



# eHypnotapes: Tension Relief

*James E. Walton*

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## **eHypnotapes: Tension Relief** James E. Walton

Quickly release stress and overcome anxiety with this highly praised hypnosis treatment. Dr. James E. Walton has developed an effective hypnosis procedure for helping people transform their feelings of stress and anxiety into feelings of calm empowerment.

This unique hypnosis treatment works together with the unconscious mind to convert stressful, negative, self-defeating thoughts into positive thoughts of focus, empowerment and centeredness.

Dr. Walton's powerful hypnosis experience creates a highly receptive alpha state that works with the unconscious mind to help you champion through stressful situations with confidence by assisting your unconscious mind in replacing those distracting feelings of stress, preoccupation, and obsession with feelings of calm empowerment, centeredness, and focus.

When you are calm and centered, you are more effective with the other people around you, you gain their respect, you are able to make better decisions, and you are more effective and productive in your daily activities

This CD is excellent for people with job or personal stress who want to improve their performance and sense of personal power. It can also benefit students who want to improve their focus, concentration and retention.

This uniquely soothing CD is not only an effective treatment for releasing stress and anxiety, it also provides you with exceptionally helpful guidance and strategies for getting the most out of your day while reducing stress and tension.

If this CD is for you, then get ready to transform your life with an amazingly effective treatment that has helped thousands of others regain a sense of calm in their daily lives.

You can begin experiencing complete stress relief within minutes of listening to Dr. Walton's "Tension Relief" therapy program.

Not only will you receive up-to-the-minute assistance on how you can create a stress-free experience in a hectic world, you will also learn how to use stress to make positive changes in your life and how to change your thoughts to change your feelings. You'll also receive an actual hypnosis session designed to help you maintain tranquility even when facing the most stressful of situations while, at the same time, maintaining a sense of sharp mental clarity.

Additionally, you'll receive a therapeutic meditation for improving your focus and concentration that can actually help improve your productivity while helping you to remain relaxed!

By purchasing this amazing program, you will have unlimited access to the power of a drug-free serenity right in the comfort of your own home.

The stress relief process found on this CD based therapy program is simple, safe and above all else affordable.

It can be that simple and easy to let go of stress!

Order eHypnotapes: Tension Relief Today and:

- \* Get fast, effective help with personal stress and social anxiety from a prominent LA doctor. Every ounce of information contained in this 52 minute-long CD can help you harness the power of your mind to help you achieve a more relaxed life.
- \* Discover how to separate facts from feelings... a common mistake most people make leading them to more stress in their lives and relationships.
- \* Learn how to effectively ask for what you want and reduce social anxiety under any circumstances.
- \* Unlock 88% of your thought capacity that can be used to alleviate stress.
- \* Learn the "triggers" that immediately bring you peace, centeredness, and stress relief no matter where you are... all By Just Rubbing Your Fingers Together.
- \* Receive helpful tips you can use anytime to reduce or eliminate personal and social anxiety.
- \* Get an effective hypnosis session right on the CD to immediately relieve your stress and social anxiety.
- \* Included is a guided daily meditation to enhance your focus and concentration complete with directions for beginners. This deep breathing exercise is invaluable for maintaining a sense of centeredness and calm while taking the listener on a healing journey of inner-peace and serenity.
- \* Discover a natural, safe, drug-free, highly effective way to alleviate personal stress and social anxiety.

This program is excellent for people suffering with tension and anxiety issues.

Dr. James Walton's self-help series is gaining rave reviews. His techniques, his strategies, his style and his soothing voice combine to offer you the same outcome you would get from a personal appointment with Dr. Walton.

"No more drugs, after 6 mos of insomnia!!, After 75 mg of benadryl a night, many cups of relaxing tea, multiple subliminal and rain forest cds, I decided to try hypnosis. I knew I was a good candidate having been hypnotized before. Once I started listening to the CD I almost never hear the end of the 1st hypnotic session. I loop it on my cd player with the delta sleep system all night. I am sleeping so much better. I was getting scared to go to bed because restful sleep was getting so difficult. Told my Doctor and she was pleased, she also said the subliminal tapes work much better for you if you are hypnotized. Best \$\$\$ I have ever spent!!"  
August 2, 2003 Reviewer: An Amazon.com Customer from Seattle, WA USA

When you order your copy of eHypnotapes: Tension Relief, you can benefit from his skill and expertise anytime you choose.

The results? You Can Have More Control Over The Stress and anxiety in Your Life...

More Restful, Rejuvenating Sleep... Higher Productivity Levels...

Increased Energy... and A Better Outlook on Life.

It's all accomplished through the simple and safe process of self-hypnosis. After just a few minutes of following Dr. Walton through the self-hypnosis session you can de-stress and relax by simply rubbing your fingers together. This powerful tool can work for you anytime, anyplace, without anyone knowing what

you're doing.

Track Listing: Easy Steps for Reducing Tension Right Now Simple Explanation of Hypnosis Hypnosis to Instantly Release Stress and Tension Meditation to Improve Focus and Concentration Further Information

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#### **Derek Morton:**

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#### **Herman Deans:**

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