

# Download Hypnosis And Self-hypnosis

Self-hypnosis or auto-hypnosis (as distinct from hetero-hypnosis) is a form, a process, or the result of a self-induced hypnotic state. Frequently, self-hypnosis is used as a vehicle to enhance the efficacy of self-suggestion; and, in such cases, the subject "plays the dual role of suggester and suggestee".Self Hypnosis Most people who have heard of hypnosis believe that hypnosis is done for entertainment, but the truth is that hypnosis is also done for medical and therapeutic reasons.The Higher Self Hypnosis Center was founded by Laureen Dunne in 1993. Since that time, she has helped numerous clients overcome behavioral challenges.Self-hypnosis is a naturally occurring state of mind which can be defined as a heightened state of focused concentration. With it, you can change your thinking, kick bad habits, and take control of the person you are—along with relaxation and destressing from everyday life.