



# **Overcome Codependence Guided Self Hypnosis: For Healthy Boundaries, Self Esteem & Relationships With Bonus Affirmations - Anna Thompson**

*Anna Thompson*

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This *Overcome Codependence* guided self-hypnosis program was designed to assist the listener in gaining a solid, positive sense of self, gaining improved internal and external boundaries, self-healing from childhood experiences, gaining self-empowerment and self-love, gaining improved communication abilities, releasing shame, and regaining a positive sense of relationship with the self and others. This audiobook was designed to be listened to several times in order to approach the varying symptoms and causes of codependence one at a time. Codependence is a multifaceted and somewhat complex manifestation of early dysfunctional attachments, therefore, in severe cases, this resource is best used in conjunction with a qualified mental health provider.

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 posthypnotic suggestions related to mind integration, 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.

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