

CLOSE YOUR EYES, **GET FREE**

Use Self-Hypnosis to
Reduce Stress, Quit Bad Habits,
and Achieve Greater
Relaxation and Focus

GRACE SMITH

	Cost	Speed of efficacy	Requirements for use	Time commitment per session	Avg. # of sessions/ repetitions needed
Private hypnotherapy session	\$\$\$	Fastest	Requires a hypnotherapist and a quiet location where it is safe to close eyes for duration of the session	Approx. 1 hour (Specific types of sessions may be longer.)	6 sessions per topic
Hypnosis recording	\$	Moderately fast	Requires an audio player and location where it is safe to close eyes for length of recording	Varies; 10–60 minutes	21 days of the same recording
Self-hypnosis	Free	Slowest—requires most repetition	Can be done anytime, anywhere, except while driving	Approx. 1–5 minutes	90 days of the same hypno-affirmations

Reptilian— work on these first:	Limbic— work on these second:	Neocortex— work on these areas last:
instincts breathing digestion circulation elimination temperature fight flight movement posture	anger sadness disappointment fear anxiety	make smarter decisions more focus/less distraction plan for future success strengthen willpower learn a new language

Reptilian	Limbic	Neocortex
Stress relief*	Stress relief*	Increase self-worth
Overcome anxiety*	Overcome anxiety*	Stop negative thinking and complaints
Overcome fear of flying	Overcome depression	Breakthrough procrastination
	Increasing comfort/ decrease pain	Weight loss/stop overeating
	Stop nail-biting	Quit smoking
	Develop gratitude	Increase self-confidence
	Increase self-love	Anger management
	Overcome insomnia	Improve relationships
	Increase patience and kindness	Learn a new language
		Increase motivation

* Stress relief and overcome anxiety are found in both the reptilian and limbic areas of the brain.

Resources

Interested in working with me?

I look forward to it! Please visit www.gshypnosis.com to learn more about my private HypnoCoaching sessions, corporate retainer options, and speaking fees.

Interested in finding a hypnotherapist near you?

When choosing a hypnotherapist, please make sure the person is certified with a minimum of a 250-hour program from a reputable instructor within a reputable association, such as IACT (www.hypnosisalliance.com/iact/iact_find_a_practitioner_form.php), NGH (ngh.net/referrals/request-form/), or IHF (hypnosisfederation.com/directory-user-listing/).

Additionally, a number of the students who graduated at the top of their class from my Grace Space Hypnotherapy School offer phone sessions and can work with you from anywhere in the world. If you would like to work with a hypnotherapist who was personally trained by me, you can book your sessions by visiting www.gshypnosis.com.

Interested in becoming a certified hypnotherapist?

There is no other way to say it: becoming a hypnotherapist is incredibly rewarding. Whether you would be adding the skill of

hypnotherapy to an existing practice or launching a brand-new career, I commend you for your interest in helping others Close Their Eyes and Get Free! Grace Space Hypnotherapy School is my 250+-hour certification course that includes both online and in-person components. At the time of writing this, my students hail from all over the world, including the USA, Germany, Estonia, Costa Rica, and the Cayman Islands. Upon successful completion of all coursework and exams, my students are certified by IACT (the International Association of Counselors and Therapists), among other associations, should they choose to register with more than one. I look forward to seeing you in class! For more information, visit www.gshypnosis.com.

On Sobriety and Addiction

I want to take a moment to revisit what we discussed in Chapter 10 about addiction. Consider how learning to play an instrument may be anything but joyful in the moment when you're learning a new scale, but the ability of being able to create music for the rest of your life is a source of endless joy. Taking six shots to celebrate something might seem fun in the moment, but it's going to suck later on. Not just the next morning, but when the body, liver, skin, and brain begin to break down from all that poison over time. Take a moment now to examine your regular behaviors and ask yourself whether your habits tend to favor long-term joy or long-term pain. If you're leaning toward long-term pain, read on.

A lie we've been told repeatedly is that alcohol is fun, less dangerous than drugs (as evidenced in the fact that marijuana is illegal in most states and yet alcohol is sold at my local farmers' market, the movie theater, and Chuck E. Cheese) and that life without alcohol is "boring" and "uncool." Except for that, according to the

NIAAA, globally, alcohol misuse is the fifth leading risk factor for premature death and disability. Among people between the ages of fifteen and forty-nine, it is the *number one* leading risk factor for premature death and disability.¹

There are two reasons I'm spending time on this: (1) I believed the lie; I spent over \$1,000/month on alcohol in NYC (albeit not that hard to do even without an issue, when a martini is \$14); I danced all night, went to parties in lofts, had scandalous stories to tell later . . . in short, I get it. I wanted to be cool and I believed for a long time that drugs and alcohol were a mandatory part of that persona. (2) This book is about freedom, how to get free from the things that are holding us back from living our best life. If you have a sneaking suspicion that alcohol, or any other form of addiction, is keeping you from living your best life, please know that you're in good company and you can break free from this.

The good news is that fewer people are drinking—sobriety is becoming cool! My friend Andrea Rice wrote an article called “It’s Hip to Be Sober”² that went viral; Google it—it is an awesome and inspiring read. In summation, if you’re regretting your decisions after a few glasses of something, on any kind of regular basis, before you even hope to see a smidgen of what hypnotherapy can do for you, I lovingly suggest that you hop on the gravy train and get hip with sobriety.

This does not mean hypnotherapy can't help you achieve sobriety; it can! But investing in hypnotherapy because you want to stop biting your nails or lose weight when overindulging is still on the schedule eight days a week is honestly just not the best use of your time or money. My advice? Switch your priorities around, break through the addiction first, then the sky is truly the limit.

Need help? You're not alone. According to the NIAAA, approximately 17 million adults in the United States aged eighteen and older had an AUD (alcohol use disorder) in 2012. Adolescents can be diagnosed with an AUD as well. Visit www.niaaa.nih.gov and www.aa.org for help today. While alcohol was my primary vice, this section applies to anything you may be abusing: food, drugs, credit card limits, and so on. Google support groups for your particular vice and prepare to learn how good it feels to be truly free.

Appendix:

The Power of Hypnosis

Details of the study conducted in partnership with Dr. Keerthy Sunder and Samantha Franklin of Mind and Body Treatment and Research Institute and Grace Smith

I told you a bit about our study in Chapter 4; as a reminder, over one hundred people started the study, and thirty-five people completed it from beginning to end. We used only data from those who completed the study. The study included listening to the same hypnosis recording once per day for seven days in a row and completing a quiz before and after. We measured twenty-one positive emotions and forty negative emotions, as well as overall stress levels. We chose these emotions based on commonly used words during therapy sessions and intake forms. The answers were randomized so that every time the quiz was taken, the answers were in a different order.

The 21 positive emotions were:

Amazed

Driven

Calm

Eager

Comfortable

Energetic

Content

Excited

Happy
Hopeful
Inspired
Intelligent
Joy
Loving
Motivated

Peaceful
Proud
Relaxed
Relieved
Satisfied
Smart

The 40 negative emotions were:

Angry
Annoyed
Anxious
Ashamed
Bitter
Bored
Confused
Depressed
Disdain
Disgusted
Embarrassed
Envious
Foolish
Frustrated
Furious
Grieving
Hurt
Inadequate
Insecure
Jealous

Lazy
Lonely
Lost
Miserable
Nervous
Overwhelmed
Procrastination
Resentful
Sad
Scared
Self-conscious
Shocked
Stupid
Suspicious
Tense
Terrified
Trapped
Uncomfortable
Worried
Worthless

With participants responding to fourteen different surveys (two per day for seven days), each with 61 data points, we had a lot of ground to cover. So, we brought in Eugene, a PhD data scientist and quantitative researcher, to help us sort through the data. Overall, the results were astounding. We found a dramatic increase in positive emotions and an even more dramatic decrease in negative emotions. To view the entire report, log into www.CloseYourEyesGetFree.com bonus material section, and we'll cover just the highlights here.

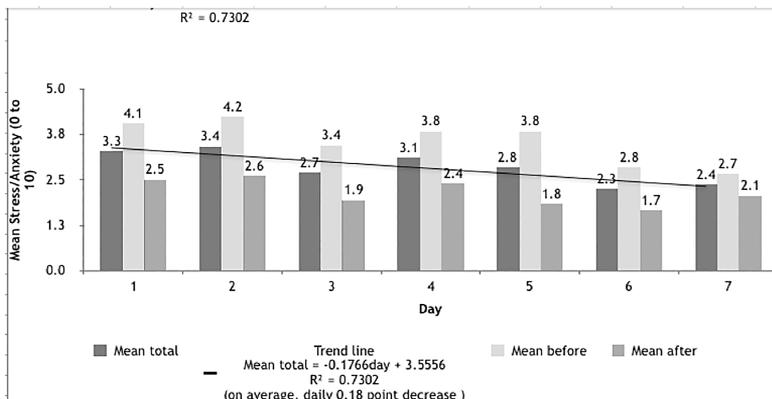
Out of thirty-five qualified initial participants only eighteen respondents completed the tasks correctly exactly two times a day for seven days. We measured the difference between pre- and post-treatment responses to each of the questions as well as long-term benefits. When measuring the long-term benefits, we compared the first data entry to the thirteenth rather than the fourteenth so that we could ascertain the long-term effect rather than the effect directly after listening to the recording. Although we saw improvements in the positive columns across the board, the biggest increases showed that on average participants were 32 percent happier, 29 percent more content, and 27 percent more satisfied after seven days of listening to the hypnosis recording. Decreases in negative emotion were even more significant, which is interesting. It appears it is faster to let go of a habit than to create one. At the same time, participants felt on average 80 percent less disdain, 80 percent less furious and disgusted, 58.8 percent less depressed, and 54.5 percent less angry, and the feeling of procrastination decreased by 51.5 percent. In addition, although stress levels decreased dramatically immediately following the recording, stress levels were still lower than ever by the end of the week. How much did overall stress levels decrease by in just seven days? Forty-five

and a half percent. How would you like to be 45.5 percent less stressed out, 32 percent happier, and 51.5 percent less likely to procrastinate in just seven days? Amazing, isn't it? This qualitative data confirmed what my clients have always reported back, their success with hypnosis is dramatic, rapid, and lasting.

This table shows the top three increases and top three decreases after seven consecutive days of listening to the same hypnotherapy recording.

Happy	+ 32%
Content	+ 29%
Satisfied	+ 27%
Depressed	-58.8%
Angry	-54.5%
Procrastination	-51.5%

This graph shows the immediate decrease in stress after listening to the recording as well as the long-term decrease of stress over time.



The extra-special good news? You have access to the same exact recording the participants in our study listened to every day for seven days so as to experience the results you've just read about. Why not take a moment now to log into the www.CloseYourEyesGetFree.com bonus section and listen to this recording? The more you listen, the deeper it goes, and the longer it lasts.