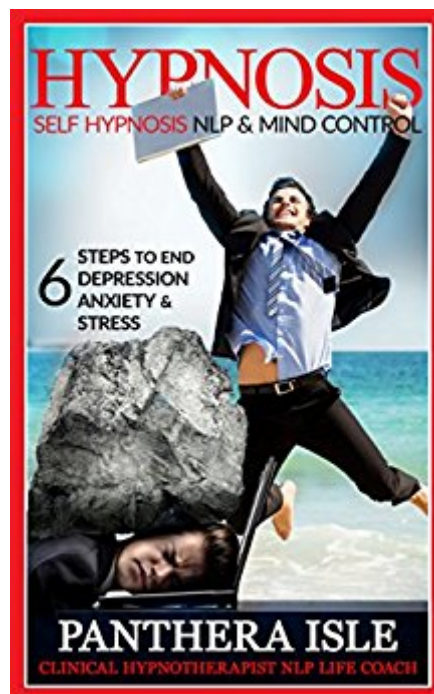


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Panthera Isle is a clinical hypnotherapist and NLP Life Coach whose goal in writing this very brief book is to introduce the concept of self hypnosis as a means of controlling or conquering anxiety, depression and stress. Stress, anxiety and depression need little definition for most all of us as we pass through various levels of these three intruders daily. The concept of dealing with these maladies through self-hypnosis is what will draw most readers to this book. And because of that Panthera offers insights into hypnosis “ ^Hypnosis is a state of human consciousness involving focused attention and reduced peripheral awareness, and an enhanced capacity for response to suggestion. Hypnosis is indeed a deep and technical subject; however, in this book you will learn how to use simple hypnosis techniques to help you deal with depression, anxiety, and any negative emotion and replace it with positivity.” ^™ And more particularly the subject of self hypnosis is not only defined but taught here: “ Sit in a chair with your feet on the ground. Close your eyes, take a deep breath, and relax. Take another deep breath and hold it..... exhale and relax. Now I want you to relax your eyes completely. Hone in on all the muscles that are around the eyes. Just relax them completely; allow that to happen. I want you to relax them so completely that even if you tried to open them, your eyes would remain closed. That’s right, very good, now stop trying. Now take that relaxation and allow it to spread out to the rest of your body; let it also expand to your forehead. That’s right. Your cheeks, your jaw is relaxed, your neck, now your shoulders are relaxed. With every breath you take, you are becoming more and more relaxed. Breathing that way means you’ll go even deeper.

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