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self hypnosis is one of many useful techniques for changing negative thoughts emotions and behaviors it can also help you achieve your goals and persevere in the face of setbacks self hypnosis doesn't just help you find a sense of calm though it can certainly help you relax it can also help you address and change unwanted habits and unhelpful thought patterns self hypnosis is one way to get a better understanding of the world that lies within you here's exactly how to do it from a professional hypnotist self hypnosis involves becoming highly focused and absorbed in the experience while giving yourself positive suggestions about ways to reach your goals self hypnosis is an individual practice unlike when you are working with a therapist self hypnosis can be an effective means of inducing calmness and empowering yourself to meet your goals this form of meditation has been proven to alleviate insomnia anxiety irritable bowel syndrome and chronic pain as well as help people quit smoking and lose weight self hypnosis is a process that involves entering a highly relaxed and focused state some research suggests that it can promote sleep and reduce pain learn more

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