



Stop Panic Attacks: Create Inner Peace: Self-Hypnosis & Meditation

Erick Brown

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Do you experience panic attacks on a regular basis and are looking for a natural way to control them? Do you wish there was a fast solution to overcome anxiety attacks without resorting to medication? Don't let anxiety control your life and keep you from experiencing life at its fullest. Release the anxiety and create inner peace and control with this hypnosis program from Erick Brown Hypnosis.

Stop Panic Attacks: Create Inner Peace Hypnosis will help you get to the root of what's causing your anxiety, then help you release from it and soothe worry and stress away. Powerful suggestions for deep relaxation and positive change will be received by your mind, helping you to deeply relax your body and mind, and giving you valuable tools to create inner peace and calm during stressful situations.

Stop Panic Attacks: Create Inner Peace Hypnosis includes an instructional track and 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. 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. And 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.

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 audiobook are five subliminal chapters. These subliminal chapters are designed to be listened to any time, day or night. Do not listen to them while operating a moving vehicle. They include: "Deep Relaxation Meditation", "Drop the Inner Critic", "Brain Banding", "Laser Focus", and "Create the Powerful You".

Don't let panic attacks control your life. You deserve to feel great and be worry-free, and hypnosis can help.

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Rose Miller:

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Elvis Harris:

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Tammy Carver:

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