



All About Self-Hypnosis

Richard Webster

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Design your ideal life—easily and safely.

Self-hypnosis is a rewarding and highly effective way to change patterns of behavior and create the life you desire. Whether you want to boost your confidence, improve your memory, release negative emotions, or banish unhealthy habits, you can use self-hypnosis to reprogram your subconscious and achieve anything you want.

Based on decades of study and refinement of his proven methods, Richard Webster tells you everything you need to know about self-hypnosis—a practice that's a lot easier than you might think. Using simple terms, Webster describes how hypnosis works while dispelling common myths surrounding it. He then offers practical, step-by-step guidance, including relaxation exercises and sample scripts that you can use and adapt for your own goals. Learn how to:

- Ease yourself into and out of self-hypnosis
- Tell when you have entered into a state of hypnosis
- Incorporate positive suggestions into your subconscious mind during hypnosis using affirmations, keywords, visualization, and scripts
- Write your own scripts to attain just about any goal

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