



Social Anxiety & Phobia Help Hypnosis: Find Inner Peace & Be Comfortable with Crowds, Guided Meditation, Self-Help Subliminal, Binaural Beats

Rachael Meddows

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Feel more comfortable and at peace around crowds and out in public. Learn how to enjoy meeting new people and exploring new places. Feel calm and centered in unfamiliar situations. Overcome your social anxiety and phobias with this hypnosis program from Rachael Meddows Hypnosis.

Let *Social Anxiety & Social Phobia Help* increase your sense of calm and control and help you release from your anxiety. Your subconscious mind will receive hypnotic suggestions for positive change that will allow it to let go of negative blocks and help you to find calm and inner peace in stressful situations. Find emotional self-control and peace using hypnosis. Don't wait another day. Overcome your social anxiety today!

Social Anxiety & Social Phobia Help includes an instructional track as well as three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change. Approximately 20 minutes of relaxation induction. One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. Approximately 20 minutes of relaxation induction. And one containing a short induction that allows you to fall into a deep state of relaxation quickly. Great for those who are short on time or for those experienced in hypnosis and familiar with the induction process. Approximately 10 minutes of relaxation induction. Bonus Sleep Subliminal included as fifth track.

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