

## Beat Shopping Addiction: Shopaholic Self Hypnosis, Hypnotherapy CD



Beat Shopping Addiction: Shopaholic Self Hypnosis, Hypnotherapy CD by Clinical Hypnotherapist Rachael Eccles Resist the temptation to spend, beat shopping addiction with the help of self hypnosis. Those old habits and behaviors can quickly become a thing of the past, as you allow positive change to happen. So take half an hour, listen to the CD and let yourself be guided into a deeply relaxed state where your attention is focused and your body relaxed, the suggestions allow change to happen in the way you feel, and the post hypnotic suggestions ensure these changes continue into everyday life. As the changes happen, you let go of the old self limiting beliefs that have held you back, you are free to achieve your full potential and to take control. You find that in situations where you would have been tempted, you are instead asking yourself, do I really want that? Somehow the power, the joy, the energy has gone from it, you dont need that item, you dont want it, and it is empowering to experience this evidence of you taking control. You dont need to compulsively shop anymore, You can change, just by choosing to, so do it now. Listen to the CD each day for 30 days to gain the full benefit from it. In what feels like no time at all you can be free of this habit, you can let it become a thing of the past.

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