



# **After Trauma: Begin your Recovery from the Effects of Trauma (Lynda Hudson's Unlock Your Life Audio CDs for Adults)**

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Are you suffering the effects of some kind of TRAGEDY OR TRAUMATIC EXPERIENCE? It might have been a single event, a series of events or something over a long drawn out period of time. This self help hypnotherapy CD / Download for adults and older teenagers could help you BEGIN THE ROAD TO RECOVERY. It helps you LET GO OF STORED TENSION AND ANXIETY and you can feel a sense of feeling COMFORTED AND CALMED. Even if you have been feeling hypersensitive to sights and sounds, you can begin to experience a sense that it is safe to allow yourself to relax once again. You receive gentle yet powerful suggestions for feelings of GREATER INNER SECURITY AND RENEWED HOPE which will continue to grow as you listen regularly. NB Bear in mind that imagery of a gentle fountain and stream is briefly used. This SUCCESSFUL APPROACH is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of people world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. The recording uses state of the art technology. Regular listening is the key to progress!

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