

Build A Better Person Hypnosis Script Manual

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This pdf file contains a complete list of all the scripts included in this manual.
(Includes 20 royalty free scripts)

1. Anxiety Release – Instant
2. Becoming Present
3. Believe Something Wonderful Is About to Happen Today
4. Calming an Overactive Mind
5. Clearing Negativity
6. Courage, Confidence and Inner Power
7. Creating A Safety Bubble Around You
8. Creating Inner Peace
9. Dealing with Loneliness
10. Eliminating Self-Sabotage
11. Enhance Your Focus
12. Evening Wind Down
13. Gratitude – Enhancing
14. Happiness Frequency
15. Is it Fun Being You? (Being happy for no reason)
16. Panic Relief
17. Release Judgment of Others
18. Self-Love
19. You Are a Success Magnet
20. Weight Loss 2.0 (Indirect Technique)