

Life is not fun when you are stressed. There are many causes of stress, not limited to work, family and health issues. However, often it is out incorrect coping mechanisms that make stress more debilitating than it should be. You are not broken! All self-limiting beliefs, phobias and bad habits are simply bad programs buried in the unconscious area of the mind. Willpower is entirely ineffective in dealing with these issues because you are prevented from accessing the source of the problem. Craig Beck is a master hypnotist, a world-renowned respected timeline therapist and NLP master practitioner. Craig understands what makes people tick and more importantly how to access and remove the erroneous programs in the subconscious mind that cause us problems in everyday life. Designed to quickly help you improve your ability to cope with stressful situations. Unique speed hypnosis technique for rapid results Easy to use on any device including smartphones Rapidly reduce stress in your life. A highly effective solution to long term stress issues. Replace your self-doubt with a new constructive habit

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