



Hypnosis for Success: Learn How to Tap Into the Potential of Your Mind

Alicia D. Cramer C.Ht.

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Hypnosis is a fascinating and powerful technique for transformation, although greatly misunderstood. While the practice of hypnotherapy is relatively modern, hypnotic methods have been used throughout history in virtually every major culture around the world. Today, hypnosis is recognized for its valuable contribution in the fields of medicine, psychology, personal development and sports performance. Author Alicia D. Cramer C.Ht. takes you on a journey; beginning with her story of triumph after a traumatic sexual assault. Alicia shares how she transformed her life and built a successful business with the help of hypnosis. Next, she walks you back through time, introducing you to the fascinating history of hypnosis, and how it has developed into what it is today. Her passion for empowering others is evident as she teaches you how to effectively use self hypnosis to increase confidence and achieve your goals. Throughout the book Alicia shares insider tips to help YOU Recondition Your Mind for Success!

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