



# **Autohipnosis para una vida mejor (Medicinas complementarias) (Spanish Edition)**

*William W. Hewitt*

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• Una guía práctica, concisa y útil que permite al lector crear sus propias sesiones de autohipnosis. • La obra tiene un enfoque original e interesante y presenta textos para situaciones y problemas muy diversos. • El autor, William W. Hewitt, cuenta con más de treinta años de experiencia como hipnoterapeuta.

Un método tan sencillo como eficaz para reprogramar la mente a nuestro favor.

La hipnosis consiste en inducir un estado de relajación profunda en un sujeto con el fin de acceder a su mente inconsciente, mucho más receptiva a las sugerencias que el pensamiento consciente: no discute, no racionaliza, no argumenta en contra de nuestros deseos. Se limita a obedecer.

A partir de este principio contrastado clínicamente, William W. Hewitt, hipnoterapeuta con largos años de experiencia, acerca a los lectores una técnica rápida y segura para cambiar patrones de conducta y de pensamiento: la autohipnosis.

Dejar de fumar, reducir el estrés, vencer el insomnio, controlar el peso, superar miedos y fobias, atraer el amor, aumentar la confianza en uno mismo... Autohipnosis para una vida mejor facilita al lector todas las herramientas que necesita para convertirse en su propio hipnoterapeuta, incluidos veinte textos diseñados para crear cambios duraderos y significativos en todas las áreas de la vida.

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