



# Stop Self-Criticism and Blame: Self-Hypnosis and Meditation

*Erick Brown*

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## **Stop Self-Criticism and Blame: Self-Hypnosis and Meditation** Erick Brown

Do you blame yourself for things that are out of your control? Are you tired of judging and criticizing yourself, and feeling bad? Start forgiving yourself and stop the needless self-criticism with this hypnosis program from Erick Brown.

*Stop Self-Criticism and Blame* will help you silence that inner critic and stop the blame and self-judgmental way of thinking. Powerful suggestions for deep relaxation and positive change will be received by your mind, helping you to let go of the past, self-doubt, and criticism, and embrace a positive, nurturing way of thinking and seeing yourself.

*Stop Self-Criticism and Blame* includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change.

This audio book contains three hypnosis tracks: One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

Also included on this audiobook are five subliminal chapters. These subliminal chapters are designed to be listened to at any time, day or night. Do not listen to them while operating a moving vehicle.

Don't let self-criticism and blame stop you from your full potential. Forgive yourself and move forward today.

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