



# Supercharge Your Soccer Game with Hypnosis and Meditation: Sports Confidence and Ultimate Focus

*Erick Brown*

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## **Supercharge Your Soccer Game with Hypnosis and Meditation: Sports Confidence and Ultimate Focus** Erick Brown

Be the best soccer player you can be, get in the zone with your play, and gain the subconscious edge on your opponents with this hypnosis program, *Supercharge Your Soccer Game with Hypnosis and Meditation: Sports Confidence and Ultimate Focus* from hypnotherapist Erick Brown.

This special hypnosis program will increase your focus and awareness as an athlete, and help you be a better, more energized and focused soccer player.

Powerful suggestions for deep relaxation and positive change will be received by your mind, removing self-doubt and limiting beliefs about your athletic abilities, and help increase your focus, stamina, and motivation to work out and practice to become better at soccer.

This program includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change. One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. And one containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

The last track of this program is a Deep Sleep Bonus Track, designed to deeply relax your body and mind so that you can sleep the whole night through.

Also included on this hypnosis program are four meditation and affirmations tracks. These tracks for confidence are designed to be listened to at anytime, day or night.

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