



# Overcome Fear of What Others Think Guided Self Hypnosis: For Secure Self Confidence with Bonus Affirmations

*Anna Thompson*

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## **Overcome Fear of What Others Think Guided Self Hypnosis: For Secure Self Confidence with Bonus Affirmations** Anna Thompson

This *Overcome Fear of What Others Think* guided self-hypnosis program was designed to assist the listener in gaining a solid sense of self, releasing cares and concerns related to the opinions of others, and gaining healthy, secure self-confidence. The hypnosis induction features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies), and as an extra bonus, an exciting and powerful drum journey, bodywork track. Using an alternate induction, hypnotic drum beats, and posthypnotic suggestions related to overcoming fear of what others think, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body and spirit. Written and narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist.

Life is short, live it well.

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