

# private label right report #1

## *Here's What You Get:*

### **A New and Better You!** **Staying Positive For Big Time Results...**

This report is **25 pages, single spaced**.  
There is no fluff, no filler, no nonsense.  
Only high quality, helpful information.

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RE-INVENT YOURSELF PROFIT PACK

## **A NEW AND BETTER YOU STAYING POSITIVE FOR BIG TIME RESULTS IN EVERYTHING YOU DO**

**Believing In Yourself And Your Abilities Is Absolutely The Most Important Thing You Can Do On Your Journey To A New Better You.**

It is critical to develop the self-confidence you need to carry you through to the realization of your goals.

Self-confidence is a bit different from self-esteem. Self-esteem refers to your feelings about yourself, your behaviors and your worth as a person. Self-confidence is your belief in your abilities and in the way you present yourself to the world. The actions of others are more likely to erode your self-confidence rather than your self-esteem. However, the two emotions have quite a bit in common. Both are measures of your inherent or developed belief in yourself- and both can be easily pushed off balance, resulting in either over-confident or defeatist behaviors that distance you from your ultimate objectives.

You need to create a balance between too little self-confidence and too much. You cannot accomplish anything without self-confidence; on the other hand, too much self-confidence can ensure that you don't try hard enough to reach your goals, and you will fall short of realizing your possibilities.

Once you understand that you truly can do anything you put your mind to, you will have unlocked the key to positive thinking. There is no limit to the power of the human mind. Your possibilities really are endless.

You can help yourself build self-confidence through a simple daily exercise you develop yourself after learning the basic premise. Like most of the practices for working with self-improvement, you may feel ridiculous at first. Here are the basic steps to your daily self-confidence routine, which is best performed in the morning as you prepare to face the day:

- **Decimate distractions.** You need this time to yourself. You *deserve* this time to yourself. While you're performing your self-confidence routine, don't answer the phone, check your e-mail, watch television, or listen to the radio. Let household members know that this time is your time, and you would prefer not to be disturbed.



## private label right report #2

### *Here's What You Get:*

#### The Release of Need Strategy

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RE-INVENT YOURSELF PROFIT PACK

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# ***THE RELEASE THE NEED STRATEGY***

## **INTRODUCTION TO RELEASE METHOD**

Releasing the Need is a life altering technique used by thousands of people to improve their day-to-day lives. The basic principle behind releasing the need is to release yourself from responsibility for things that are either outside of your control or beyond your ability to influence.

Releasing these negative and damaging thoughts is the first powerful step towards taking complete control over your life. The negative thoughts generally come from three specific areas, the need to feel acceptance, the need for security, and the need to feel in control.

Releasing the need is a very effective and power technique however you must be persistent in your efforts. Negative feelings and thoughts are very powerful and can over crowd you mind. Almost 87% of people suffer from periodical or chronic from stress or depression directly relating to negative feelings.

## **WHAT ARE NEGATIVE THOUGHTS?**

Negative thoughts come in many shapes and forms and you use them every day without even realizing it. Negative thoughts can be things you think about yourself that you remind yourself of daily, talking negatively about yourself in conversations, negative criticism received by loved ones or family members, poor self image reflected with disgust in your body, looks, weight, face, hair, feet, and coloring.

It can also include negative stories about your past, degenerating comments about your skills or abilities, fear of success, feelings of anger, resentment, guilt, dread, fear, and over responsibility.

## **THE EFFECTS OF NEGATIVE THINKING**

Constant exposure to negative environments and thinking can cause a number of disastrous effects. The first major effect most people suffer through is a lack of self-esteem and a low self-concept. These people believe that they are worthless and see very little value in their own lives. They generally have very poor self-image and don't have the will to succeed in life.



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**9 RE-INVENT YOURSELF ESSAYS**

## REINVENTING YOURSELF IS A GOOD THING

*"I believe that one defines oneself by reinvention. To not be like your parents. To not be like your friends. To be yourself. To cut yourself out of stone."*  
- Henry Rollins

People are so enamoured with the idea of a makeover, anticipating a totally different look, new set of wardrobe, and a new attitude in life.

This is probably the reason why reality shows dealing with makeovers are increasing by the day. People enjoy reality series such as *Queer Eye for the Straight Guy*, *Mission Makeover*, *How Do I Look?* and *Ambush Makeover*. The television has allowed us to be part of a person's amazing transformation!

The reason why these shows become constant top raters is because a lot of people are hungry for change in their individual lives. People do not just need a makeover for their looks; they also desperately need a makeover in their lives.

A serious makeover starts with an honest assessment of how you see yourself. Apart from the visible changes, a serious makeover involves self-development. Self-development is a serious business, for it involves YOU.

You will never know the real feelings of a person by simply looking at him. You learn more about his dreams and goals when you get the chance to have an open conversation with him. From this, you will be surprised to learn that other people yearn for a better version of themselves.

For some, the word 'makeover' connotes fear. It is often associated with the word CHANGE. A better word for makeover would be REINVENTION.

Just like in Marketing and Advertising, reinvention is related to a product re-launch. When a product is re-launched in the market, it carries advanced and improved features of the original product. A personality makeover is a reinvention of your self, leading to an improved and a better persona!

Still having difficulty in grasping the concept of reinvention? Just think of Madonna. She keeps people's interest by constantly changing her looks and taking on different roles as she goes on with her life. From brunette to blonde,

## DO YOU REALLY LIKE YOURSELF?

*"Poor is the man whose pleasures depend on the permission of another."*  
- Henry Rollins

Are you concerned about how people think about you?

In one day, how many times do you think about things that will make other people like you?

Multiply that to the number of days you have been doing this kind of thinking and voila! You now have an estimate of the number of hours you have wasted in your life.

Are majority of your actions geared towards making other people happy? Do you always end up feeling sorry for yourself because all you do is give in to other people's needs?

It is not totally wrong to value other people's opinions on certain things. Over reliance to other people's opinion becomes self-damaging when you become completely tied down to this kind of mentality.

Just think, in all those times that you have spent trying to please others, trying to make sure that they are happy, are you happy?

When you spend majority of your time just trying to please others and making their lives better, you tend to forget your own happiness.

Of course, it doesn't mean that you should be selfish and make your happiness the ONLY priority regardless of the outcome of the circumstances. It simply means that while you are trying to make others feel better, do not ever forget that you should be equally happy with your decisions and actions.

Despite knowing this, why do people still go through all the trouble just to make others love them?"

Not too many people seem to be aware that they are doing this. Do you know someone who relies on other people's opinions and always actively seek compliments from others?

## DO YOU LET FEARS AND INSECURITIES RULE YOUR LIFE?

Has anyone or anything stopped you from doing what you always wanted to do? Did you have a good reason why you stopped to pursue what you wanted to do?

If your answer is because you are afraid, then you have been a victim of fear paralysis!

An anonymous author once said, "The only thing to fear is fear itself." Trace the origin of your fear. Did it come from an old traumatizing childhood experience that you carried to adulthood? Was it inculcated in your system either by your peers, parents, or partner? Have you done anything to cure yourself from your fears? What has prevented you to do something about it, and why?

Some people have allowed their fear to take charge of their lives, thereby limiting themselves from becoming the person that they truly want to be.

A friend of mine fears riding airplanes. He is aware of statistics that show more accidents occurring on land and than on air. Despite this knowledge, he keeps on thinking of the worst case scenarios involving airplanes that he has limited himself to very few choices rather than overcome the fear of flying.

Imagine yourself in such a position. Would you be content to live a life filled with fear? What if there is a great job opportunity that requires you to move to another country? What if a great scholarship opportunity was offered but you are too afraid to try air transport? Would you just let it go?

It is not wrong to be content with what you already have. But if you often limit yourself because you are too afraid to try something new, you are missing a lot of opportunities in life. Each new experience helps enrich your life. It also shapes your character and transforms you into a better person.

The fear of the unknown is certainly what usually keeps holding back some people from achieving their goals. They have so many negative "what-ifs" that they just end up scaring themselves from doing the necessary actions. Therefore, they live a life full of regrets.

## HOW TO GET RID OF NEGATIVE HABITS

We all have negative habits. Nobody is exempt from this. There are certain negative habits that can be easily avoided, while there are those that are considered very destructive.

As one who is on the road to personality development, you must be ready to acknowledge and let go of all your negative habits. Negative habits actually stem from a state of mind characterized by various emotions such as hatred, stress, fear, as well, as anger. These negative emotions can control your state of mind and affect how you live your life.

For example, a person with so much anger in his heart will not be able to trust other people. Moreover, he will not live a happy and blissful life. It can also turn someone into a pessimist. He can become cynical and have difficulty in being happy.

There is a cure for all of these. You must have a very strong desire to change. This desire must be overpowering that it can defeat dispirited emotions. It will take time, patience, a lot of willpower, and belief in one's self in order to be able to subdue negative emotions and eventually succeed in life as well.

One such negative habit that people find themselves trapped in is the habit of believing everything what other people say.

### Protect Thy Self

While listening to other people's comment is okay, learn to discern helpful comments from destructive ones. Let's say you are in a party and someone gives you a rude comment like, "Hi, I like your dress. Unfortunately it makes your arms look bigger than usual."

Do not be naïve to think that it is just a harmless comment. When you feel hurt by other people's words, regardless of whether it is intended or not, you should always walk away from the situation.

Protect yourself from these kinds of hurt. When you really love yourself, you should be able to stand up for yourself when other people try to put you down. When you have not done anything wrong nor hurt someone intentionally, they have absolutely no right to make you feel less about yourself.

## GET SET AND REINVENT YOURSELF!

Ben Stein reminds people, "The indispensable first step to getting the things you want out of life is this: decide what you want." If you are really serious to take the initial steps towards reinventing your self, consider the following:

### Be Definite About What You Want

State clearly what you really want to achieve. You have to define in specific terms what is it that you want to attain.

Goals must be described in concrete terms. "I seek possible mentors for my self-improvement," sounds vague. Instead, say "I talk to one self improvement specialist per week." Another unclear goal is "I learn new words to improve my vocabulary." A better way of saying it is "I learn 5 new words in a day."

Visualize what you want to achieve. Experience the emotions that will accompany the feeling once you achieve your goals. If your goal is to become a good public speaker, see yourself easily conversing with a group of people. Feel the energy, hear yourself confidently speaking, see yourself surrounded by a crowd intently listening to every word you say, and savour the attention that people bestow on you. Hear the applause at the end of your speech. Do you now feel the excitement?

### Visualize Regularly

Motivate yourself towards achieving your dream. It is often thought that visualization is a one-time exercise. It must be done regularly in order to refine the goals and objectives.

The first time you do a visualization exercise, it may only have very limited details. A common dream of people is to own a house. The initial picture of their dream houses may contain vague features. However, as they do the exercise regularly, the image becomes vivid by the day. What previously appears as a plain two-storey house is now a spacious abode awash with Mediterranean colors, complete with terrace and garden with Zen fountain!

Constantly visualize your planned future, specifically the day when you achieve your goals. Imagine experiencing happiness, fulfilment, bliss, and



## HOW TO ACHIEVE A WINNING PHYSICAL MAKEOVER

Bring out the best in you and build the confidence to shine. These are just some of the possible objectives in a personality makeover.

Improving one's look is a good mood booster. When you are happy with yourself, it would certainly show; and which better way to start than by finding the best look for you?

Here are some practical ways to help you get started on the makeover from the outside.

### Be Comfortable With Your Body

Are you one of these people who are so conscious with the way they look that they tend to be over critical of themselves? You shouldn't be hard on yourself nor force yourself to be someone you are not. You must find a comfortable and new look that celebrates all the things that are unique about you.

#### • Body

Speaking of body, oftentimes, the issue is focused on weight. Just because you are not reed thin like Nicole Ritchie or Mary Kate Olsen doesn't mean you are fat. There are a lot of people who keep putting themselves down, always referring to themselves as "fat," when in reality, they have a perfectly healthy body.

But if indeed you are over your ideal weight, you need to set up a diet plan, as well as an exercise routine, that will only help you achieve your desired body weight. Always remember that when you are setting a goal for yourself, be honest and do not ever make unrealistic expectations.

Some would set a goal to immediately lose 30 pounds in a month. It is absolutely impossible for you to achieve that in a healthy and natural manner within a month! Just learn to let go of impossible dreams and keep it realistic. Embrace your uniqueness. Beauty and all else will just follow through.

There are various ways wherein you can healthily and naturally achieve your weight loss goals. Starting on a sensible diet can be a good option. Find one that will help you lose pounds and is easy, fun, and will not make you feel deprived.

## HOW TO REINFORCE YOUR PERSONALITY MAKEOVER

After conquering your doubts, fears, and negative thoughts, you are clearly on your path towards sustainable self-improvement. These negative emotions have been clouding your mind and keeping you from finally walking away from all the bad things in your life for so long. Included in this chapter are various tips towards personality development that will make your job a whole lot easier.

Just remember to believe in the goodness of people, most especially the goodness in you. Set your mind, as well as your heart, on achieving a total personality makeover. Turn a deaf ear to cynics who tell you that you do not deserve what you want.

Here are some tips to try to help reinforce a personality makeover:

### Look At The People Around You

They are the people you are close to or are in contact with on a daily basis. Some of them can be valuable sources of inputs on possible areas of improvement. Choose from them and ask for advice on specific areas that require enhancement. Choose wisely.

Note that when something feels "off," weigh if the advice is helping you at all. Remember they are your friends and not personality development experts or makeover coaches. Only you know what has been going on with your life. You are in the best position to make the final decision on whether or not you should take their advice.

### Consider Various Sources Of Information

There is a steady growth in the demand for self-help books and television shows, which cater to helping improve one's self. These shows can provide basic ideas on how to go about with the personality makeover you want to pursue.

The Internet is also a great source of information when it comes to self-help articles, e-books, e-zines, e-courses, and all sorts of self-help guides. Life coaches are getting more attention nowadays because of the number of lives they have helped improve through the years.

## GETTING THE MOST FROM THE PROCESS OF REINVENTION

Mary Kay once remarked, "So many women just don't know how great they really are. They come to us all vogue outside and vague on the inside."

Now that you have been able to start your life anew, with a new look, self-confidence, a positive attitude, and great people and communication skills to boot, what is the next thing that you should tackle?

Sometimes when you feel really good about yourself, you easily get lost in the sea of compliments taking you off track on your journey. There are also times when some people get easily overwhelmed with all the changes that are happening, so it is best to celebrate these personal achievements while keeping track of your goals. The following strategies will keep you on the right track:

### Embrace The Wonderful And Unique Person That You Are

Keep in mind that you do not need other people in dictating what and what not to do, in deciding to fulfill dreams that you really want, and in becoming the real you.

Always remember that you should not let others' comments put you down. Instead, take it all in stride and continue being the best person that you can be. This is not because you want their approval, but because you are simply happy being you.

Whenever you feel pessimists and naysayers are putting off what you have achieved, remind yourself of Helen Keller. She once said, "No pessimist ever discovered the secrets of the stars, or sailed to uncharted land, or opened a new heaven to the human spirit."

Just surround yourself with positive things and people. Do not let negative habits find their way back into your system.

### Have The Courage To Do What You Really Want To Do In Life

Is your job pulling you down? Do you feel uninspired to work and yet you force yourself to continue doing it? Start looking for a job that will make you feel fulfilled!

## PERSONALITY MAKEOVER IS A PLUS

*"My business is not to remake myself, but make the absolute best of what God made." - Robert Browning*

How you deal and react towards situations and circumstances in life greatly shows the kind of person you really are.

Unfortunately, a lot of people do not believe in their own capabilities to make it through life unscathed. This is why they have low self-esteem and are highly dependent on the attention that they get from other people. As a result, people's unique gifts are often left unnoticed and overshadowed by their insecurities.

Happiness becomes a far-fetched dream when insecurities and fears overwhelm you. While it is okay to be cautious, taking it to the extreme can result to missing out on so many wonderful opportunities. This is not to say that you become irrational and just go after things in reckless abandon. Learn to take calculated risks. You have to weigh the pros and cons of the situation to be able to arrive at a sound decision.

When you think about it, being happy is a state of mind. What you believe in leads you how to live your life. Decide to live a happy life and decide to rediscover the best in you. Plan to take charge of your life. Make the most out of your life by discovering your talents and hidden potentials.

A personality makeover aims to rediscover and bring out these wonderful qualities and draw out the best in the person. A personality makeover will give a boost to self-confidence and build up a positive attitude.

There are many ways from which a person is able to gain self-confidence. An old adage says, "You must feel beautiful to look beautiful." Confidence in yourself makes you comfortable with your body. It makes you feel less conscious and worried about what other people may think or say. Freeing yourself from the burden of caring about what other people think is one of the greatest gifts that you can give to yourself.

Another great gift that you can give to yourself is the gift of forgiveness. You must be able to forgive yourself for whatever it is that you have done in the past, so that you will be able to finally move on. If someone did something



## topical plr Essay collection #2

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**4 SECRETS TO A BETTER YOU ESSAYS**

## HAIR, GLORIOUS HAIR

*Forget not that the earth delights to feel your bare feet and  
the winds long to play with your hair. - Kahlil Gibran*

A person's hair is often their best physical asset, or their finest beauty feature. For some people, their hair is the part of their appearance they take the most pride in and have the most control over. They are blessed with lovely, wavy thick brown hair or curly red hair that serves as a halo around their face. Others have attractive straight, shiny blond hair that does whatever they would like it to do. Some people have a knack for taking care of and styling their hair in simple ways that make it look they've stepped from a beauty salon. Others have hair that they do not have to do anything with to make it look sensational.

For others, their hair is merely an annoyance and a constant battle. Maybe your head is adorned with a head full of curls that straight-haired people envy. However, to you, your curls never do what you think they should and you wish you could have been born with straight or wavy hair. Maybe your hair is fine or thin and you long for thicker hair. You might have thick hair, with lots of body. Fine, thin-haired people would like to trade hair follicles with you. However, you consider it a mop on top of your head that makes your head feel like a bowling ball.



You may love your hair's color, or throughout the years you have experimented with products to make it, any color than what it was originally.

Either way, your hair is one of the most versatile and unique parts of your body.

### **Purpose of hair**

Hair's main purpose from a purely physiological standpoint is warmth. Most of the heat that we lose from our bodies comes from our heads, which is why we wear hats in the wintertime.

## HAND AND FOOT CARE BUFFING UP YOUR FINGERNAILS AND TOENAILS

*"The pressure of the hands causes the springs of life to flow."*  
- Tokujiro Namikoshi

*"My feet, they haul me round the house,  
They hoist me up the stairs; I only have to steer them,  
and they ride me everywhere."*  
- Frank Gelett Burgess

### **Hands and Feet**

The hands and feet are marvelous parts of the body. Think about how much more difficult simple things like touching your loved one, eating, working, playing would be without your hands. Think about how many places your feet have taken you in your lifetime and how many places you would like to go. Appreciate your hands and feet for the amazing tools that they are. Take care of them; pamper them every now and then. Become aware of skin and nail problems that may occur on your hands and feet in order to treat them immediately.

Your hands and feet do a lot for you. Return the favor and take care of them. Paying special attention to your fingernails and toenails will help keep your hands and feet healthy and attractive.

### **Purpose of Fingernails and Toenails**

The most obvious purpose of your fingernails is their ability to help you pick up small objects with improved dexterity. They are also great for scratching your or others' itches and being the vehicle of your favorite color (nail polish).

They can also signal how healthy you are. Aside from these, any other purpose is questionable. Some assert that humans do not need nails to protect the tips of the fingers or toes. Our fingers and toes would function fine without them. In fact, they may be more of a nuisance than a necessity.

You have to take care of them and scoop out the dirt and debris that is trapped beneath them. Like hair, fingernails and toenails are thought to be leftover from earlier time periods. Long ago, humans needed to use their fingernails to stave off enemies and collect food, in the way animals do today.

## SKIN, GLORIOUS SKIN

*"Years wrinkle the skin, but to give up enthusiasm wrinkles the soul."*  
- Douglas MacArthur

### **Purpose of Skin**

The skin is a person's largest organ. Its purpose is to cover and protect the body, as well as help regulate the body's temperature of a person's inner organs. When the body is hot, it sends a signal to the brain through the spinal cord to say the body is overheated. The brain then sends a signal back to the body to cool itself. This tells the body it needs to perspire, which evaporates and cools the skin.

When the body is cold, it again communicates with the brain and we may turn up the heater, get goose bumps or put more clothes and blankets on.

Throughout one's life, the skin can and must take on a lot of wear and tear. It is exposed to all outside elements, is bumped, scraped, burned, scratched, and bit. It is affected by what a person consumes and by the environments that it is exposed to.

The skin is as tough as it is tender and sensitive. It is an interesting juxtaposition that skin must be so tough and go through so much, but it is also an extremely alluring part of the body. It can be beautiful and sexually appealing. It is the receptor for the incredible sense of touch. It allows a person to feel the soft skin of their newborn's face as he/she cuddles, or the arms of a friend or lover.

For good reason, most people care about the way their skin looks. They care about its color, its softness, smoothness, texture and shine. People invest time and money into many types of products that will help their skin looking its best. They lay out in the sun to darken their pigment in order to get an attractive tan. They worry when strange bumps, pimples, wrinkles or flaws appear.

To keep skin looking healthy and attractive, for the sake of aesthetics as well as function, a person needs to know how to take care of his/her skin. People need to be aware of the type of skin they have and the different skin care options that are available in order to keep their skin looking and functioning its best.

### **Skin Types**

## WHAT MAKES YOU, YOU?

*"The mind's first step to self-awareness must be through the body."*  
- George Sheehan

What makes you, you? Your appearance is one important part of who you are. How you appear indicates how healthy you are, how well you take care of yourself, and in essence, how much you care about yourself. Making sure you look your best can affect how others perceive you and can help you to feel more "put together" on the inside.

Of course, appearance only goes so far. However, the length that it does go is an important part of others' perception of you, of your esteem within yourself, and ultimately, of living well.

Humans are extremely complex creatures and we are made of more than one component. Clearly, we are more than our outward appearance. We are not only physical, but also emotional, sexual, spiritual and intellectual beings. Each component requires attention and nurturing which leads to growth. Each affects the other and the goal is to keep them balanced. Picture each component as a point in a five-pointed star.

While paying special attention to your outward appearance may not directly or immediately affect your spirituality or emotions, it will contribute to your overall sense of well being. Most people feel more confident when they look their best. Taking care of the details of your appearance can serve as health and aesthetic purposes, as well as a part of your positive inward sense of self.

Taking care of yourself requires sustaining your good health habits, preventing problems, and learning how to solve or manage problems if they arise.

When you meet, greet or look at someone, what do you see first? This may depend on your gender, but generally, you will look at a person's face and if you are a hand-shaker, you will notice their hands. This means you will immediately notice their hair, skin and possibly fingernails. Most people's, hair, skin and fingernails are exposed to the outside world.

Keeping this in mind, look at your hair, skin and nails. Do you like what you see? Have you been taking care of them in the best ways possible? Do you know how to take care of them or are they parts of yourself that you do not give much attention.



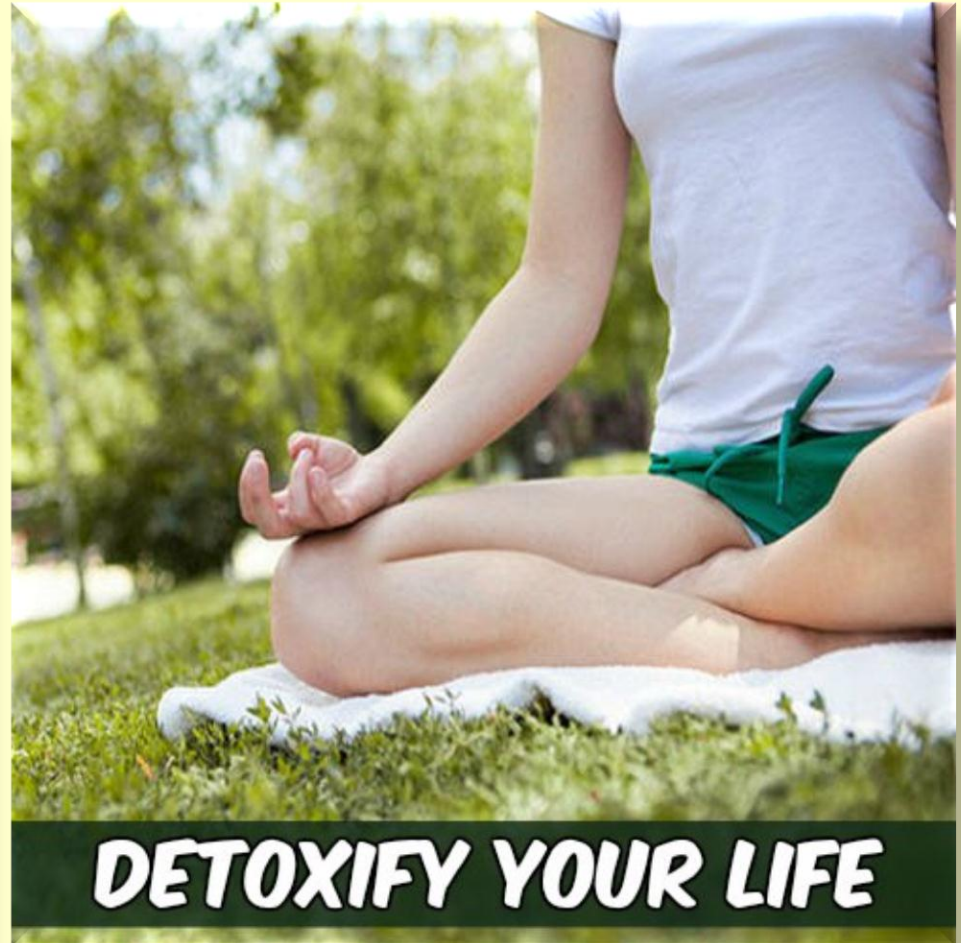
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**9 DETOXIFY YOUR LIFE ESSAYS**



## THE NATURE OF A BAD HABIT

Have you ever done something so painfully repetitive and monotonous that you sometimes find yourself wanting to just bang your head against the wall several times to break the pattern? Have you ever felt that something you have been accustomed to doing for the past several years is becoming all too daunting and boring, even annoying, not just for you, but also for others? Has anyone ever told you at any point in your life that you need to make a change or else get left with nothing? Sure, you have. These things happen to you every single day, right?

Waking up at the same time each morning and taking the same bus routes to work or school are some of the basic ingredients to a ho-hum day. To make things worse, this daily waking-up routine also precedes always being barely a minute into the "late" situation, leaving you with a start that is equally as fussy as the previous mornings. However, despite realizing how much of a hassle it has been, you simply shrug your shoulders and tell yourself, "Hey, maybe tomorrow I'll be able to beat a record." And then you end up doing the exact same thing the next day.

### The "That's Just The Way Things Are" Excuse

No matter how often you realize that your routine is what's making your mornings stressful, you still don't try to change things. You simply leave the next day to chance and hope that some magic powder appears on your doorstep and help you arrive at your destination before the bell rings. "This is just the way things are," you would say, and simply leave it at that.

A lot of us are guilty of saying "These are the cards I am dealt with so I just have to cope." We make excuses for things we think we cannot change or improve on. We point fingers at others, at our surroundings, at time, or at existing circumstances to justify our behaviours and linear ways of thinking. We hardly ever blame ourselves.

This is how our bad habits are formed -- by simply not acknowledging that certain attitudes and situations can be modified; by refusing to take that extra step because it's too fussy or takes up too much effort to achieve; by making excuses for every bit of improvement that needs to be implemented, because you've been "doing it this way for years" and you've received no major complaints from anyone else.

## DO THINGS TODAY AND NOW: STOP PROCRASTINATING

Procrastination is not a disease and does not require medical intervention (thank God!), but it can be a rich source of annoyance, tiredness and high-level stress. Just because it doesn't cause death (except in freak instances), it doesn't mean we should take it lightly. Procrastination is an awful habit and is destructive not only to us but also to our peers.

People have lost out on major professional and social opportunities because they put things off for another day. Procrastinators are bad team players and nobody wants to work with them. If you have a procrastinator in your group, you can be assured of angry, frustrated feelings when crunch time comes.

Delaying things is not rare. In fact, almost every person in the world has, at some point, put tasks on hold. This is fine. There truly are jobs that need to be prioritised. However, if you are a chronic procrastinator and have this as a habit, that is a big problem.

**Procrastinator – a person who deliberately and habitually postpones an important job that should be done now.**

### Why Not Now?

There are a number of reasons why people procrastinate. Often, it is because they fear failure and disappointment, thinking that a task can be done better if more "planning" is involved. However, the problem with procrastinators is that this extended "planning" period is usually filled with mundane and irrelevant tasks that when the adjusted schedule comes still nothing has been done. Before they realize it, the real deadline has arrived and they are finally forced to work on the job. Unless that person is a genius or has superpowers, the work is almost always haphazardly done and dissatisfactory.

Procrastinators are divided into three categories:

- Decisional procrastinators – those who can't make up their minds. Such people put off deciding because they are afraid of being responsible for it.

## SAYING SAYONARA TO SMOKING

Studies have shown that a single cigarette can reduce a person's life by eleven minutes. Therefore, if you're smoking half to one pack a day, you might as well be robbing yourself of several extra years in this world.

Habitual smokers would say that the reason they do so is that it gives them something to do. Smoking addresses restlessness and boredom. Others claim it eases tension and relaxes them. Some say it's because most of their friends and colleagues smoke and not doing so makes them feel out of the group.

Do these characterize you? Whatever your reasons are for smoking, one fact remains the same – it isn't and never will be good for your health. No amount of justification can counter this.

### Smoking Kills

A single stick of cigarette is home to over 4000 chemicals, 400 of which are toxic. The most dangerous ingredients in a cigarette are tar, which is what causes cancer; carbon monoxide, which cuts the body's oxygen supply; nicotine, which raises your cholesterol levels and feeds your addiction; and other particle and gas combinations that may lead to chronic obstructive pulmonary disorders (COPD), like bronchitis and emphysema.

According to studies, people who smoke and deaths from smoking-related ailments are even more prevalent than the incidence of deaths bred by drug addiction, AIDS and even traffic accidents. That is such a high risk from something that looks so small and harmless. Sad, but true.

The most serious illness that can come out of habitual smoking is, perhaps, cancer. Lung cancer, to be exact. In fact, around 90% of lung cancer diagnoses are caused by smoking. But smoking can also result in other types of cancer, such as cancer of the esophagus, cancer of the kidneys and cervical cancer.

The list doesn't end there, unfortunately. Chronic smoking can also lead to cardiovascular problems, increased blood pressure, periodontal (tooth and gum) problems, can aggravate ulcers and asthma, cause cataracts, bloodshot eyes and the eventual loss of eyesight, and even decrease fertility. Studies show that a male who smokes a lot is more prone by 50% to suffering erectile dysfunction.

## THE EARLY BIRD GETS THE WORM: QUIT BEING CHRONICALLY LATE

Nobody wants to be associated with a time waster. A person who habitually shows up late or makes submissions just in the nick of time is no good to anybody. He will only cause unwanted stress and unnecessary panic to the people who are waiting for him.

Often, those with the reputation of being always late, whether it's for something as important as a curtain call or something as relatively small as a delayed birthday greeting, are not thought of with much lauding and respect. If this were to be compared to a little league baseball team drafting, the chronically late has an equal or greater chance of being picked last as the smallest, most feeble kid in the group. Such people are considered as liabilities or reasons why others would think having them around is a handicap and could lead to failure.

### Lateness: The Ultimate Annoyance

Unlike smoking and alcoholism, chronic lateness does not impair one's health. However, it can cause extreme damage to a person's mental and social well-being. When taken in tandem with procrastination (another nasty bad habit), perennial lateness is just about the most annoying, reputation-tainting ill habit there is. Like procrastinators, time wasters are social pariahs. They don't outwardly exhibit their 'monstrosities', but they can be quite the vicious leeches they are characterized to be.

We exaggerate, yes, because we have, at least once in our lives, experienced waiting on end for somebody who has not even bothered to call or give ample warning, or somebody who has been calling to say he's just five minutes away an hour after he's made his first call of twenty.

Just thinking about it already makes your blood pressure rise, right? Not only did this other person waste your time, but you also neared suffering a stroke from all the anger and frustration. When the culprit finally shows up, you are too tired to argue and simply feel happy that he has finally arrived so you can move on with your business. And the other party finds himself getting away with it and manages to do it again next time. The cycle never ends.

## BATTLING ALCOHOLISM

A number of destroyed relationships, both professional and personal, have pointed to alcohol dependence as their root cause. And while alcoholism is something that may be prevented or cured, many who take to the bottle are not able to cope well because they either are not aware of their condition, or are too dependent on inebriation to admit that they have a problem and need help. Unlike most bad habits, alcoholism entails a deeper psychological issue that is relatively more challenging to face.

### Alcoholism vs Alcohol Abuse

At this point, it is important to note that 'alcoholism' is different from 'alcohol abuse'. These two are often confused to mean each other, but they are actually different in how they are tackled.

Alcoholism may also be referred to as alcohol dependence; that is, an obvious addiction to alcohol that is beyond a person's control. If ignored, alcoholism could be fatal. This is what we'll be discussing with greater depth in this chapter.

Meanwhile, alcohol abuse, while also potentially destructive is merely that – excessive drinking. Often, the person is aware of his habit and has the capacity and will to change this by himself, without drastic external intervention. It is usually just referred to as problem drinking.

Let's focus on alcoholism.

### Identifying the condition

What are the usual signs that you might be alcoholic? Here are some of the most common:

- Persistent craving for a drink and difficulty controlling your intake; sometimes you drink alone and secretly
- You drink to feel 'normal' or happy
- Your tolerance for alcohol is increasing; that is, you find yourself drinking more to reach that certain inebriated state
- Physical reactions when you try to decrease your intake, like agitation and sweating

## ELIMINATE NEGATIVE THINKING: LEARNING TO SEE THE BRIGHT SIDE OF THINGS

There are people that inspire us to plod on through life's challenges with a smile on our faces, urging us with encouraging words and have faith that our inner strengths will help us fight difficulties along the way.

And there are those who spend time and effort telling us not to take risks and to stay in the sidelines, instead. These are people who'd rather be on the safe side of things and, though curious about what success might bring, would rather not throw the dice.

The former are the types of people we want to associate and hang out with. The latter are the ones we should steer clear from. They are the negative thinkers.

Negative thinkers are not just the people who refuse to take the extra step forward for fear of failure. Negative thinkers can also be those who complain a lot about how sad and unfortunate their lives are, those who bear down on other people's successes, those who like pulling people down and making others as negative as they are, and those who always make excuses for their ill behaviour instead of making improvements.

### Some Cheese With That Whine?

People who constantly whine about their day everyday are total downers. Statements like, "My boss always picks on me and makes me do a lot of things", "My parents are always telling me to go get a job, when they know I'm busy with other things", or "Why do these things have to happen to me, of all people? Why not them?" are staples in a whiners favourite dialogue book.

Imagine having a workmate who always sighs heavily in between tasks and slouches a lot, who always grumbles about not getting paid enough to do his job, not getting enough attention from the big boss, etc. Doesn't having a person like this beside you pull your mood down, too? For instance, you come into the office in a cheerful mood because you've recently found out that somebody's going to be treating the staff to some ice cream that day. You head over to your work station and greet your workmate, "Hi, good morning!" and then this workmate responds with a deep sigh and mumbles, "There's never anything good to my mornings." Now isn't that a real day damper, or what?



## **OVERCOMING OVERSPENDING: GETTING OVER POOR MONEY MANAGEMENT HABITS**

More people all over the world are finding themselves in dire financial situations, not because of the effects of poverty or sudden calamities, but because of rising debt. In the United States, in particular, where 70% of the annual gross domestic product is driven by consumer spending activity, people have been found to spend around 10% more than what they actually earn. Credit card related liabilities are also averaging at \$8500 per person. Now, isn't that a hefty number?

To think that people nowadays seem to be spending more money than usual and are easily attracted to impulse purchases, you would wonder where they get all their funds.

According to studies that have looked into the mind work of people with personal financing problems, people get into debt because of their propensity to overspend. This is particularly evident given today's credit crazy world, where individuals tend to overlook the impact of their spending habits because credit card bills come late and, therefore, delay the thought and feeling linked with the possible consequences of owing money. The lure of having the power to delay responsibility is what most over spenders live off from.

In fact, there are some consumers who take on more than two kinds of credit cards possible, to make instant purchases and make them feel in control of their funds, without really realizing that they could end up paying for these for the rest of their lives. People with this habit only work to pay off their debts, instead of working to earn enough to enjoy life's simple pleasures. Over spenders are also referred to as compulsive debtors.

### **Are You A Compulsive Spender?**

Overspending is a big problem because not only does it have the power to ruin your reputation and credit history, it can also prevent you from maintaining healthy relationships with family and friends, especially with those you constantly borrow from to pay your debts. Consider the following to determine whether or not you have a spending problem.

## **PULLING THE PLUG ON GAMBLING**

Why do people gamble? Most of us go to casinos and participate in online betting and lotteries because it's an alternative recreational activity and gives us something new to do. We go gamble to have fun and learn new experiences. Often we gamble to take a stab at winning something. This is fine. There really is no problem to taking a chance once in a while, especially if it's only for social and recreational purposes. However, it becomes a major problem when we become hooked and turn to gambling as a means of escape from the many problems that surround us (only to find out that it has led us to more bad than good).

For instance, if you've begun borrowing money from friends and family just so you could feed this perceived need to gamble, then you might already have a problem. More than just a bad habit, gambling can be considered a serious mental disease when done in excess. A compulsive gambler runs the risk of being a danger not just to himself, but also to the people around him.

Psychologists say that constant and uncontrollable gambling often happens to people who need to fill an emotional need. It doesn't matter really if a person has the means to gamble or not. Over the long term, even the richest of compulsive gamblers will run into some sort of financial and relational trouble. And what they do to cope with this growing burden is to gamble some more.

### **The Choices We Make**

Gambling, first and foremost, starts with a choice whether or not we want to proceed. And the choices don't really end there, because every time we face the tables and place our bets, we are confronted with the question "Should I go forward, or not?" In short, this bad habit is not something that leaves us with no option, so we really can't start pointing fingers at others or at circumstances when we're looking for someone or something to blame.

However, some do say that since pathological gambling is an addiction, people do not really have a choice but to go with it. This is highly debatable because humans are equipped with rational faculties that allow them to make decisions. On the contrary, like the other addictions, such as drinking and smoking, controlling ourselves from making that bet is rather difficult, especially when the potential gains are high.

### **The Lure of Winning**

## **OUT WITH THE BAD, IN WITH THE GOOD: REPLACING BAD HABITS WITH POSITIVE THINKING**

Everyone has a mix of good and bad habits. We have only to realize that bad habits lead to unhappiness and suffering, while good habits lead to freedom and high self-esteem. To fully understand why we do the things we do, we need to figure out how our habits form and transform us, and what triggers their development. This way, once we have identified and are able to separate the bad from the good, we are able to save enough energy and will to make the proper and better choice.

We can alter how we think and act by inviting only positive thoughts into our system. Positive doesn't just mean bodily pleasure. Positive can also mean a simple 'good morning' or a job done well. Anything that steers us away from any kind of negativity is positive. Such is the rule of opposites in this world.

We can stop feeding the negative thoughts that breed inside our head by simply not paying attention to them. Bad habits are like spoiled brats. The more you give pay them mind, the greater their tantrums will be until they get what they want. Simply turn a blind eye and a deaf ear on them and, eventually, they will go away. It requires some level of stubbornness on your part, too, to make this work; but, hey, it has never failed.

Focus, instead on the good side of things all the time. Set your sights always on the good habits. If you consistently do so, you will notice that they will overpower the bad. You will also notice that you feel more cheerful and lighter after you've done so. You're no longer greeting each morning with "Oh, great. Another day at work." But, instead, greet it with "Oh, great! Another chance to work and learn new things." See the big difference?

When a problem approaches, we often try to escape having to deal with them by escaping into the pleasures brought by bad habits. However, you have to realize that bad habits only give us temporary bliss. It does not solve our problems, but only shield them for a short time and trick us into thinking that it's not there. Oh, but they still are. And we revert back to depression mode once again with more problems (the ones that have resulted from the bad habits we just exercised).

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**6 IS THERAPY RIGHT FOR YOU? ESSAYS**



## WHAT'S THE BIG DEAL WITH THERAPY?

### WHY GO THROUGH THERAPY?

...When you can “do therapy” on yourself?

Going to a therapist today can cost you anywhere from \$40 (individual therapy) to \$150 (family therapy), for an hour with a therapist. Indeed it is so costly that one wonders why on earth you'd go there in the first place.

Wait. Why exactly are you considering going to a therapist? Are you suffering from depression? Do you have issues you believe you can't handle yourself? Are you in so much stress that you can't think straight and even a vacation can't cure it? Are you in relationship woes that happen over and over in cycles?

Well, if you truly believe that you need someone else to process your issues, by all means, go ahead; see a therapist. I myself, though, am a big fan of self-help. But if you hear voices arguing with each other in your head, or just plain talking to you, I believe it is best that you call a local therapist right now. No kidding.

But if you're like any other person who can normally function well, but who just can't cope with life **for the moment**, let me tell you, there are ways to get out of your cesspit. Indeed, it may take so much education to become a psychotherapist, and truly, going through all those levels of schooling at least makes them worthy of what you pay them, however, you can use therapeutic techniques that they use **on your own**. Sure, it may need some practice, and the techniques may need some getting used to, but with constant use, and with observation and analysis, you **can** help yourself overcome your issues, live life to the fullest, and be the person you want yourself to be. Heck, you can even help others! Just get the right licenses and certifications. Legal messes just might add to your problems.

So, all set to learn more? Read on!

### WHAT THE SHRINKS DON'T WANT YOU TO KNOW

Ever since Psychology was consolidated as a discipline in the late 1890's, numerous techniques have been employed to promote wellness in people. When

## CHOOSING THE RIGHT TREATMENT FOR YOU

Choosing the right treatment for you is just like buying any other thing. You can actually shop around first, read up about them, then pick it out. Or you can try each and every therapy technique you fancy, then modify, combine, or scrap altogether as you go along.

There is no “right way” to go about choosing a therapeutic technique. Even the therapists learned as they went along. Thus, you can go ahead and experiment with the methods that I am going to talk about in the next chapters. Personally, however, I am a big fan of Psychodynamic and Cognitive Therapy, especially the cognitive therapy called “Rational Emotive Behavior Therapy”. What are they? Read on. :)

But before you go skip off to reading the therapies, let me just give you a tip on how to choose. You have to be able to be comfortable with the therapy you intend to use on yourself. You must also be able to make sure that you will be able to commit to healing yourself, no matter what method you may want to use. Therapy is a process that needs one's full commitment. Yes, you may modify what techniques you choose to use as you go along, but you have to make a commitment to yourself that you will change, improve, move on... to a better you. Be patient with yourself, and persevere. A great prize awaits people who persevere.

So, take a deep breath, and let's move on to the therapies!

### THE THERAPEUTIC TECHNIQUES

#### PSYCHODYNAMIC THERAPY AND PSYCHOANALYSIS

##### What is it?

Psychodynamic therapy is a therapeutic technique that had its roots in the work of German physician Ernst von Brucke, who, in his theory of the First Law of Thermodynamics (the law of conservation of energy), believed that the total amount of energy in a system is constant, despite the fact that it is seemingly expended (i.e. in physical exertion, from potential to kinetic energy). What the energy does is that it is converted into another form.

## THE ECLECTIC APPROACH TO THERAPY

Humans are dynamic creatures. As such, there is no one way to “fix” them or modify their behavior. Therapy is a practice that is to be tailored to the client with the ultimate goal of his/her well-being in mind. Thus, a therapist, or you, can mix and match the therapies to tailor the therapeutic process to your personality.

I highly recommend using elements of Humanistic and Psychodynamic Therapy in combination with whatever therapy you choose to use. The Cognitive and Behavioral Therapies have been married to become Cognitive-Behavioral Therapy, and is already a standard in the world of Psychotherapy.

Below are tips on how to combine the therapies.

#### Using Cognitive-Behavioral Therapy

When you want to use Cognitive-Behavioral Therapy, say, in anxiety, you should start with correcting your fearful thoughts by disputing them. Cultivate an understanding of why you think and act that way by reading up on anxiety. Then, use the techniques in Systematic Desensitization and the relaxation techniques to calm yourself. Expose yourself gradually to your fears, all the while correcting your fearful thoughts with reality-based facts: “Boogymen are fictional characters. Nothing lives under the bed.”

Practice, as said in the Behavioral Therapy section, is key. Thus, you have to discipline yourself to keep at the cognitive and behavioral readjustment, until you get the hang of it and improve your behavior and yourself.

#### Using elements of Psychodynamic Therapy and Humanistic Therapy in Daily Living

Like in the routine I introduced to you in the Humanistic Therapy section, incorporating these elements in your daily life can become effortless. Paramount is accepting yourself, even through failures and shortcomings. Next, you have to learn to understand why you act that way, think that way about yourself. Thus, introspect on your childhood and search for clues on why you are that way right now. When you have your realizations, forgive, accept, remind yourself that you are a person of worth, and move on.

## BEHAVIORAL THERAPY

### What is it?

Behavioral Therapy had its roots in the school or movement in Psychology called Behaviorism. This school was developed in the early 20<sup>th</sup> Century by the American Psychologist John B. Watson, influenced by the work of Ivan Pavlov. The movement caught on in Psychological circles in the 1920s.

Ivan Pavlov had found out that dogs can be conditioned to salivate when a bell is rung, having trained it through a process of associating the ringing of the bell to giving food to the dog, called Classical Conditioning.

The basic assertion of Behaviorism is that nearly every human behavior can be traced to conditioning. Watson believed that the environment conditions people by reinforcing certain behaviors or attitudes, by either rewarding or punishing these. Through Watson's work, the view of Psychology became more empirical and fact-based. Using definable and observable behavior as benchmarks for research and study, Behaviorism became the branch of Psychology that put less emphasis on mental processes and a premium on observable behavior and techniques on how to modify these behaviors.

Through Watson, the Stimulus-Response approach became widely used in Psychology. This approach is largely experimental/research-based in nature. A **stimulus** is defined as something that causes a certain behavior to occur, while a **response** is the actual behavior that resulted from the stimulus. Translated to terms used in experiments/research, the stimulus is the independent variable, while the response is the dependent variable.

Another notable figure in this field is B.F. Skinner, who undertook research in Operant Conditioning (taking off from E.L. Thorndike), or conditioning through reinforcement: rewards, punishments, and negative reinforcement.

### Basic Principles

#### Classical Conditioning

Classical Conditioning was discovered by Ivan Pavlov when, in his study of digestion in dogs, he noticed that dogs would salivate at the mere sight of a food

## CONNECTING WITH YOURSELF AND OTHERS

### CONNECTING WITH YOURSELF

None of these therapies will ever work, unless you get out of one of the most dangerous flytraps of the psyche: denial. When you don't recognize that you have a problem when you actually do, when you keep telling yourself that you're someone that you, in your heart of hearts, knows that you're not, you are bound. Bound to your dysfunctional state, bound to your cycles of dysfunctional relationships, and whatever is unhealthy in your life.

Acceptance is the first step to healing. Accepting that yes, there is something wrong, that yes, there may be some work involved in resolving what is amiss, is the start of your road to wellness. No matter how perfectly you execute these methods on yourself, no matter how perfectly your therapist uses these on you, they will never work unless you accept yourself for who you are in whatever state you may be.

If you know that you are mentally and emotionally healthy, but would like to use these therapies on yourself, still, unconditional acceptance and genuine honesty towards yourself are a must in moving on to self-improvement.

Connecting with your inner self is imperative in the process of healing. As we discussed before, introspection, or the inner dialogue, is the cornerstone of all psychological therapies (except for Behavioral Therapy). It doesn't have to be daunting. Though sometimes, all of us may experience thoughts too heavy, too troublesome, too exhausting to handle, a dialogue with yourself need not be a constant battle of wills within yourself.

In fact, the inner dialogue **can** be pretty enjoyable. Start by reviewing the pleasant events in your day. The touching moments that you've experienced lately, like having your daughter leave the last cookie for you, a flower you saw open its petals as you stopped to rest on your morning jog, your dog licking your face, or your significant other giving you an unexpected hug, can be nice thoughts for you to start on.

Practice ruminating on the beautiful side of your life every moment you can. Perhaps as you're driving to work, on your way home, when you're cooking, or when you're doing chores. Let yourself get accustomed to the sound of your own thoughts bouncing around pleasant memories.

## HUMANISTIC THERAPY

### What is Humanistic Psychotherapy?

Like the other therapies, Humanistic Psychotherapy emerged to the 1950's in reaction to other psychotherapies before it. In 1962, the Association of Humanistic Psychology was born. But its roots were actually in existentialist thought as developed by philosophers like Kierkegaard, Sartre, Nietzsche, and Heidegger. The approach is focused on human beings and “uniquely human issues” like the self and personhood, health, creativity, hope, love, being and becoming, meaning, individuality, self-actualization, and basically everything that leads to understanding what it means to be human.

There were so many therapists back then who were at the forefront of Humanistic Psychotherapy, but the most notable movers and shakers of this field were Carl Rogers and Abraham Maslow.

The emphasis is on treating the client as a person, and as a person who has the potential to be all that he can be. Unlike the other treatments where the emphasis was on how humans should be “fixed,” this approach is basically about how a person can be helped to reach his or her fullest capacities, in pursuit of self-actualization.

### Basic Principles

The core of Abraham Maslow and Carl Rogers' theories intersect in the observation that there is a natural tendency for humans to strive for self-improvement. The goal of Humanistic Psychotherapy, as stated earlier, is to facilitate a client's growth towards his fullest potential.

Abraham Maslow was formerly a Behaviorist. But when he experienced fatherhood for the first time, he decided that “anyone who observes a baby cannot be a Behaviorist.” Thus, he developed the Hierarchy of Needs to provide his own explanation of human motivation. The Hierarchy of Needs had influences from both Behaviorism and Psychoanalysis. Today, the Hierarchy of Needs is used even in the business world as paradigms for motivational coaches and team-building facilitators.

For Maslow, the human ideal is to reach “self-actualization” or to reach one's fullest potential. For him, reaching this *acme* is rare. According to him, only 1% of the world's population gets to reach this ideal. For him, the few famous

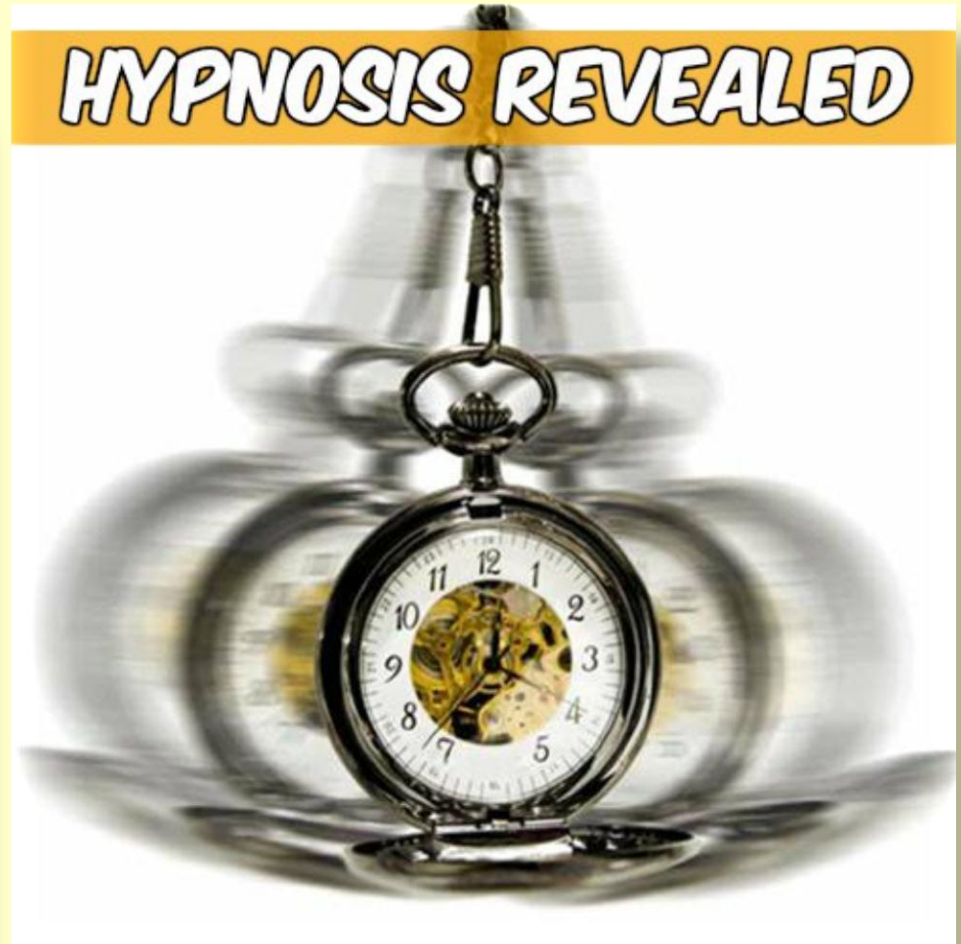
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**7 HYPNOSIS REVEALED ESSAYS**



## HYPNOSIS: FACT OR FRAUD?

*"You are completely relaxed... you feel warm and comfortable ... you feel you really need to close your eyes and sleep... your eyelids are getting heavy... heavier... and heavier... slowly, you close them... now they are closed... you are getting sleeper.... and sleeper.... you are going to SLEEP..... deeper and deeper asleep.... SLEEP!"*

Many of us are familiar with this scene: A bizarre-looking man holds a clock pendant and continuously, determinedly swings it in front of a vulnerable, lost-looking young woman. He utters the phrase repeatedly, in slower and lower intonation: *"You're getting sleepy... You're getting sleepy..."* The girl stares blankly into the clock. The world turns and swirls around her, spiraling and spiraling. Then eventually, she starts to act like (a) a zombie, (b) a vamp, (c) a chicken, or (d) all of the above simultaneously.

Thanks to popular culture, hypnotism has achieved an eerie, mystical, otherworldly and sometimes evil reputation. While the scenario illustrated above may have a little ring of truth to it (Hypnosis using verbal suggestion is powerful; and people under hypnosis can be made to believe and therefore act as a different identity), there is certainly a lot more than meets the eye about hypnotism.

Doubtless one of the most intriguing – yet also one of the most bewildering – topics to come across man, hypnotism transcends boundaries as it continues to be studied, analyzed, and interpreted in diverse fields of wisdom. From medicine, psychology, new age, self-help, religion, history, media and popular culture, hypnotism is accorded with different meanings, interpretations, and uses: the conclusions never final, the reports ever-evolving.

This may be rooted from one thesis: that studying hypnotism would inevitably mean studying the human mind, and definitely the human mind is an ever-changing overlapping universe of significance, interpretation, and purpose.

### What's Cool, What's Hot; What's True, What's Not in Hypnosis

"The Sleeping Prophet" Edgar Cayce would command himself to engage in out-of-body experiences and near-death experiences through self-hypnosis. Under a trance state, he would give readings and diagnoses to people he has never met. His followers documented almost 14,000 journeys unto the spirit realm, made through his subconscious mind – or what Cayce referred to as the soul.

## HYPNOSIS DEFINITION, TERMINOLOGY AND DANGERS

The Webster's New International Dictionary defines hypnosis as "the induction of a state resembling sleep or somnambulism, which is called hypnosis or hypnotic sleep; also loosely – the induced state of hypnosis."

There are degrees of hypnosis which have been characterized as "lethargic, cataleptic and somnambulistic hypnosis; and again, simply as light and heavy hypnotic sleep, with corresponding variations in suggestibility."

However, Encyclopedia Britannica further states "there remains no generally acceptable explanation for hypnosis, though one prominent theory focuses on the possibility of discrete dissociative states affecting portions of consciousness."

The word hypnosis is derived from the Greek word *hypnos*, meaning sleep. Hypnotism is often presumed to make someone go under a state of reduced consciousness while the person remains awake. The general behavior of those under hypnosis are being extremely positive to suggestions, and achieving a high level of relaxation. Daydreaming is another activity likened to hypnotism, wherein a person looks oblivious to his surroundings yet experiencing heightened imagination – depending on how light the trance is.

There are two ways by which hypnosis is performed: (1) hetero-hypnosis, wherein a hypnotist induces a state of being in trance and being open to suggestions; and (2) auto-hypnosis, wherein the state is self-induced.

The results are the same. Any suggestion that is carried out a period of time after hypnosis, is known as post-hypnotic suggestion.

Believe it or not, we experience being hypnotized everyday – following the definition of hypnosis as being in a trance-like state, or intensely focusing on a particular activity/subject thus tuning out almost everything else internally and otherwise.

Ever been so engrossed with a movie or a book that you did not immediately notice someone calling you already at the top of his voice? Reading,

## HYPNOTISM THROUGHOUT HISTORY

Hypnosis has been known to man for thousands of years. Historically, the practice of altering man's consciousness has been carried out by shamans, wiccans, spirit mediums, and spiritual doctors, for various reasons. Ancient civilizations of Egypt and Greece recorded that the fastest way to get in touch with the spiritual realm is through rituals that are similar to what are now called hypnosis, meditation, visualization, and drugs.

Experiences common to deep sleep, anesthesia and the power of the subconscious have been noted in different religious documents, such as in the Old Testament of Christianity and in the Talmud of Judaism.

Some accounts even say that many women were accused as witches and thus burned at the stake because of their practice of "cutting up" women's bellies during difficult labor in order to help the child get out of the womb. It was said the mothers felt relatively no pain during the "operation" and the babies were delivered successfully – with the midwives using only herbs and oils while uttering some comforting, soothing chant. This practice, many believed, is one of the earliest known practice of what is now called delivery through Caesarean operation, with the aid of hypnosis.

Taking the cue from their ancient traditions, indigenous cultures even in the present day, still take benefit from mind control and suggestion and its ability to heal – or harm.

### Mesmerizing Magnetism

In the modern world, hypnotism's first brush with science was known in the late 1700s, through Austrian physician Dr. Franz Anton Mesmer and the "phenomenon" that was called animal magnetism. Mesmer believed that through a mystical force channeled through water tubs and magnetic wands flowing from him to his subjects, he can make people and animals go under trances.

He claimed this mystical power was due to magnetic waves. He lulled his subjects into submission through fixating them on a certain object, and through monotonous repetition of certain words. This was where the word "mesmerize," which we still use today to pertain to the act of being in awe and dumbstruck to a certain figure, was coined.

## CAN HYPNOSIS BLAST ME TO THE PAST?

Hypnosis may not make you younger, but it can make you feel and act younger. It may not take away pain, but it may fool around with your pain sensors so that pain may virtually be nonexistent. For all the fallacies and myths surrounding hypnotism, there are still a number of things hypnosis can do that are beneficial and scientifically proven. In general medicine, psychology, surgery and dentistry, and even in the legal system, hypnosis has been known to help people gain better understanding of the situation and themselves.

### Age Regression

Wise men have said: "Those who do not remember history are condemned to repeat it. Whatever you are now, the skills you possess, the ailments that bother you, may have something to do with your past."

In regression, the person that initiates your hypnotism dips into a particular period in your life – say, when you were still in kindergarten. This suggestion triggers you to seem to live out significant incidents in that period. Since you are "re-living the past," it will relatively occur that you think, talk, or act as you were in kindergarten. Your therapist and you can then determine how a particular incident in that particular period may have connection with a condition affecting you presently. Reliving a part of your past may help you recover some vital information, establish insights, or aid you to know yourself better and how to cope with the present.

### Past Life Regression

Stretching the theory further, some have claimed regression can make them go into the past deeper – and can let them experience their lives when they were in the womb. Still an area of contention, more so because this theory touches on religion, the concept of a past life or reincarnation is relative to a person's faith. Scientifically, it is not possible, as scientists say that the brain is still underdeveloped during pre-natal stages to store memories.

Still, thousands of cases have been documented of people going back to their past lives. These people were convinced because they found accurate connections between their past and present identities. As in age regression, it is believed that getting to know what you were in the past may help you understand and eventually cure a certain condition. A stereotype case would be, for example,

## HYPNOSIS AS ENTERTAINMENT: SECRETS OF STAGE HYPNOTISTS REVEALED

Like any other thing in contemporary age, hypnotism has not escaped the glitter, glamour, and kitsch of commercialism. It's not really surprising that something as mysterious and as interesting as hypnotism can turn into an entertainment show for moneymaking ventures.

Still, this is not to say that stage hypnotists are not as genuine as their counterparts in the clinical setting. Professional stage hypnotists follow the same rules and techniques in hypnosis. They just tweak them to provide entertainment value. The effect of their brand of hypnotism to their subjects doesn't differ either – people act silly or ridiculous because it's their will to go along with the show. As one stage hypnotist puts it, according to their suggestion, the subjects act and behave the way they think hypnotized people must do.

So you want to be a Vegas show hypnotist? Perfect timing, right pacing, and action-packed sequences are some of the required elements in a truly entertaining show. Here are some tips compiled from professionals of the trade.

### Collect and Select

Almost all stage hypnotists initiate a pre-selection process prior to the show. These are not "planted" talents; the hypnotist actually calls out for volunteers from the current audience. After a series of hypnosis exercises, the hypnotist determines who among them is the most susceptible and suggestible to hypnotism. For every level, he selects the highly suggestible ones and eliminates those he deems not ready or not open to "let go." (Thank you very much sir, ma'am, you may take your seat now.) This ensures a faster pace of the show, a more successful hypnosis rate; therefore a more entertaining show. The hypnotist performs hypnotism exercises at different levels. Still, there are a number of con men using rigged props or talents pretending as parts of the audience.

### 12 Minutes of Fame

People more or less are attracted to the lure of the spotlight – if not confused by it. Putting people on stage, in front of a large audience, increases the success rate of the hypnosis session. On stage, people will find it hard to resist to instructions compared to common situations. When onstage, people will feel "obliged" to behave as they are expected to. Thus, they will find it easy to follow

## **SELF- HYPNOSIS POWER**

### **DO-IT-YOURSELF, AT-HOME HYPNOSIS**

Let's start using hypnosis – on yourself first. Self-hypnosis can be a relaxing, soothing experience; helping you to loosen up and ease your tensions. It is a form of meditation that allows you to converse with yourself. It is a way to de-stress and leave your worries for a while.

On a short-term vision, self-hypnosis can help you improve your learning threshold, sharpen your memory, and be alert during an exam week or an important presentation at work. It can hold your hand when you're planning to face an emotionally draining situation. It can help you clear the clutter from your mind after a full schedule.

Done regularly for a long term span, self-hypnosis eventually becomes your way of life - a regular, exclusive time for yourself. It can lead you to more understanding of yourself and others. It may also change the way you lead your life, make your decisions, or handle relationships.

Self-hypnosis allows you to stop and breathe deeply. Sometimes some very basic things such as these are neglected in our day-to-day rat race. The steps from professional hypnotherapists may sound so simple at first. Summarily, it just says to get yourself together, find a perfect venue, and everything else will follow. But once tasked to do it, some of us may find the seemingly simple step of staying put (being still for a while) very difficult. With our multi-tasking, short-attention-span culture, staying still and doing nothing seems like a task unto itself. But once you get down into it and actually do it, the rest will eventually follow.

Let's try out some Hypnosis at Home sessions, based on some of the elements needed for an effective hypnosis session, as advised by experts.

#### ***High Time***

If you're living with other people, pick a schedule wherein there will be less activities – either your housemates may be away at work or at school, or by the time everybody's asleep. If you're living alone, do it when you least expect people to drop by, call, or send you messages. Better yet, put your phones on hold first, and hang a "Do Not Disturb" or "Silence Please" sign outside your door.

## **DO UNTO OTHERS**

### **HYPNOTIZE OTHERS TO BE SEXIER, RICHER, AND HAPPIER**

Do you want to make your lover extra sweet? Do you want to make your buddy kick his nasty smoking habit?

This time, let's try our newfound knowledge with others – not because we want to play around with them, but to actually *help* them out. Of course, these exercises may or may not work. They're precisely that - exercises, and will depend on your skill and experience. Still, it won't hurt to try.

To be able to hypnotize somebody, you can take the first step by trying out one of the different techniques as defined in previous chapters, to jump-start the process.

*To get a comprehensive list of actual hypnotic induction techniques (deepening, induction, testing, and trance categories), go to:*  
<http://www.hypnosis.com/trance/indoo.html>

*To get a comprehensive list of actual hypnotic scripts to improve your health and enhance your abilities, go to:*  
<http://www.hypnosis.com/trance/scripts00.html>

The common ones are explained below. Close your eyes. Relax. Hypnotize!

#### **Captivate Your Lover**

Get your special someone's full cooperation. Set the mood – dim the lights, put a flame on one or two scented candles, and play some romantic music. Let's take the usual scene – a male charming a female (But of course, a female can also do this to her man).

Let her find a comfortable position. Position yourself in an intimate position beside her.

Tell your subject to relax her body. Enumerate every body part (with some nice adjectives spiked here and there) and suggest how comfortable and tension-free it is.



# PLR article pack #1

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## **ANGER MANAGEMENT PLR ARTICLE PACK**



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- Black or White Manipulation.txt
- Changing Your Man Through Subliminal Messages.txt
- Do Subliminals Work - And Other Frequently Asked Questions.txt
- Fight Hair Loss Using Subliminals.txt
- Improve Your Grades For Free.txt
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- Silent Subliminals - How Effective Are They.txt
- Silent Subliminals - Too Good To Be True.txt
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- The Power Of Subliminal Messages.txt
- The Power Of The Unconscious - Do Subliminals Work.txt
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