



# **Overcome Fear: Hypnosis for Increased Courage, Resilience, Strength and Determination via Beach Hypnosis and Meditation**

*Dr. William White*

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This hypnosis has been specialized to get you past limiting beliefs, minimize the effect fear has on you, and move you toward your goals with confidence. It is 17 minutes long and is a part of the Beach Hypnosis and Meditation Series.

This audiobook includes seven different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session.

This audiobook includes the following seven beach settings:

1. Serenity on the Beach
2. Lakefront Home Private Shore
3. Quiet Reflection on the Beach
4. Gulf of Mexico Ocean Waves
5. Crashing Waves on Cliff
6. Ambient Oasis
7. Ocean Waves Crashing on Rocks

Take back the power in your life, and stop letting fear control you in irrational ways. You are more resilient, courageous, and strong than you realize. Let this be the day you change your life for the better and start your journey toward becoming the fearless, confident person you were meant to be.

It is recommended you listen to this hypnosis consistently for at least three weeks, as that is the average time it takes to transform a habit.

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