

## Over 100 Ways Hypnosis Can Help You

Abandonment	Hopelessness	Reach Goals
Addictions	Hostility	Rejection
ADD/ADHD	Hypertension	Relationships
Aggression	Hypochondria	Relaxation
Agoraphobia	Immune System	Resistance to Change
Anesthesia	Impotency	Responsibility
Anger	Improve Health	Restlessness
Anxiety	Improve Sales	Sadness
Assertiveness	Indecision	Self-Awareness
Assist Healing	Inferiority	Self-Blame
Attitude Adjustment	Inhibition	Self-Confidence
Bedwetting	Insecurity	Self-Control
Biofeedback	Insomnia	Self-Criticism
Breathing	Irrational Thoughts	Self-Defeating Behaviors
Career Success	Irritability	Self-Esteem
Change Habits	Jealousy	Self-Expression
Childbirth	Lack of Ambition	Self-Forgiveness
Chronic Pain	Lack of Direction	Self-Hypnosis
Communication	Lack of Enthusiasm	Self-Image
Concentration	Lack of Initiative	Self-Mastery
Controlling	Lower Blood Pressure	Sexual Problems
Cramps	Medication Side Effects	Shame
Cravings	MemoryMistrust	Skin Problems
Creativity	Moodiness	Sleep Disorders
Death or Loss	Motivation	Smoking
Discouraged	Nail-Biting	Social Phobia
Dreams	Nausea	Sports
Exercise	Negativity	Stage Fright
Fear of Animals	Nightmares	Stress
Fear of Death	Obsessions	Stubbornness
Fear of Dentists	Obsessive-Compulsive	Study Habits
Fear of Doctors	Overeating	Stuttering
Fear of Failure	Overly Critical	Substance Abuse
Fear of Flying	Pain Management	Sugar Addiction
Fear of Heights	Panic Attacks	Superiority
Fear of Loss of Control	Passive-Aggressive	Tardiness
Fear of Needles	Past Life Regression	Temptation
Fear of Success	Perfectionism	Tinnitus
Fear of Surgery	Performance Anxiety	Test Anxiety
Fear of Water	Pessimism	Thumb Sucking
Forgiveness	Phobias	Tics
Frustration	Postsurgical	Trauma
Gagging	Premature Ejaculation	Ulcers
Gambling	Presurgical	Victimization
Guilt	Problem Solving	Weight Loss
Hair Pulling	Procrastination	Worry
Headaches	PTSD	Writer's Block
Helplessness	Public Speaking	