



### Editor's note

We can improve our mindset, which will improve our lives and relationships. In this digital newspaper we'll bring you the information to make a difference and hope that if you find a good source on the Internet you'll share it with us too. The majority of the information and resources will be free but if you ever need professional hypnotherapy or advice about hypnosis visit: The web pages of the British Society of Clinical Hypnosis [www.bschn.org.uk](http://www.bschn.org.uk)

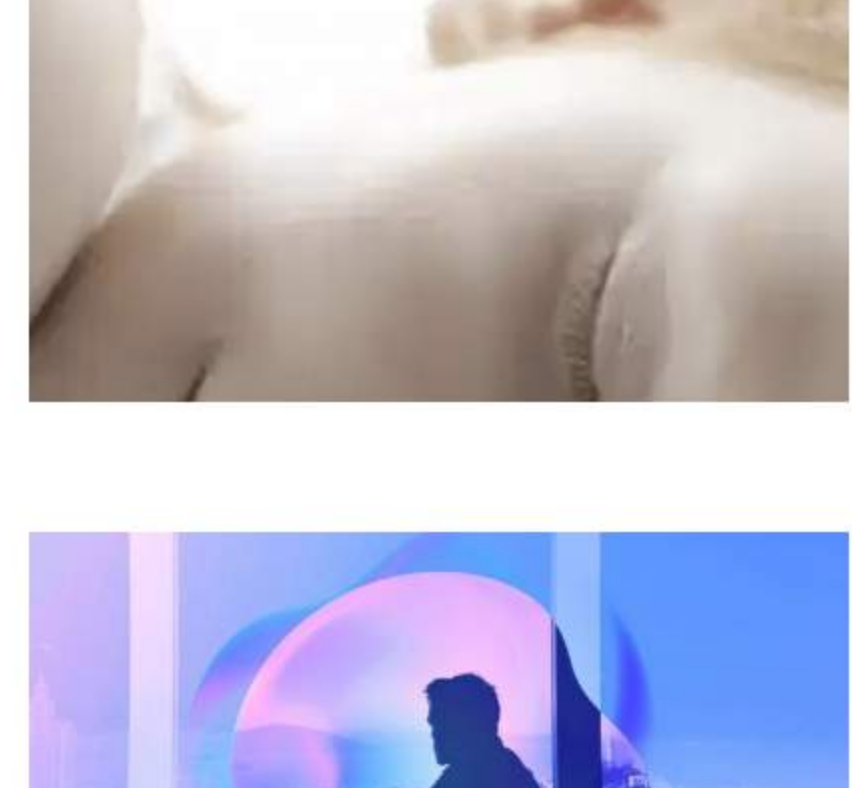
- Welcome to our first 30 or so articles!

### Every self-help book ever, boiled down to 11 simple rules

mashable.com

Best-selling self-help books tend to offer the same basic advice. Here are their rules to live by so you don't have to read them all.

Shared by Jojanneke van den Bosch



### On Meditation with Intention

stevebrennanblog.wordpress.com

From Steve Brennan's 'Reflections and Stuff' blog.

Shared by Tom Connelly

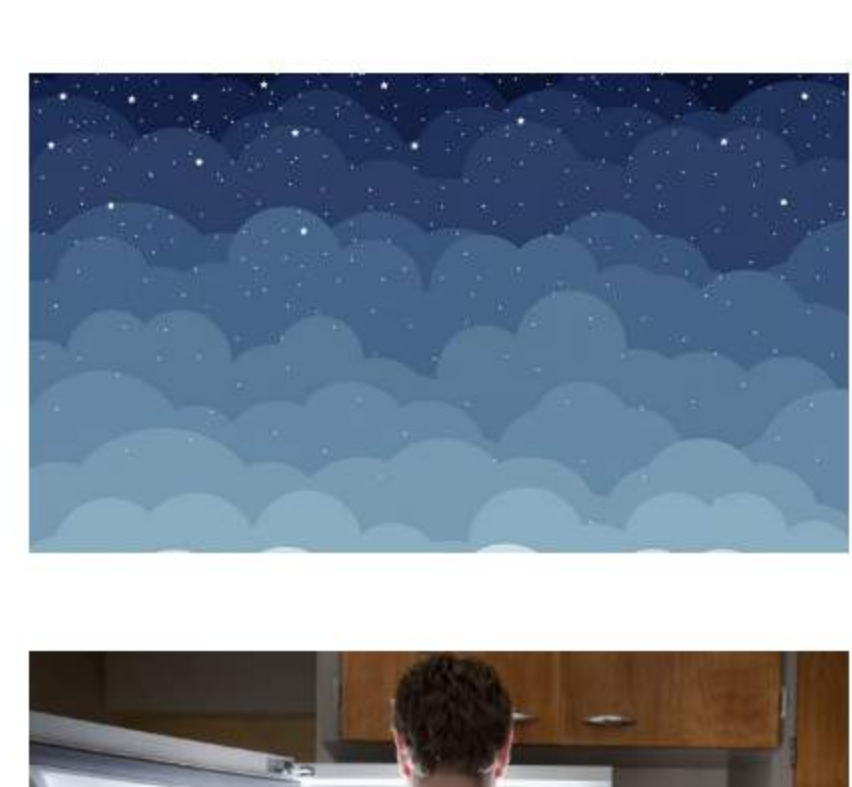


### Why spacing out while quarantining can be good for your brain

fastcompany.com

Without the pressure of constant in-person demands, individuals can make more time for uninhibited and creative thinking.

Shared by Denise

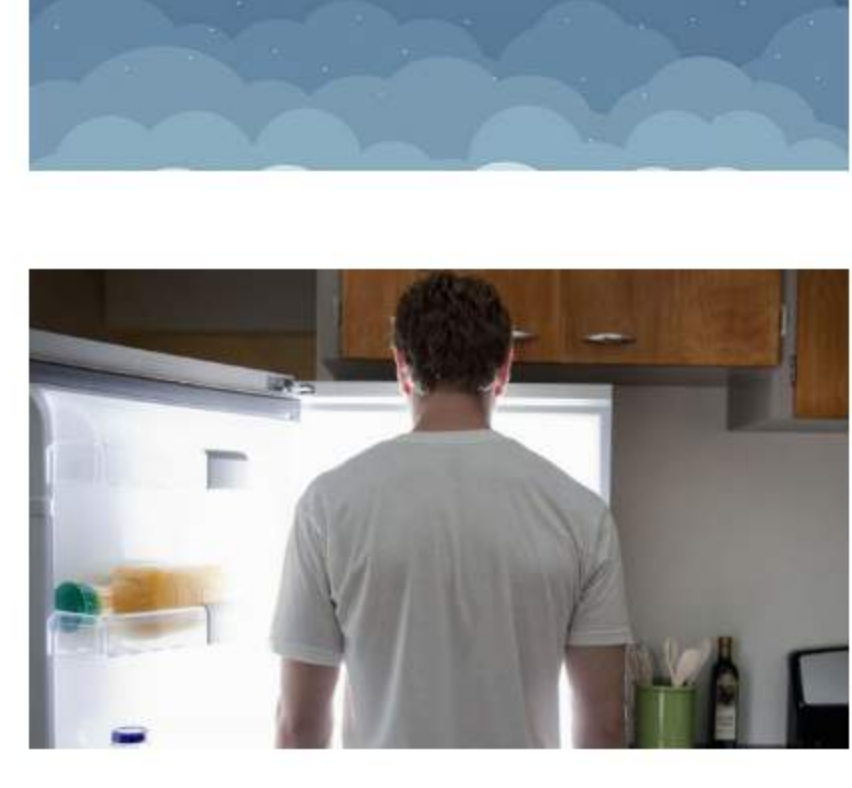


### Best Uplifting Songs to Live, Love and Expand With

onecommunityranch.org

This Best Uplifting Songs to Live, Love, and Expand with - created to share what we feel are our most positive songs ever: uplifting inspirational songs, inspiring music, conscious music!

Shared by Tom Connelly



### Hypnotherapy Is the One Thing That Has Cured My Insomnia

besthealthmag.ca

After trying every form of sleep aid on the market, our digital editor found hypnotherapy for insomnia to be the only thing that worked.

Shared by Tom Connelly

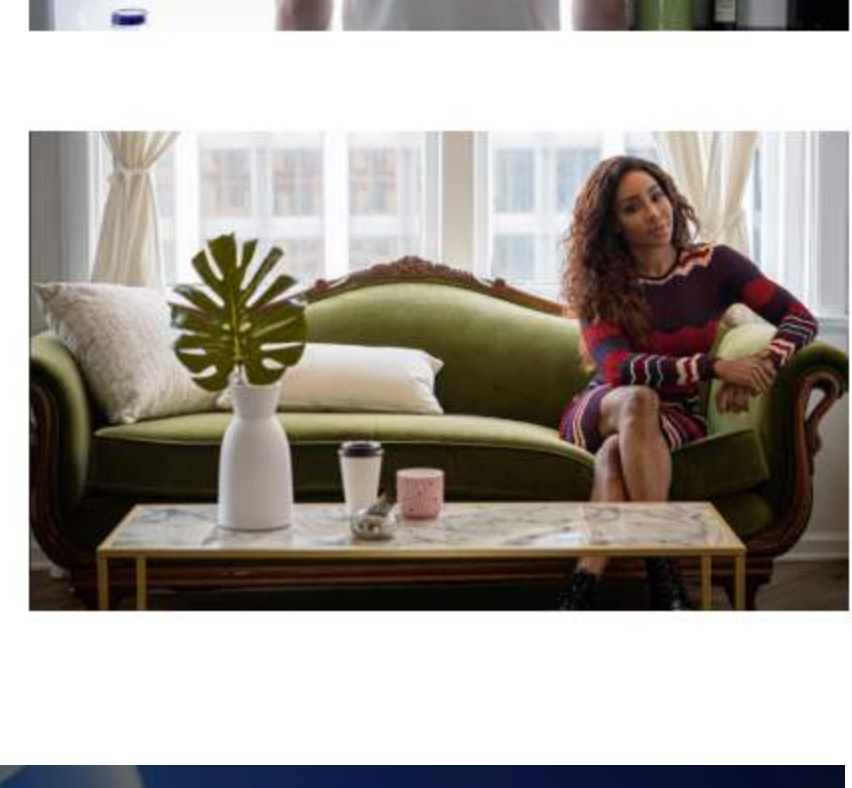


### What You Should Know About Hypnosis for Weight Loss

menshealth.com

Some research suggests hypnosis might help you with weight loss - depending on what you want it to help you do.

Shared by Tom Connelly

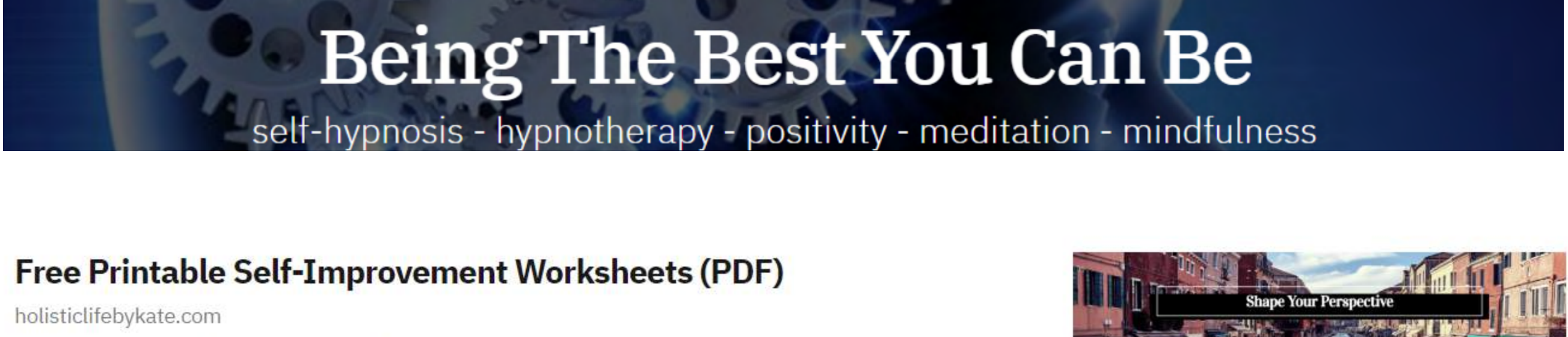
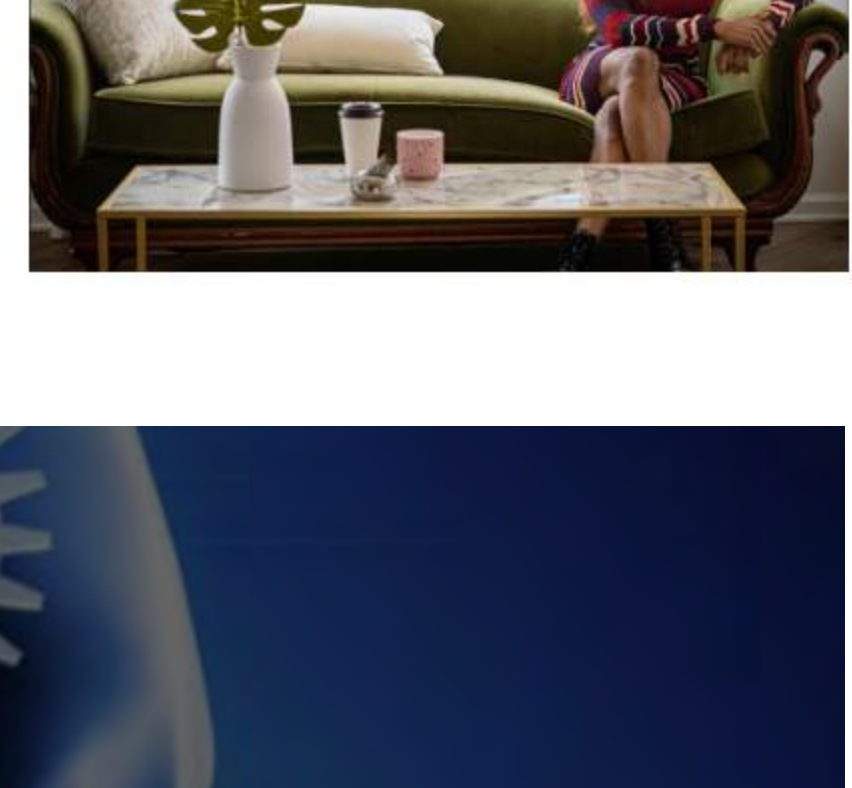


### Hypnosis In The Mornings

newsletter.hellonecole.co

Why I've added a hypnosis to my morning routine, plus the skinny on some of my productivity hacks because done is way better than perfect

Shared by Nicole Kane



### Free Printable Self-Improvement Worksheets (PDF)

holisticlifebykate.com

Free Printable Self-Improvement Worksheets (PDF). Start your journey to better you!

Shared by Tom Connelly



### Use this easy hypnotherapy exercise to beat your fear of networking

talentedladiesclub.com

Is a fear of networking and meeting strangers holding back your career or business? This easy hypnotherapy exercise will help you beat it.

Shared by Talented Ladies Club



### The 5 Types of Self-Talk Your Brain Likes Best

psychologytoday.com

How to talk so your inner mind listens.

Shared by Tom Connelly



### Happiness: why learning, not rewards, may be the key – new research

theconversation.com

Receiving a pay raise will make you feel happier only if it was bigger than what you had expected. Why? Because it helps you learn.

Shared by Sally Murphy



### Natural Treatments For Stress And Anxiety That Work

socialanxietyanswers.com

Reduce Stress and Anxiety Naturally Natural treatments for stress and anxiety such as acupuncture and meditation are gaining in popularity amongst victims of stress as well as more severe stress diso...

Shared by Social Anxiety Answe



### 4 Ways Brain Chemistry Can Propel Your Success

entrepreneur.com

The way forward might just be in your head.

Shared by Business Club



### You're breathing wrong. Here are 6 ways to fix that.

mashable.com

How to improve your breathing: Breathe slow. Get more carbon dioxide. And shut your damn mouth, especially at night.

Shared by Tom Connelly

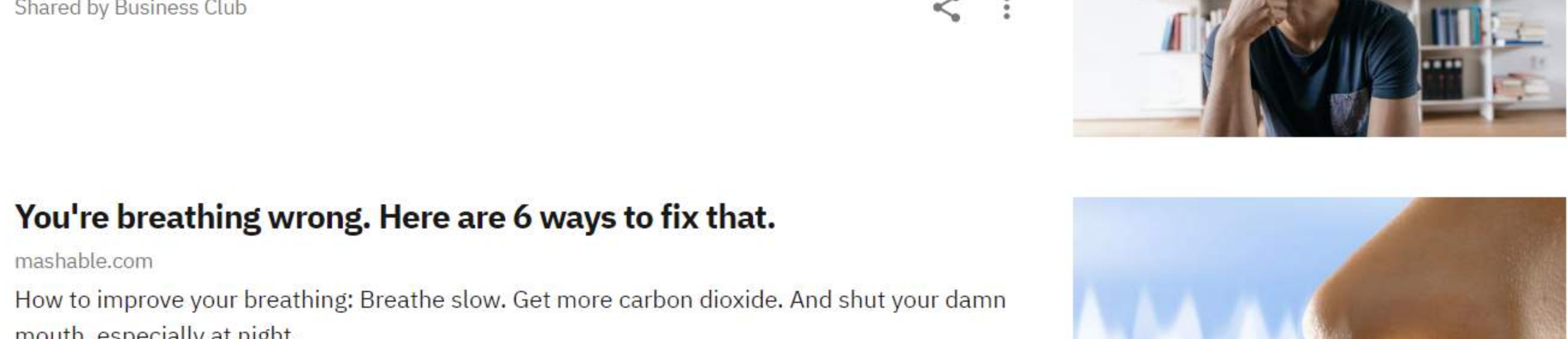


### The Advantages of Hypnotizing yourself and a Simple Process to Do it

lightwarriorstlegion.com

Let's examine what hypnosis is, its place in modern medicine, the Advantages of Hypnotizing yourself and a Simple Process to Do it.

Shared by Laura Collins 🧘🏻‍♀️🙌🏻🙏🏻



### The Real Reason Why Happiness Is Fleeting

psychologytoday.com

Were humans meant to be happy? Answers from evolutionary psychology will surprise you.

Shared by Hélène T. Stelian



### How to Age Successfully

psychologytoday.com

You do not have to wait until you are old to take measures to enhance healthy aging. Much of what you do and how you think throughout your life will impact your elder years.

Shared by Tom Connelly



### Daymond John says you can shift the power in any room—as long as you master these skills

cnbc.com

"Shark Tank" star Daymond John says the key to owning any room is being confident. John says he lacked confidence when first starting out, but overcame it.

Shared by CNBC International



### Yoga Nidra 20 Minute Guided Meditation

youtube.com

Yoga Nidra is the ultimate relaxation technique for releasing stress and tension held in your body. Anyone can do it!

Shared by Tom Connelly



### One Simple Exercise Hack!

inver.com

An essential part of any exercise regime is the music that accompanies it. Whether you're a runner, a rower, or a bodybuilder, you'll have a favorite selection of tunes to help you through.

Shared by Tom Connelly



### How hypnotizable are you? There's a test for that.

bigthink.com

Ever lose yourself in a great book or movie? This is a form of hypnosis.

Shared by Big Think



### Free Recordings for Stressed Healthcare Workers

bsch.org.uk

Here are a selection of hypnotherapy recordings provided by members of the British Society of Clinical Hypnosis to help Healthcare workers during the stressful times of the coronavirus pandemic.

Shared by Tom Connelly



### Rejection Proof... Audiobook

youtu.be

How I Beat Fear and Became Invincible Through 100 Days of Rejection

Shared by Tom Connelly

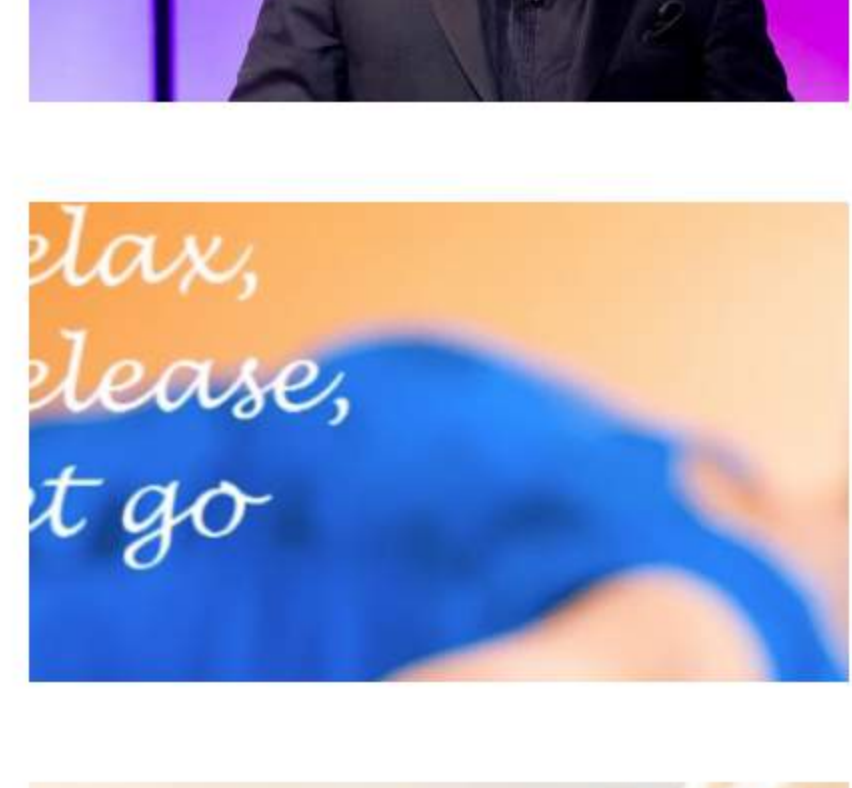


### Is the secret to happiness hidden in these untranslatable words?

lonelyplanet.com

Happiness is a complex emotion, but these words from around the world could help unlock the secret to finding true well-being.

Shared by 🧘🏻‍♀️ Nomad Revelations



### Now Is a Great Time to Start Practicing Mindfulness

hbr.org

A practical guide to dealing with fear, anger, and grief.

Shared by Susan Drumm



### Ed Francis's Free Positive Recordings

youtube.com

Repeating positive affirmations are very effective, you can actually reprogram your own thought patterns by reading and/or repeating positive and success-oriented sound bites on a regular basis.

Shared by Tom Connelly

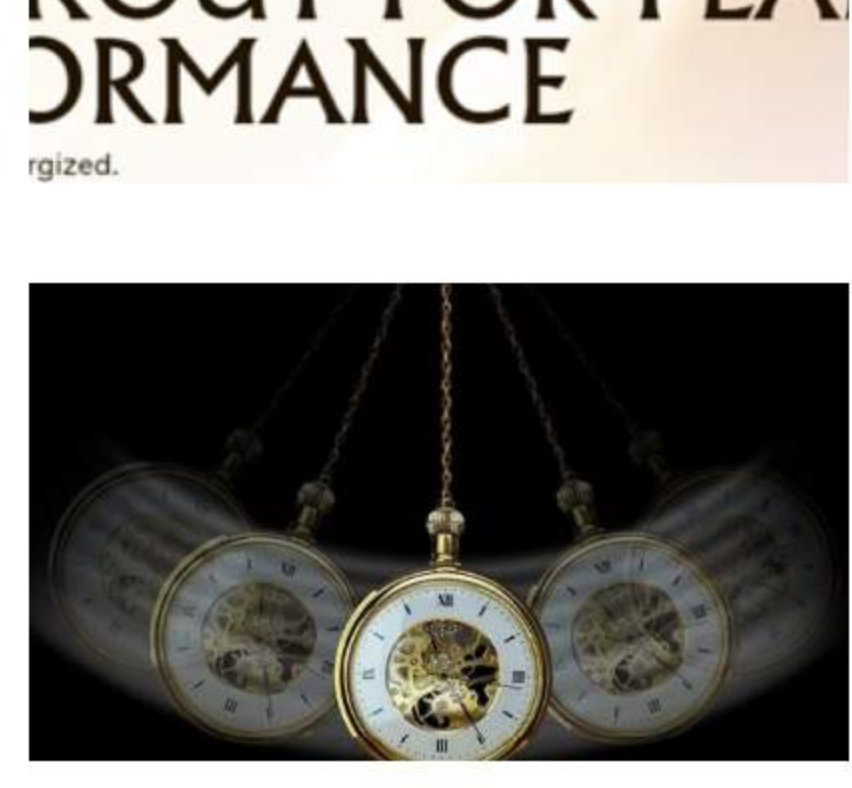


### The Instantaneous Way to Feel Good and Relieve Stress

psychologytoday.com

Imagine what it would feel like if you had all the time in the world. How much pressure would that relieve? And what if you could also feel happy, while your stress and physical pain were relieved?

Shared by Tom Connelly



### Here's What Happened When I Tried Past Life Regression Therapy

oprahmag.com

One OprahMag.com writer undergoes a past life regression therapy session with Ann Barham, LMFT, a certified past life regression therapist, to find more happiness in her current life.

Shared by The Healing Vibes 🌈

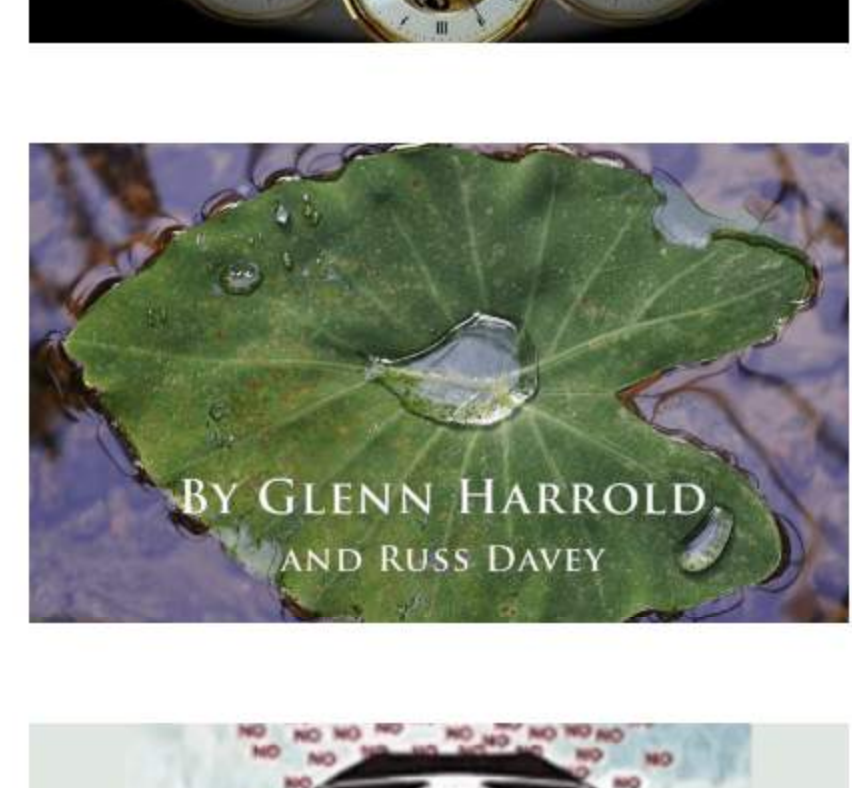


### 3 easy sleep techniques to make you drop off immediately

cosmopolitan.com

Half the battle when you can't get to sleep is trying to stop thinking about getting to sleep. Try these breathing techniques and mental activities to drop off.

Shared by Cosmopolitan UK

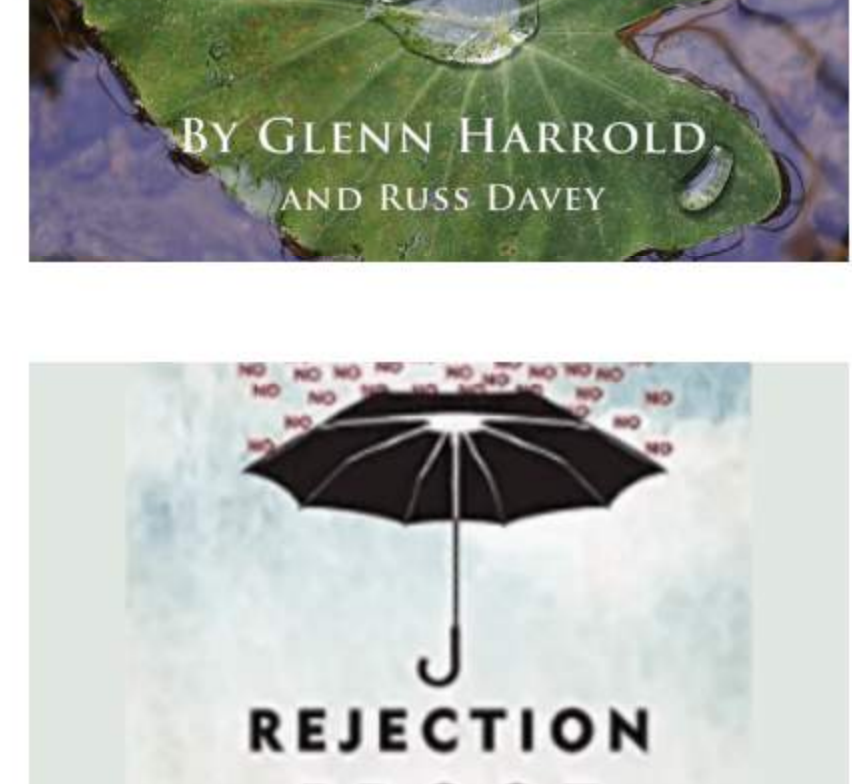


### A beginner's guide to starting therapy: how to tell what will work for you

cosmopolitan.com

From CBT to hypnosis, there are so many different types of therapy out there – but which might be helpful for you? Here's everything to know about all the...

Shared by Frankhouser



### Writing Just 3 Sentences Each Day Can Massively Boost Your Productivity and Happiness

inc.com

I challenge you to find a daily habit that delivers more self-improvement bang for your buck.

Shared by Gary Copie



### 25 Habits to Achieve Happiness

entrepreneur.com

Include these actions in your daily routine and change your life forever.

Shared by Liz H. Kelly



### Five Obstacles to Happiness (and How to Overcome Them)

greatergood.berkeley.edu

Mindfulness can help us maintain our well-being in the face of difficult situations.

Shared by Margarita Madrid



visit <https://bsch.org.uk>

