



# The New You - Transform Your Personality: Hypnosis & Subliminal

*Erick Brown Hypnosis*

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## **The New You - Transform Your Personality: Hypnosis & Subliminal** Erick Brown Hypnosis

Would you like to transform your personality into a "new" you? Do wish you were more confident, charismatic, magnetic, or positive? You have the power to change your mindset and create a more positive, vibrant "you" that showcases who you truly are to the world with this hypnosis program from Erick Brown.

*The New You: Transform Your Personality Hypnosis* will help you create a more positive mindset and give you the boost you need to become the person you want to be. Powerful suggestions for deep relaxation and positive change will be received by your subconscious, removing self-defeating thoughts and limiting beliefs, and increasing your confidence, openness to yourself and others, and will help you uncover the "new you" that will wow yourself and those around you.

*The New You: Transform Your Personality Hypnosis* includes an instructional track and three hypnosis tracks for you to choose from:

One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation. /ul>In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress. Also included on this audio book are five subliminal chapters. These subliminal chapters are designed to be listened to at anytime, day or night. Do not listen to them while operating a moving vehicle. They include: "Focus on the Journey" "Opening Pathways" "Create the Powerful You" "Powerful Positive" "Drop the Inner Critic" Why wait another day? Change your mindset and let your true self shine through!

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