

# [PDF] Higher Brain Function: Boost Your IQ (Self-Hypnosis & Meditation)

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## Books Details:

Title: Higher Brain Function: Boost

Author:

Released: 2012-07-17

Language:

Pages: 16

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## Description:

Do you feel like your mind is so overwhelmed with to do lists, plans and obligations that you can't think straight? Do you wish you could organize your thoughts better and multitask at a higher level? Most adults these days have trouble mentally keeping up with the fast pace of life, but this book from Erick Brown Hypnosis can help you multitask and boost your brain function today.

This hypnosis book can be used in several ways. It is designed to be both a resource for professional and trainee hypnotherapists, as well as for people who want to create their own hypnosis recordings (for personal use only). It is an easy-to-use guide that can be tailored on a person-to-person basis.

There are three main parts to the script: the induction, hypnosis patten, and endings. We have included both “sleep” and “wake” endings for your convenience. The induction is a unique version of the standard “staircase induction” used by many professional hypnotherapists.

The entire script is intended to be delivered in normal tone with normal breathing, making sure to honor the pause breaks for at least 15 seconds or longer.

We know that it can be difficult to function productively in your fast paced life, so let Erick Brown hypnosis give you the tools to succeed.

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