



Relieve Anxiety with Medical Hypnosis

Steven Gurgevich

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Anxiety's source and antidote are one and the same: the mind. On **Relieve Anxiety with Medical Self-Hypnosis**, listeners join leading mind-body expert Dr. Steven Gurgevich for a liberating 2-CD program that teaches how to use the power of the subconscious mind to overcome worry, nervousness, panic, and more. Includes guided trance-work sessions to enhance skills of mental and physical relaxation, and produce the "relaxation response" whenever and wherever it is needed.

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