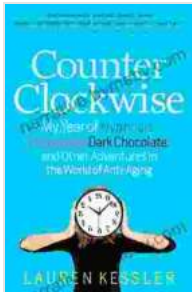


My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World



Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-Aging by Lauren Kessler

★★★★☆ 4.1 out of 5

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I never thought I would be the kind of person who would try hypnosis. But after a year of struggling with anxiety and depression, I was willing to try anything.

I found a hypnotherapist who specialized in working with people with anxiety and depression. She explained that hypnosis is a state of deep relaxation in which the subconscious mind is more open to suggestion. She said that hypnosis could help me to reprogram my subconscious mind to think more positively and to feel less anxious and depressed.

I was skeptical, but I decided to give it a try. I went to my first hypnosis session with an open mind. The hypnotherapist guided me through a series

of relaxation exercises and then began to make suggestions to my subconscious mind. She told me that I was a strong and capable person, that I could overcome my anxiety and depression, and that I deserved to be happy.

I felt a sense of peace and calm during the hypnosis session. I could feel my body relaxing and my mind becoming more open. When the session was over, I felt a sense of hope that I hadn't felt in a long time.

I continued to see the hypnotherapist for weekly sessions. Over time, I began to notice a change in my thinking and my feelings. I started to think more positively about myself and my life. I felt less anxious and depressed. I started to feel more confident and capable.

In addition to hypnosis, I also made some other changes in my life. I started eating a healthier diet, exercising regularly, and getting more sleep. I also started taking hormone supplements to help balance my hormones.

I believe that the combination of hypnosis, hormone supplements, and lifestyle changes helped me to overcome my anxiety and depression. I am now living a happy and fulfilling life. I am grateful for the experience I had with hypnosis and for the positive impact it has had on my life.

Hypnosis: What is it and how does it work?

Hypnosis is a state of deep relaxation in which the subconscious mind is more open to suggestion. It is not sleep, but rather a state of heightened awareness. During hypnosis, you are still in control of your thoughts and actions, but you are more receptive to suggestions from the hypnotherapist.

Hypnosis has been used for centuries to treat a variety of conditions, including anxiety, depression, pain, and addiction. It is a safe and effective treatment that can help you to make positive changes in your life.

Hormones: What are they and how do they affect us?

Hormones are chemical messengers that are produced by glands in the body. They travel through the bloodstream and affect a variety of bodily functions, including metabolism, growth, and reproduction.

Hormones can have a significant impact on our mental and emotional health. For example, low levels of serotonin can lead to depression, while high levels of cortisol can lead to anxiety.

Some people choose to take hormone supplements to help balance their hormones and improve their mental and emotional health.

Dark chocolate: What are the benefits?

Dark chocolate is a type of chocolate that is made from at least 70% cocoa solids. It is a good source of antioxidants, which can help to protect the body from damage. Dark chocolate also contains theobromine, a stimulant that can help to improve mood and energy levels.

Some studies have shown that dark chocolate can help to reduce stress and anxiety. It can also help to improve cognitive function and memory.

Other adventures: What else did I try on my year-long journey?

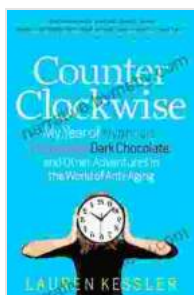
In addition to hypnosis, hormones, and dark chocolate, I also tried a number of other things on my year-long journey of self-discovery and transformation. These included:

- Meditation
- Yoga
- Tai chi
- Reiki
- Crystal healing
- Sound healing
- Travel
- Spending time in nature
- Volunteering
- Learning new things
- Challenging myself
- Stepping outside of my comfort zone

I am grateful for the opportunity to have tried so many different things on my year-long journey. I have learned a lot about myself and about the world. I have grown as a person and I am now living a more happy and fulfilling life.

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My year of hypnosis, hormones, dark chocolate, and other adventures in the world was a life-changing experience. I am grateful for the opportunity to have tried so many different things and to have learned so much about myself. I am now living a more happy and fulfilling life, and I am excited to see what the future holds.



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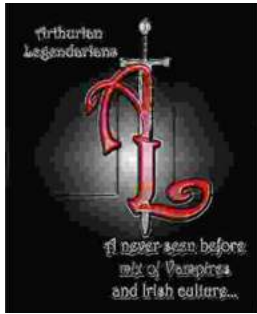
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