. A process will be laid out on how to collect and re-use memories for problem-solving, plus methods on how to remain focused on one core need at a time. Those interested in self-facilitation, as well as professionals in the mind over matter field, will find helpful templates to put all the steps together to complete learning cycles and re-adopt positive habits.



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Reviews

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-- **Ms. Missouri Satterfield DVM**

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