

OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

THE SELF HYPNOSIS PROGRAM  
AUDIO CDS

OUR MOTTO:

BE PROACTIVE.  
TAKE CHARGE OF YOUR CAREER.  
LOOK AFTER YOUR HEALTH.

# THE SELF HYPNOSIS PROGRAM: AUDIO CDs

## FEATURES OF THE SELF HYPNOSIS PROGRAM: AUDIO CDs

The SELF HYPNOSIS PROGRAM: AUDIO CDs is a series of CDs for managing anxiety, sleeping difficulties, stress or tension as well as for relaxation.

The CDs draw on Ericksonian hypnosis and Neuro-Linguistic Programming. The CDs are individually tailored for the people they have been prepared for. In this regard, Rachel will assess each person's unique needs before preparing an audio CD on their behalf.

CDs are approximately 20 - 30 minutes in length.

## WHERE CAN I PLAY THEM

The CDs can be played on a Microsoft-compatible computer. They can also be played on most CD players.

The CDs are best played in a quiet, comfortable environment that is free from distractions. It is often useful to take telephones off the hook, turn off mobile phones, turn off TVs, dim the lighting and position oneself on a comfortable sofa or recliner.

## THE FEES

Audio CDs are available at the rate of \$33. A \$5.50 postage and handling fee will apply if delivered through the mail. Fees can be paid by cash or cheque at the time of the order. Fees include 10% GST.

## ORDERS AND ENQUIRIES

Orders for audio CDs can be made in person or through any recent issue of HQ<sup>®</sup>. Orders will be processed within five working days from the receipt of prepaid orders.

Enquiries can be made by email ([rachela@ozemail.com.au](mailto:rachela@ozemail.com.au)), telephone or text message (0418 149 506).