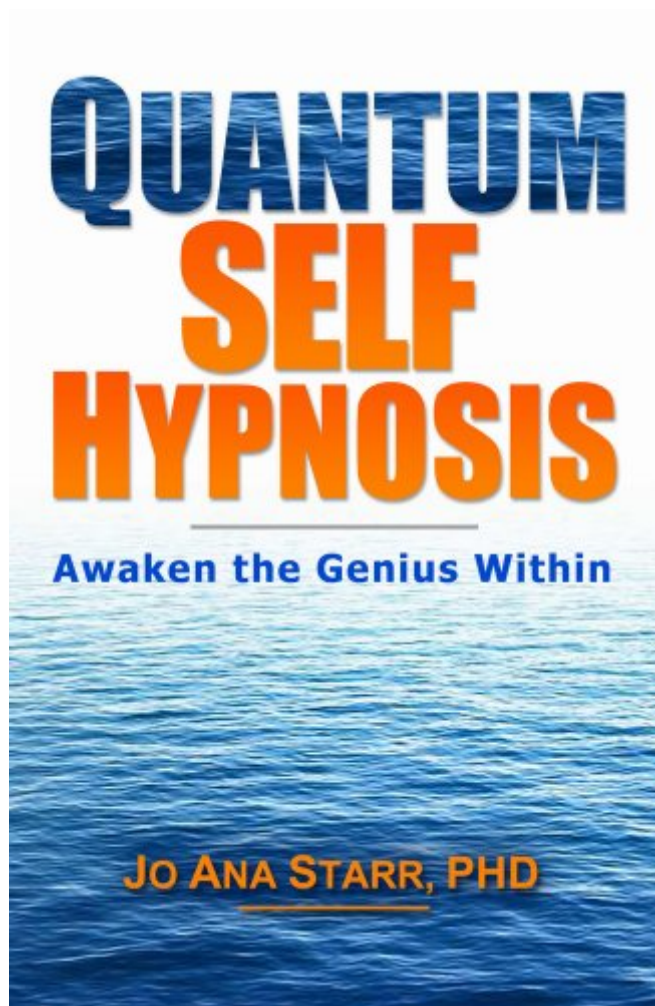


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# Quantum Self Hypnosis: Awaken The Genius Within



## Synopsis

QUICK QUESTION.....CAN YOU BE HYPNOTIZED? This is a quick quiz to help readers determine if they can be hypnotized. 1. Have you ever started to drift off to sleep in your bed and startled awake? 2. Have you ever been driving a car and awakened to find yourself almost home? 3. Have you ever almost fallen asleep during a church sermon? 4. Have you ever almost fallen asleep during a class lecture? 5. Have you ever had a hard time shaking off the emotions that you felt during a show or movie after leaving the theater? And now the good news! If you answered "YES" to 2 or more of the above questions, then you have demonstrated that you can be hypnotized. Hypnosis is really just the ability to let go of the current circumstance and to drop into a deeply relaxed state and you've shown that you can do that. FREE BONUS: as a gift from the author, all readers receive a full length Audio Hypnosis download. Details are included in the book. Quantum Self Hypnosis is designed to help readers to get what they want.....easily. This 250 page, power-packed book fully prepares YOU to take control of your mind and your life! Become empowered to make the changes you've wanted to make by learning how to maximize the hidden genius within! Dr. Jo Ana Starr PhD, CCHT, CHI gives you all the tools you need to create dynamic life changes by giving you 5 client-tested Master Hypnosis Inductions and 20 Self Hypnosis full-length session scripts; these inductions and scripts combine to create 20+ 45 minute Self Hypnosis sessions, not mini-sessions as are often found online. With this book, you can duplicate the process that Clinical Hypnotherapists use to create professional sessions for clients by choosing the right Master Induction and combining it with the hypnosis session script of your choice. You also learn how to create custom sessions by implementing a self-interview process that reveals your motivations and your pay-off triggers, allowing you to target suggestions that will produce your desired outcome. There are even recording device recommendations and a little-known software secret for recording your sessions on your computer for free. Speaking of free, all readers of Quantum Self Hypnosis receive free access to a full-length, professional Self Hypnosis audio session valued at \$59., that was designed to develop user confidence in the process of self hypnosis as well as to embed the hypnotic cadence used by professionals to induce hypnosis in their clients. Users of this Self Hypnosis session download have reported an increased sense of well-being, easier sleep, and a more relaxed attitude that they attribute to the use of this audio Self Hypnosis session. The ideal applications for Self Hypnosis are almost limitless. Maybe you'd like to lose weight, or just lose your love of donuts. Maybe you want to learn to stay motivated and working at your current priorities, or to stop smoking once and for all. For some folks, work or business-related challenges bring them to Hypnosis. Hypnosis used for Sales Success, for

example, is a great application and one that has helped thousands of sales people improve their sales numbers. How much would your life improve if you could quickly, pleasantly and easily gain focus and pinpoint concentration? Would you like to lose those "senior moments" that I've even heard 30 year olds complaining about? We all have some aspect of our lives and our belief systems that could use a bit of upgrading. Self Hypnosis is the fastest and easiest way to give your life a quick and affordable facelift. Quantum Self Hypnosis will help you to access all the genius abilities hidden in your mind and put that genius to work helping you to create the life of your dreams! You are a few dollars and a few hours away from improving your life in ways you can only imagine right now. Take the action that can change your life

## **Book Information**

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## **Customer Reviews**

As a certified Hypnotherapist for 9 years, I have read what seems like a never-ending stream of books on self improvement, self hypnosis and NLP. Done right, and as the author stresses, self hypnosis can accelerate positive changes faster than 100 self-improvement seminars. Dr. Starr provides the key to the motivated reader to unlock his/her mind and the tools for him/her to make the change from "I need to..." or "I have to..." to "I want to..." a requirement for any changes on a

subconscious level. The book peels away the mystique of hypnosis for the inexperienced and explains it directly and to the point. The brief history makes it clear how long hypnosis has been around and used effectively by some of the early pioneers in the field. While Neuro Linguistic Programming (NLP) is touched on, nevertheless, I was surprised by the lack of mention of Milton Erikson, widely considered to be the "father of modern hypnosis", especially given the number of NLP-like language patterns in the opening chapter of the book which seeks (and succeeds) to get the reader excited about the possibility of real positive change through the use of self hypnosis. Everyone has something about themselves or their life that they want to change. The price on this book is low relative to other books, certainly cheaper than a self-improvement seminar. Why rely on someone else to tell one's self that change can happen and he/she has the power to make it happen, when the most authoritative (one's own) voice can do it much more effective and authoritative manner. As human beings, we talk to ourselves to some degree all the time, why not make the most effective use of those "conversations" and drop stress levels in the basement at the same time? This is definitely worth a good, open-minded look. Daniel Hetrick C.Hyp

I've read a few self-hypnosis books through the years, looking for ways to incorporate it into my life. Those read in the past were either too technical or too lacking to be of any use. I found nothing that worked as advertised. And then I read Quantum Self Hypnosis: Awaken the Genius Within. Wow, Dr. Starr laid everything out for me in simple, layman, easy-to-read instructions that allowed me to achieve the hypnosis state almost immediately. She really knows her stuff. I wanted to be free of some stressors that were interfering with my work process. I'm a writer and have been struggling to clear the mind to create. Using the Self Hypnosis scripts contained in the book I felt a nearly instant impact. After the first session I was able to get through a project I have been struggling with for weeks. I'm looking forward to further enhancement when Dr. Starr launches the accompanying Member only website. What an amazing book! The skills learned here are changing my life. If you are struggling with stress, smoking, weight, emotions, or just want to know more about self-hypnosis, this is the book for you!

Interested in Hypnosis? Well if so, you need to get this book! Unlike others books that just give you facts about hypnosis, Dr. Starr book, Quantum Self Hypnosis, teaches you how to actually use hypnosis! The book contains 20 self-hypnosis scripts, 5 master inductions, a count-up script, and a path script. These are full length scripts, not the usual partial scripts found in other hypnosis books. The advantage of full scripts is that you really get a feel for conducting your own hypnosis sessions.

After reading this book I feel I am ready to start experimenting with self-hypnosis myself, and I can't wait to get started. The book is well written and easy to understand. Dr. Starr does an amazing job in presenting the material! Quantum Self Hypnosis has 250 pages packed with knowledge on hypnosis, but don't let this scare you. This book is written in a way that it will keep you interested till the very last page! The pages and chapters just seem to fly by, and before you know it, you are ready to put your new found knowledge of hypnosis to the test!

About 30 years ago I was a serious practitioner of self-hypnosis. I had trained myself to do amazing things - especially being "in charge of self." Somewhere I lost that gift and have wanted to come back to it. Of all the books I have read on the topic, this is the absolute best ever. If you really want to learn self-hypnosis, this is the book for you.

I downloaded this recently from another e-book site, to head off a few bad habits that were affecting my social relationships (okay, smoking) I was impressed by the doctor's straightforward approach. A teacher for 20 years, and a PhD, Dr. Starr's book reflects her knowledge of the subject combined with years of teaching techniques to others. The authors' style is conversational, and manages to convey her message by using everyday situations that the reader can relate to while still providing ample explanation of the history, and differences in techniques. This book emphasizes customizable sessions, which was important to me, and includes implements of meditation, and other proven techniques. Information is also included on how to record your own script, and where to find good equipment. I am excited to say I am seeing some results, and can continue the sessions in the privacy of my own home.

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