Hypnosis Insights

By Dr. John Simms, PhD

Disclaimer: This Hypnosis Insights special report is for informational purposes only. John Simms will not be legally and/or financially responsible for anything thing whatsoever. In other words, use the content on this special report at your own risk.

Permission: You have permission to share this copyrighted special report with others. However, you cannot sell it for profit and omit John Simms' name and contact information.

Here are some of my hypnosis insight down below:

1). There are difference types of hypnosis such as self, stage, traditional, etc.

2). Hollywood and stage (entertainment) hypnosis have caused many doubts and misconceptions with hypnosis such as making people act like chickens, them not being aware of their surroundings, etc.

3). Hypnosis is natural and it could be used in positive and negative ways depending on the situation.

4). Depending on the situation, hypnosis can be more effective than traditional counseling or therapy.

5). I agree with the late master hypnotist Jeffrey Stephens, there's a difference between trance and hypnosis. Trance is an altered state of consciousness whereas hypnosis involves language.

6). For hypnosis, you don't necessarily need trance and inductions to be effective even though they could help.

7). Hypnosis can help with stress, anxiety, depression, phobias, pain, smoking cessation, weight loss, athletic performance, confidence and so on.

8). Hypnosis is an art, science and tool that may or may not exploit the placebo effect.

Improve Your Life, Health, Situation or Potential Now with John Simms

Go To www.johnsimms.org and/or you can connect with me via facebook at www.facebook.com/drjohnstl

For serious inquiries, **I offer a FREE initial Consultation**, various payment options and unique opportunities, programs and services that could benefit you.

I also offer FREE Speaking Engagements in Warren County (Missouri) and surrounding areas on various topics for those who are interested in me.