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Master Self-Hypnosis in a Weekend presents GIVE STRESS THE FINGER: Massive Action for Stress Management, Anxiety, Stress Relief (Volume 2)

Rick Smith

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It's True! You Really CAN Learn How to Master Stress... In A Weekend!

Stressed? Anxious? It's time for MASSIVE ACTION...

There are plenty of books about Stress, so why would the world need another one, and what makes this one different?

Well, maybe you are dealing with Stress or Anxiety for the first time, or maybe you've suffered for years, and nothing else worked. Whatever the case, you're looking for **Results**, otherwise you'll probably waste a lot of time and come away disappointed and disillusioned. You need a **System**.

New from Rick Smith, Author of the Best-Selling "How to Master Self-Hypnosis in a Weekend"…

In **HOW TO MASTER STRESS IN A WEEKEND** you will learn;

- Why Stress is so dangerous to your health and well-being, and why you need to attack it head-on if you are to reclaim a healthy balance and happiness in your life.
- What are the tired old 'conventional' approaches to Stress Management and Anxiety Relief, and why many of them simply don't work.
- The remarkable power of Self-Hypnosis, and how you can *easily* train yourself in just one weekend, so that you'll have a Secret Weapon to use, anytime and anywhere that stress attacks.
- How to take **Massive Action** to lift yourself out of inappropriate work or relationship situations which are causing your deadly, chronic stress.

Includes Four Powerful Hypnosis Recordings that will Change Your Life!

More than 5000 Downloads in the last three months alone!

With this book, you'll have unlimited free access to the complete 'Master Self-Hypnosis in a Weekend' recorded script program, to download to your PC or Portable Device. More than 5000 people have downloaded these scripts since the program launched in February 2014. Here's just a sample of what some of them had to say (Genuine Amazon Verified Reviews)...

- *"Most importantly, the book and exercises DO WORK! I had 10 sessions with a professional hypnotherapist some years ago, and this book by Rick Smith produced equal or better results, as far as depth and quality of hypnotic state are concerned."*
- *"I can now confidently say I can put myself in trance rather easily. I will now start on my specific goals. The process described in the book is simple but effective which is perfect for me."*
- *"This is a clever system, neatly packaged with all the recorded scripts and explanations so that you always know exactly what to do."*

Many stress and anxiety books nibble away at the symptoms without drilling down to the root causes. That’s not what this one is about. There’s nothing ‘gentle’ or ‘new-age’ about this approach. This book gives you the brutal truth about what stress is trying to do to you, and a decisive and effective battle-plan to combat it.

Quickly master simple and effective techniques for Stress Management, Anxiety, Stress Relief and Stress Reduction.

No-one is born to be unhappy, so do something about it!

Click NOW on ‘Look Inside’ and read Chapter One Free!

(This book was first published in April 2014, under the title "Give Stress the Finger")

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David Patton:

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