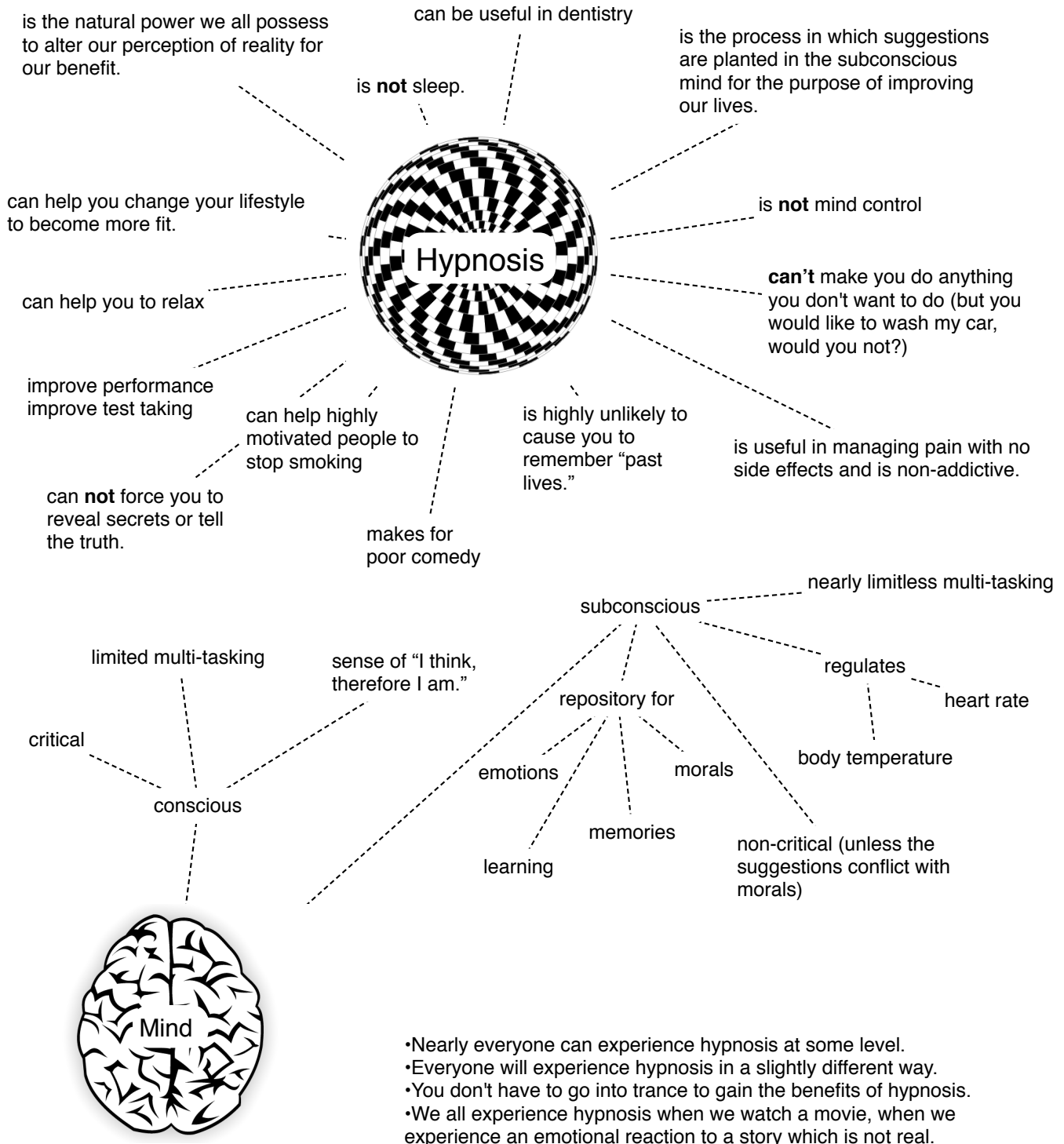


# Hypnosis in a Nutshell

FREE audio: <http://tinyurl.com/L8C84HG>

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- Nearly everyone can experience hypnosis at some level.
- Everyone will experience hypnosis in a slightly different way.
- You don't have to go into trance to gain the benefits of hypnosis.
- We all experience hypnosis when we watch a movie, when we experience an emotional reaction to a story which is not real.