



# More Instant Self-Hypnosis: "hypnotize yourself as you read"

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From the author of the bestselling *Instant Self Hypnosis* comes this long-awaited sequel. Using the eyes-open hypnosis method, it includes new scripts, tips and secrets to achieve more in your life!

There's nothing to memorize or scripts to record. It's uncomplicated, quick, effective and fun. This book presents a foolproof way to get results in about 15 minutes per day. In days you can hit your targets. Just read to succeed.

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It features:

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- Master Induction 2.0
- how self hypnosis helps you succeed
- lessons and stories that offer an interactive, immersive experience
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