



# **Self-Empowerment Guided Self Hypnosis: Setting Boundaries & Saying No for Healthy Relationships with Bonus Affirmations**

*Anna Thompson*

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This "self-empowerment" guided self-hypnosis program was designed to assist the listener in gaining a positive, confident sense of self, enhancing relationship and communication skills, gaining an increased ability to listen to and trust the self, gaining healthy internal and external boundaries, and saying no when needed. The hypnosis induction features isochronic tones, which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies), and as an extra bonus, an exciting and powerful drum journey and bodywork track.

Using an alternate induction, hypnotic drum beats, and posthypnotic suggestions related to mind integration, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body, and spirit.

This audiobook is written and narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. For more information about Anna Thompson, please visit [www.askannathompson.com](http://www.askannathompson.com). Life is short, live it well.

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