

## Guide for Audio Therapy

**Please review and follow these instructions before using the Hypnotherapy MP3 audios. These are very powerful Hypnotherapy audios that will hypnotize you extremely quickly.**

### **These audios have three separate tracks**

Track one are the instructions. Listen to these instructions first. The second track is the powerful messaging track. Please listen to this track in a quiet area where you will not be disturbed. You are welcome to listen to these Hypnotherapy audios with other individuals but be sure and be in a quiet and comfortable area.

The third track on these audios is a bonus subliminal track. This soothing 30-minute subliminal Hypnotherapy track can be listened to at any time, and as often as you like.

*\*For your safety, never listen to the hypnosis messaging track (track 2) while operating machinery or a motor vehicle. These audios are copy locked. All rights reserved. They may not be reproduced.*

These powerful hypnosis audios can make an immediate and dramatic impact on your life

These are very powerful hypnosis audios are the same as a private session with Mr. Reynolds, who charges \$1,000.00 or more for a 45-minute session. As one of the one of the world's most experienced hypnotists he is also one of the most expensive. These audios will place you in hypnosis very quickly, and in the comfort and convenience of your own home.

**Please note:** While you are working on a program and you miss a day or two here and there, just make it up... if you miss more than 3 days in a row, start over. You can always refer to these audio instructions if needed. Please review the proper way of using '**Reynolds Hypnosis Method**' audios found on this site or on track one of the MP3 audios.

### **Weight Reduction Program – Four MP3 Audios**

Listen to the audio entitled "**Lose Weight Now**" first. An hour or more later (no more than 12 hours later) listen to the audio entitled "**Maintaining Your Weight**". Listen to both of these audios for 21 days in a row, and then retire both audios and move on to the next two audios in this program. Next, listen to the audio entitled "**Motivate to Exercise**". An hour or more later (no more than 12 hours later) listen to the audio entitled "**Increase Self-Esteem**". Mr. Reynolds wants you to wait at least an hour or more (no more than 12 hours) between listening to these audios to give your subconscious mind time to absorb these new positive suggestions. Do this for 21 days in a row. (6-week program)

## **Smoking Cessation Program** (*all tobacco/nicotine products including chewing tobacco and vapes*) – Two MP3 Audios

Listen to the audio entitled "***Stress and Tension Relief***" as directed. An hour or more later (no more than 12 hours later) listen to the audio entitled "***Stop Smoking***". Do this for 21 days in a row and then you may retire the "***Stop Smoking***" audio. You may continue to enjoy listening to the "***Stress and Tension Relief***" audio any time you desire soothing hypnotic relief from stress. (3-week program) Mr. Reynolds wants you to wait at least an hour or more (no more than 12 hours) between listening to these audios to give your subconscious mind time to absorb these new positive suggestions.

## **Complete Health Program** (10 Audios)

The Complete Health Program is by far our most popular program, as well as being the best value. You save over 40% when purchased as a bundle rather than individually. We will also include the popular MP3 hypnosis audio, "***Having a Great Day***", free just for buying the Complete Health Program.

Another wonderful aspect of the Complete Health Program is that you can mix and match to meet your specific needs. For example, if you over-eat due to stress, you can listen to the stress audio to assist with your weight loss goals. If you want to lose weight and stop smoking please do them separately. Leslie prefers that you do the Stop Smoking program first and then move on to the Weight Loss program. If you want to listen to any of the other Hypnotherapy audios while doing either the weight loss or stop smoking program that's fine. Mr. Reynolds just doesn't want you doing two programs at the same time.

## **Individual Audio Instructions:**

### **Hypnotherapy Pain Relief**

Listen to this Hypnotherapy audio when in pain. While just listening to this audio should relieve your pain, Mr. Reynolds also uses a very special Hypnotherapy technique called '*Glove Anesthesia*' which allows the hypnotized individual to use one of their hands placed over the painful area to dissipate and relieve the pain.

### **Sleep Now!**

Use as needed for desired sleep. After listening to this Hypnotherapy audio for a few nights it will help you develop a sleep habit and pattern, thus helping you fall asleep quickly and sleep fully throughout the night. You'll wake up feeling refreshed and not groggy like some herbal supplements or sleeping pills can make you feel.

### **Sexual Enhancement**

For adults only. Listen to this audio with your sexual partner at an appropriate time and place. Sometimes couples lose excitement in the bedroom. Remember how your intimacy in the bedroom was during the first 90 days of your relationship? This audio is designed to put that spark back into your intimacy.

### **Freedom from Depression**

Listen to this audio as needed when you're experiencing the blues or having a bad day. Please consult your physician before discontinuing any medication. This audio will not interfere with any prescribed medications you may be taking.

### **Having a Great Day**

Sometimes you feel like you don't want to get out of bed and face the world. Put this audio on and it will change your mindset and help you have a great day! Use this audio as often as desired.

**Note:** Remember, these audios have a powerful subliminal track as well, (except Sleep Now!). You may listen to the subliminal track at any time at home, in your car, even at work. You will love the wonderful soothing music behind the subliminal messaging on track three of these Hypnotherapy MP3s. All audios are researched, written, crafted, and narrated by Board-Certified Hypnotherapist, Leslie Reynolds, CH.