



Getting over a Break up Guided Self Hypnosis: Move on & Mend a Broken Heart, Closure for Relationships with Affirmations

Anna Thompson

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This *Getting over a Breakup* guided self-hypnosis program was designed to assist the listener in gaining closure, releasing unhelpful emotional ties, releasing unhelpful relationship patterns, and gaining confidence for the future. The hypnosis induction features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies) and as an extra bonus, an exciting and powerful drum journey, bodywork track.

Using an alternate induction, hypnotic drum beats and post-hypnotic suggestions related to getting over a break up, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body and spirit. Written and narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist. Accomplish your goals and create the life you've always wanted starting today.

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