
A SUPERB RANGE
OF
SELF-HYPNOSIS
TITLES TO
PROMOTE SAFE,
RAPID CHANGE
AND
WELL-BEING.



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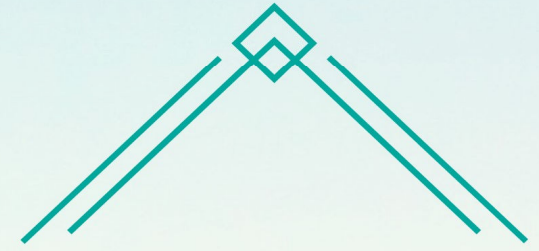


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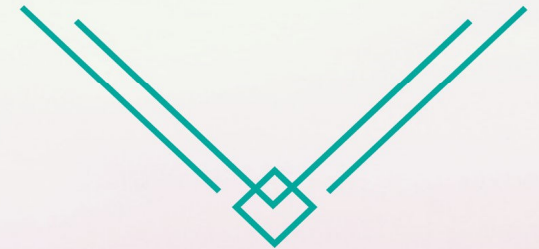


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Self hypnosis recordings



THE NEW YOU

by Katherine Bright ND

NOW ON SALE

Katherine Bright ND is an internationally recognized medical intuitive, naturopath and life coach. An accredited member of the American Alliance of Hypnotists, Katherine has lovingly made each of her range of hypnosis titles to be safely used in the comfort of your own home. All tracks are approximately 20 minutes long and should not be used whilst driving but instead listened to in a comfortable and restful place to assist relaxation.

Hypnosis is like a guided meditation. You do not lose control and do not necessarily fall asleep. Instead Katherine's gentle voice will promote healthy and positive messages which your conscious and sub-conscious mind can assimilate to facilitate change and improved lifestyle for the listener.

Best practice is to listen for 21 days in a row or whenever you are able to provide consistent positive messages your mind will work with effortlessly.

Each hypnosis title has underlying Theta, Delta or musical undertones to assist in the self-hypnosis state.

Enjoy a restful, magical and relaxed way of healing and providing change.



Hypnosis Titles

Abundance
ADD/ADHD
Allergy Relief
Avoid Being A Drama Magnet
Recovering from Anorexia
Dealing with Anger
Dealing with Anxiety
Overcoming Depression
Dealing with Grief
Fear of Air Turbulence
Better Memory
Letting Go Meditation
- Hypnosis to Sleep
Natural Childbirth

Sleep Peacefully
Weight Loss
Unlimited Confidence
Unlimited Wealth
Financial Success
Relaxation – Relief From Stress
Perfect and Radiant Health
Listen To Your Body
Finding Love
Life Balance
Reach Your Health And Wellbeing
Potential As You Age
Creative Visualisation
Self Esteem
Empower And Nurture Yourself
(For Children)
Stop Overanalysing
Perfect Interview
Positive Body Image

and more titles to come!

**Available in CD and mp3 download
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