

"At Last, You Can Quickly and Easily Use The Powerful Secrets of Self Hypnosis To Create Amazing Changes In Your Life"

Dear Friend,

How could effortless change in your life benefit you?

Suppose you could sit down, run through a quick self hypnosis session, and see more changes in your life instantly...

Imagine... one self hypnosis session could end your bad habits, clear up any fears you may have, or even improve your performance in whatever area of life you desire... Instantly creating lasting effects in your life from this day forward...

Sounds just too easy?

Well, it isn't if you have the right guide and you put self hypnosis to use in the "right" way. Nothing allows to make changes in your life easier than the use of self hypnosis. Not will-power, not "To Do" lists, self hypnosis is proven to make lasting changes in people's lives better than anything else.

"Doing self hypnosis is a no brainer with Adam's Ultimate Self Hypnosis Course. I learned enough from this program to see that this truly is the REAL deal. I had no trouble at all following the simple step by step layout and the bonus audio sessions were worth the purchase price alone. Lets just say I was and am 110% satisfied with this product!"

Jay L.
Canada

www.toonclipart.com

Most people, when they hear the word "hypnosis", think of what they've seen in the movies or remember those crazy stage acts where the performer pulls people from the audience and makes them act crazy on stage for a few laughs. That is not what this course is about! I am going to show you exactly how to use the power of self hypnosis to make positive-lasting changes in your life...

Instantly Alter Your Mindset 180° With Self-Hypnosis!

And no, this doesn't include using a swinging coin or the infamous, "You're feeling very sleepy" talk. Self-hypnosis is simply the process of being able to enter a very relaxed state of mind, which allows you direct access to your subconscious mind. This is where you can make suggestions to yourself based on what it is you wish to accomplish... **It's really that simple...**

You see, while you are under hypnosis your mind is subject to receiving suggestions and is

also at its best level to receive directions or instructions on how you want it to respond or act towards different situations...

Sign Up Now To Receive Your Free Self Hypnosis Mini-Course!

Your free self hypnosis mini course will contain...

- The top 7 - most important - steps of performing self hypnosis effectively!
- Five must have tips for getting the most use out of your self hypnosis sessions. Otherwise, you'll just be wasting your time...
- And also, I reveal the top secret when it comes to using self hypnosis to achieve any self improvement goal you may have...

Fill out your name and email address below to instantly receive your free hypnosis mini course!

Name:

Email:

Here's A Few Things You Can Do With Hypnosis...

- Train Your Mind To Eat Healthy Foods Whenever You Get Hungry
- Instruct Yourself To Feel Excited And Energetic When Thinking About Exercising
- End The Urge To Reach In Your Pocket For Another Cigarette
- End Your Bad Habit's Of Nail Biting Once And For All
- Be Happy And Have A Positive Outlook On Your Day
- Feel Confident And Become A Great Public Speaker!
- The Possibilities Are Endless With Using Self-Hypnosis!

Any of the above situations, plus hundreds of others, can be easily "suggested" to your mind while you are under hypnosis. There is absolutely no extra work on your part to enforce these messages once they are placed in your head. It's like being able to change the way you feel about things, *for the better*, instantly and effectively!

All you do is train your mind to do what you want it to and it will!

Let's slow down a little bit here... You are probably thinking that self-hypnosis is not for you or that it would take too long to learn how to do it properly... You may even be thinking that attempting to learn how to do this could be a complete waste of your time... I'll let you in on a little secret here...

Self Hypnosis isn't hard to do, it does work (probably easier than you think it does), and it definitely is not a waste of your time to learn how to do properly!

Let me explain why I am so sure about this...

Self-Hypnosis is NOT hard to learn!

It is true that most books on the topic of self-hypnosis are *misleading* and are *filled with a bunch of theory and nonsense*, but this isn't to say that actually doing self-hypnosis is hard to do... **Most of the books out there make the subject of self-hypnosis confusing, boring, and hard to learn!**

All you really need is an easy to read, no-nonsense, straight to the point guide with all the hypno jargon and BIG words left out to be able to do this amazing, life changing technique.

Self-Hypnosis has been PROVEN to work and to be HIGHLY EFFECTIVE:

Hypnosis has worked on thousands of people all over the world. Self-hypnosis can and will work on anyone willing to apply the techniques. It is highly effective and works so well because when you are in a "relaxed state of mind", any suggestions you make to yourself will be written into your mind and you will be subconsciously aware of them at all times!

Myth 1 - Losing Control While Hypnotized:

When hypnotized you are not unconscious, and you can't be forced to do anything that they do not want to do.

While you are under hypnosis you will be aware of everything that is happening around you, and aware of yourself.

If you are worried that someone might interfere with your self-hypnosis session and try to make suggestions to you... You can simply come out of the hypnotic state by opening your eyes. You have complete control while you are under hypnosis!

Learning how to do self-hypnosis is DEFINITELY not a waste of time:

How can learning to improve yourself be a waste of time? Everyone needs improvement in some area of their life and calling it a waste of time to be able to help themselves easily and effectively is non-sense.

Self-hypnosis is something that **everyone should learn**, but the truth is... Not that many people understand how helpful hypnosis can be to improving their life. Most people either think that hypnosis is hard to learn or that it is hard to do, but the simple truth is...

Self-Hypnosis Is Surprisingly Easy To Do!

If you want to change yourself for the better, but have been struggling to accomplish your goals, self-hypnosis is exactly the ticket you've been looking for!

Self-hypnosis has helped many thousands of people achieve their goals all over the world and it can do exactly the same for you!

Why Self-Hypnosis Isn't Used As Much As It Should Be...

If you have ever taken the time to read a self-hypnosis book you know how easy it is to lose interest, get off track, and never implement the strategies in the book. The reason for this is because practically all of the self-hypnosis books available are filled with "filler" and "theory" and they don't have enough "action". They aren't designed to get you up and running with this powerful technique as quickly as possible.

That is the main reason why people lose interest and never "spread the word" about the powerful benefits of self-hypnosis. The poor layout of the book simply didn't work for them and that's the end of it. They throw the book away, return it, or store it on a shelf somewhere, never to be read again!

Learning Self Hypnosis VS Self Hypnosis CD's

One of the most popular things available when it comes to self hypnosis are self hypnosis cd's aimed to achieve a specific goal, whether it be weight loss, quitting your smoking habit, or anything else. You just pop them in, follow along, and you're done... Right? To a degree this is correct, but self hypnosis cds are extremely limited in what you can do with them and how effective they really are...

There are some places set up where you can even get custom hypnosis cds created for you. Usually the prices start at \$100 and just go up from there, it's ridiculous! It's true that customized self hypnosis cds tailored to your specific needs will be more effective, but they can get very expensive.

Also, don't get me wrong here... **It is not necessary to use self hypnosis cds** to be able to use self hypnosis. Self hypnosis is just as effective, if not more, by doing it in "real time" than by listening to the cds. I'll take you step by step through the process of learning how to do self hypnosis so effectively that it's nearly impossible for it not to work for you!

Who Am I ?

By now, you're probably wondering who in the heck this guy is talking to you about self hypnosis and all of its benefits it can have on your life... My name is Adam Murray and I've been researching the topic of self-hypnosis for a long time now. Simply put, I know what works and I know what doesn't work.

I am not a certified hypnotherapist and I'm not going to try and portray myself as one either. There are many products out there related to self hypnosis which are created by mystery men, or people who claim to be hypnotist, just to make a buck or two from you. That's just not right. How can you actually learn from people who lie about who they are? It's not only morally wrong; it's illegal to claim to be a certified hypnotherapist when they are not.

It's actually a good thing I'm not certified, because I don't have any complex theories and my knowledge isn't stuffed with big hypno terms. I'm just a regular, every day person, like you, who has discovered the incredible powers of self hypnosis and how to put them into everyday practical use.

Myth 2 - I Can't Be Hypnotized! :

According to the World Health Organization, 90% of the population can be hypnotized...

The other 10% consists of mostly mentally ill or subnormal, very young children or the very old, or anybody under the influence of hard drugs or alcohol.

So the fact is, YOU can be hypnotized!

The Ultimate Self-Hypnosis Course!

With all of the research that I have done on self hypnosis I know what works and what does not work. When it comes to self-hypnosis there are a lot of books available, but 99% of them contain mostly theory and "filler" that will get you absolutely no where...

I've taken everything I know about self hypnosis and arranged it in a simple, logical, and easy-to-understand course to get you going with self-hypnosis as quickly and efficiently as possible. It's written in a "me talking to you" style with no BIG words or complicated explanations. It's so simple to follow along with and understand that no previous knowledge of hypnosis is required at all.

I am extremely confident that my self-hypnosis course will get you the results that you're looking for so easily and effectively that I am offering a generous "100% No-Risk Guarantee" with this course.

This course is packaged together in .PDF format, meaning that it will be instantly downloaded to your computer, at any time - 24 hours a day! You will be creating lasting changes in your life within seconds of purchasing the course, even if you are on the other side of the world or if its 3am my time. You will receive the downloadable course instantly!

Getting straight to the point, In my opinion, I have compiled one of the most easiest to follow, step-by-step courses to learn how to perform self hypnosis **quickly and effectively guaranteed!**

Self-Hypnosis CAN Help You Lose Weight!

If you've ever been on any kind of diet plan you know how hard it is to stick to all the guidelines and eat what you are supposed to eat... If everyone stuck to the dieting and exercising plan as directed, they would indefinitely lose weight, but most everyone never does... right???

That is where self-hypnosis comes in, the way that self-hypnosis helps you lose weight is **it simply trains your subconscious mind to stay focused and excited about exercising, dieting, and all the other factors involved with losing weight...**

It's like an effortless way to finally be able to stick to a dieting and exercise plan for the first time!

Imagine that you wake up in the morning and you instantly desire to go for a walk. You are full of energy and you simply can't wait to walk out of the door and enjoy the fresh air...

Soon after you come back home and relax for a little, you then fix some cereal or toast for breakfast and you are feeling great about yourself. You go about your normal daily routines

and find yourself becoming a little hungry...

You look in the cabinets to try and find a quick snack or two and you're suddenly reaching for the healthier foods... Without even forcing yourself, you are eating healthier and feeling great!

The same thing goes about trying to **quit smoking** or any other kind of self improvement you are trying to make. It's all about your mindset and it can be changed by using self hypnosis!

I Urge You To Sign Up For Your Free Self Hypnosis Course!

Why you ask? ...

- You'll receive the 7 most important steps of performing self hypnosis effectively...
- You'll get some of the best tips to getting the most "use" out of your personal self hypnosis sessions...
- And also receive the hidden secret of how to achieve any self improvement goal you have by using self hypnosis!

Fill out your name and email right now for instant access...

Name:

Email:

The Power Of Self-Hypnosis Is Amazing!

You can train your mind to do anything you desire it to, even without much effort on your part. If you want to eat healthier, exercise more regularly, break bad habits, be more social, overcome depression, reduce anxiety, or anything else you can think of... **It is possible through the use of self-hypnosis!**

No matter what it is that you wish to accomplish through self-hypnosis, it can be done easily and effectively by following the simple step-by-step instructions in this course.

What You Will Get Out Of The Ultimate Self Hypnosis Course...

- You will learn how to lose weight, quit smoking, build self confidence, or any other goals you may have, through the power of self-hypnosis, in an easy to follow, step by step course, like never before!

- You will learn how you can instantly end a craving simply by touching your finger or picturing a particular image!
- You will be able to lose weight and keep it off without much effort on your part!
- You'll finally be able to quit smoking without any withdrawal symptoms!
- You'll learn a safe and natural method to improve any aspect of your life you desire!
- You will have more energy!
- You will feel more confident!
- You will sleep better at night!
- You can end your depression once and for all and feel happy and enthusiastic throughout your day!
- You will regain your motivation to finally do the things you've wanted to do!
- You will learn the secret of creating your own, customized self hypnosis cds!
- You will receive free updates for life of this course. Whenever I make an update or add another section to this course, I will send out an email to you and you can download the new version free of charge!

The Value Of This Course

You could easily spend over \$100 on one custom self hypnosis cd. Some places charge close to \$300 for a special 4-pack of custom made cd's. Talk about expensive!

If you were to get private hypnotherapy sessions, they usually are in the \$100-\$200 range and they only last about 1-3 hours. Only 20 minutes to an hour is actually the hypnosis part of it and the rest is all about counseling and figuring out your needs (which by the way is important and it is covered in my course). Not to mention, you would need to have continuous sessions for it to be effective. It can easily add up to \$1000's of dollars of therapy, when you could be doing it for yourself for pennies compared to this!

Also, you could easily spend lots of money on the next "lose weight" product, or the latest quit smoking program, but none of that will do you any good if your mind isn't truly set on achieving your goals. Self hypnosis is that key to helping yourself like never before to be able to achieve your goals and stick to your plans easily and effectively the first time around!

With my course, you will not only learn how to perform self hypnosis, but you will learn how to create an endless number of customized self hypnosis cds with a special bonus that I've included. Even at ½ the current rate for customized self hypnosis cds, if you created only 10 of them, that's still worth \$500 dollars right there!

If you charged yourself for the time you spend performing your own self hypnosis sessions, you could easily charge a fair price of lets say \$50/hour. Even after only twenty, one-hour sessions, that would add up to \$1000!

That's why the information in this course is so valuable. You won't have to pay \$1000's for performing your own self-hypnosis sessions, and you won't have to pay someone \$100's upon \$100's of dollars to create you specialized self-hypnosis cds... You can do it all yourself with my course, and it's really easy to do!

I could easily charge \$297 or more for this one of a kind self hypnosis course, because it is just worth so much more than that, but I have decided to price it at a low investment of just \$97 so that any one wanting to improve their life can afford this.



Our No Risk, No Hassle, 8 Week - 100% Money Back Guarantee!

"If for ANY reason you are not 100% satisfied with the Ultimate Self Hypnosis course, we will refund your FULL purchase price and you can even keep ALL of the bonuses!"

This Is Your One Chance To Effectively Change Your Life!

If you finally want to take advantage of the incredible power of self hypnosis with no risk, this is your best chance! You can finally achieve any goal you have been struggling with or make any kinds of changes in your life quickly and easily like never before!

There is no other product out there like this... Sure you could buy a few self hypnosis cds or even read some books already out there on this topic, but that won't get you very far because they both miss a key ingredient...

Self hypnosis cd's are expensive and limited in themselves and **current self hypnosis books lack the step by step system my course is built around!** If I could suggest one thing to you it would be this... Try out my no-risk Ultimate Self Hypnosis course for 8 weeks and then decide if it was worth it to you or not. If you aren't happy for any reason, simply return it and receive an instant refund on the spot!

Secure No-Risk Order Form

Yes! I want to finally improve my life for the better by using the incredible power of self hypnosis.

I understand that I will receive the following instantly...

- The Ultimate Self Hypnosis Course (Format - PDF)
- Six Bonus Self Hypnosis Sessions (Format - mp3's)
- Bonus Guide On How To Create Customized Self Hypnosis Cds (PDF)
- 8 Week 100% Money Back Guarantee
- Unlimited Updates For Life

It will only cost you \$97 for all of the above!

I understand that I have absolutely no risk, because I can simply request a

refund if I am not completely satisfied. I have everything to gain from purchasing this course and I am ready to change my life for the better.

I want access to this course right now!

- Click [HERE](#) To Purchase -



**As My Special Gift, You Will Also Receive
The Following At No Additional Charge...**

**Bonus #1 - Six FREE (35-45 Minute)
High-Quality Self Hypnosis Audio Downloads!**



**Bonus Audio #1 - (Worth \$19.95)
Extreme Weight Loss Easily & Effectively**



- Stop dieting the hard way and take advantage of this amazing self hypnosis session Designed to effortlessly re-program your mind to lose weight easily & quickly!
- Turns away your emotion crazed eating habits
- You'll start losing excess weight easily and as efficiently as possible!
- Using this cd for only a 1/2 hour each day, your subconscious mind will automatically reprogram your mind to make you think completely different about food.

- Automatically adjusts your subconscious mind to view food as something your body needs only for energy

Value: \$19.95

Bonus Audio #2 - (Worth \$19.95) **Instantly Rid Of Your Daily Stress**



- Follow along with this self hypnosis session and instantly reduce your stress level by 110%
- You will feel more relaxed than you have ever been in your life literally within minutes of starting this session
- Also included in this stress relief audio are some amazing "post hypnotic suggestions" to help you maintain your relaxation throughout your long days!
- Self hypnosis is the best treatment for stress relief and by using the progressive relaxation techniques and creative visualization contained in this bonus, you will see immediate results!

Value: \$19.95

Bonus Audio #3 - (Worth \$19.95) **Become More Self Confident In Your Life**



Our subconscious beliefs create our reality. We are what the programming in our subconscious mind perceives us to be.

If there is a belief there that you are "shy", then you will automatically manifest behaviors in your life that are congruent with that belief.

If a person has a belief that they don't deserve success, then they lack the motivation to pursue their goals successfully.

- With this self hypnosis session you can instantly reprogram your mind for unstoppable confidence!
- You will gain a magnetic personality that others find irresistibly attractive and you'll begin feeling more and more confident.
- You'll be able to easily overcome any hesitations you may face in

your day to day life.

- Get rid of your inner self talk that limits your ability to be more confident and really show off your personality!
- You'll begin seeing yourself motivated toward your goals and more confident than ever... because you will truly believe that you deserve success.
- It will help you turn all of your self-doubt into self belief like you have never felt before!

Value: \$19.95

Bonus Audio #4 - (Worth \$19.95) **Laser Like Focus Like Never Before!**



Gain the ability to have extreme focus on whatever task it is at hand. Whether it is for studying, trying to get work done, or even for solving a complex problem...

You will be able to focus like never before with this audio session!

Achieve the perfect state of mind that will allow all wondering thoughts to stop and allow you to completely focus on the task at hand

- Increase your focus by 110%
- This sessions allows you to rid of distractions from your goals and greatly improves your concentration
- End your worry and fear you may have by eliminating your negative thoughts that keep pulling you away from your real goals in life by taking advantage of this extreme focus hypnosis session!

Value: \$19.95

Bonus Audio #5 - (Worth \$19.95)

Improve Your Mental Abilities



Using this bonus session, you can easily and effectively change your beliefs and experiences dealing with studying and actually get turned on to learning!

It's as simple as using this "sleep" self hypnosis audio session when you go to bed.

You will see amazing results in your (or your children's) attitudes towards school and learning.

- Begin to see test scores sky rocket like never before
- It will be far easier to concentrate and it will also be much easier to retain the information that you had studied.
- Studying will not appear boring because you will be able to really concentrate and retain the information you look over.
- You'll be able to spend less time studying and remember more!

Value: \$19.95

Bonus Audio #6 - (Worth \$19.95)

Breathe Fresh Air Again By Ending Your Bad Smoking Habits!



If you have a problem with smoking, aren't you frustrated that nothing has worked so far? "Cold turkey," Nicotine patches, gum or pills?

You know that you want to leave cigarettes behind so you will be healthier, live longer, be more attractive and to please those you love. But it's hard.

- This CD communicates to your subconscious mind that you can still take a break, go outside, have a nice breath of fresh air, spend time with your friends, comfort yourself and reward yourself in other ways.
- This session lets your subconscious mind know that all you are giving up is a bad habit.
- You will lose the constant urges to light up cigarettes as much and

eventually lose the urge all together.

- It will help your mind deal with issues that you currently use the sensation of smoking for.
- Nothing is as powerful when trying to quit smoking as your mind!

Value: \$19.95

Bonus #2 - Create Your Own Custom Tailored Self Hypnosis Cd's Guide

Within this bonus guide, you will learn step-by-step how to create your very own customized self hypnosis cds!

While pre-made self hypnosis cds are good for starting out, they are not custom tailored to your needs. Everyone is different and have their own reasons for why they do what they do.

Being able to create self hypnosis cd's that address these specific "reasons" are, by-far, the most effective. That is why I've created this incredible guide to creating your own customized cds. This alone is worth so much to anyone!

This Step-By-Step Guide Includes...

- Easy to follow steps to create your own self hypnosis cd's for all your self improvement goals you have or could possibly think of
- How to find you're real "reasons" for why you do the things you do
- What you should say in the beginning, middle, and end of your self hypnosis recordings
- The secrets to making your self hypnosis cds highly effective
- Ideas for what you should include within your cds
- How to get the most out of using your self hypnosis cds

As mentioned earlier, customized self hypnosis cd's usually go for around \$100 or more. This bonus guide is worth so much in itself because of the high cost of having these cds made by someone else. You can create as many customized self hypnosis cds with this guide as you desire for not a penny more!

If you created, let's say only 5 cds, you would've had to spend \$500 or more for someone else to create them for you! From that perspective alone, this bonus guide in itself is at least worth \$297 because of the value of what it creates!

Total Value: \$297

Why You Should Order This Course...

There is absolutely no better course available on putting the power of self hypnosis to use as efficiently and quickly as this one here. If you have been struggling with achieving certain parts of your life, whether its a bad habit, a fear or something, or something you just want to be better at, you owe it to yourself to take advantage of this incredible resource I have set up for you.

Remember that there is absolutely no risk on your part to give the Ultimate Self Hypnosis course a try. You have 8 weeks to try it out and if you aren't completely satisfied for any reason, simply ask for a refund and you will get it! I will even allow you to keep all of the bonuses as a thank you for giving my course a try...

Click the Secure download button below to take advantage of this great offer...

You have nothing to lose with this incredible offer. I believe that once you purchase this course and start putting it to use, you will begin to see immediate changes in your life!

[Click Here To Download Immediately!](#)

Purchase the course, give it a read, and begin improving your life today!

P.S. - If you have decided not to purchase this course, I highly recommend that you at least give it a try if you are the least bit interested in easily creating lasting change in your life. And remember, you have 8 weeks to download this course, read through it, listen to all the audio sessions, and then decide whether or not you'd like to keep it!

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