



RACHEL ABRAMSON & ASSOCIATES

smoking • weight • career guidance

Psychologists, Career Counsellors, Hypnotherapists and Relationship Counsellors



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.

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THE SELF HYPNOSIS PROGRAM: AUDIO CDs

FEATURES OF THE SELF HYPNOSIS PROGRAM: AUDIO CDs

The SELF HYPNOSIS PROGRAM: AUDIOS are a series of self hypnosis audios for managing anxiety, sleeping difficulties, stress, tension and general relaxation.

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

Audios are approximately 20 - 30 minutes in length. They can be provided on a CD or emailed as an electronic file. In either case, audios are saved in *.wav format.

WHERE CAN I PLAY THEM

Self hypnosis audios can be played on most Microsoft-compatible computers. They can also be played on most CD players.

The audios 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 any lighting and position oneself on a comfortable sofa or recliner.

THE FEES

Self hypnosis audios are available at the rate of \$35. A \$7.50 postage and handling fee will apply if delivered through the mail. Fees are paid by cash or cheque at the time of the order and include 10% G.S.T.

ORDERS AND ENQUIRIES

Orders for self hypnosis audios can be made in person or through any recent issue of HQ[®]. Orders will be processed within five working days from the receipt of prepaid orders.

Enquiries can be made by telephone, text message, (0418 149 506), or email (rachela@ozemail.com.au). Further information can be obtained by visiting rachel-abramson-and-associates.com.au.