



Boost Your Self Esteem for 10-15yr olds: Delete Negative Unhelpful Beliefs and Reprogram Your Thinking into a Positive Mindset (Lynda Hudson's Unlock ... "Unlock Your Life" Audio CDs for Adults)

Lynda Hudson

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Is your child being held back by a lack of self esteem and confidence? Why not try this gentle & relaxing, self help hypnotherapy CD / Download for young people aged about 10-15 years? It helps them RECOGNIZE AND PLACE A VALUE ON THEIR INNATE GOOD QUALITIES. With regular bedtime or other quiet time listening they are helped to FEEL MORE CONFIDENT AND COPE MORE EASILY IN A VARIETY OF SITUATIONS in their daily life. They imagine their mind as an inner computer where they seek out and DELETE ANY UNHELPFUL DISPARAGING BELIEFS ABOUT THEMSELVES. They re-set their self esteem program with positive messages so they have respect for themselves, are more keen to try new things, learn from mistakes instead of blaming themselves, and generally enjoy being their own person. This SUCCESSFUL APPROACH is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of children world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. The recording uses state of the art technology. Regular listening is the key to success!

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Mary Perry:

The guide with title Boost Your Self Esteem for 10-15yr olds: Delete Negative Unhelpful Beliefs and Reprogram Your Thinking into a Positive Mindset (Lynda Hudson's Unlock ... "Unlock Your Life" Audio CDs for Adults) includes a lot of information that you can understand it. You can get a lot of help after read this book. This particular book exist new expertise the information that exist in this guide represented the condition of the world right now. That is important to yo7u to understand how the improvement of the world. This book will bring you in new era of the glowbal growth. You can read the e-book on the smart phone, so you can read it anywhere you want.

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