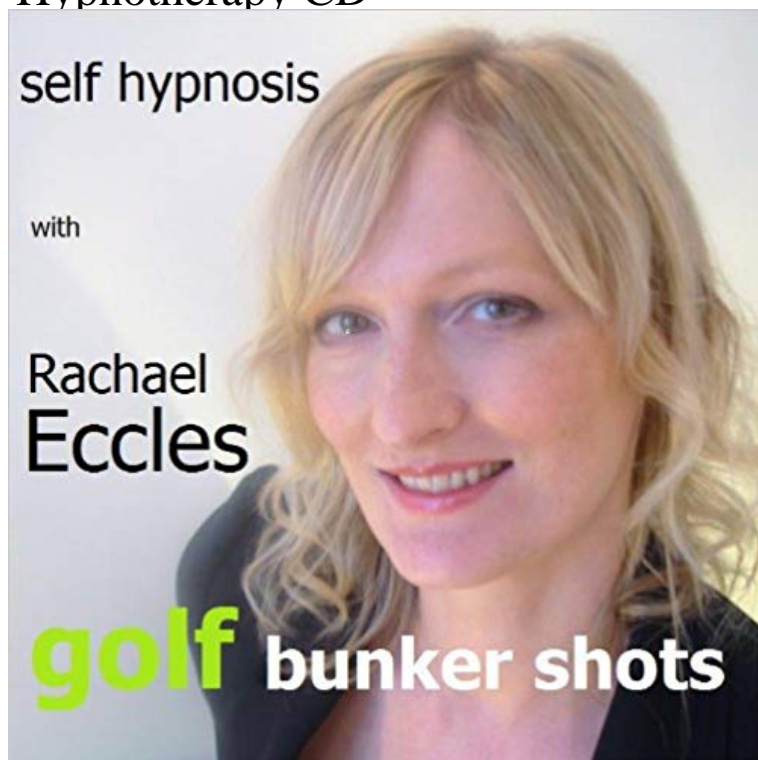


Golf, Bunker Shots: Confidence under Pressure, Self Hypnosis, Hypnotherapy CD



Golf, Bunker Shots, Self Hypnosis CD by Clinical Hypnotherapist Rachael Eccles
Hypnotherapy is a proven means of improving your game, this hypnosis CD uses sports psychology techniques to help you get focused and in the zone. Concentrating on bunker shots and on giving you focus and confidence when under pressure, with continued use, your focus improves and anxiety dissolves. So all you need to do is take half an hour and relax while listening to the CD. Allow yourself to be guided into a deeply relaxed state, where your attention is focused and your body relaxed. The suggestions allow change to happen in the way you feel, and the post hypnotic suggestions ensure these changes continue into everyday life. As the changes happen, you let go of negative expectation, all those self limiting beliefs that have held you back, you are free to achieve your full potential, to play just as well as when you are practicing and there is no pressure at all. Listen to the CD every day for 30 days to overcome this sticking point, and maybe try one of the other titles from the Golf Hypnosis range by Rachael Eccles

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