

Editor's note

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Welcome to Issue Three...

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.bsch.org.uk - Welcome to our next 25 or so articles but you can scroll for more!

New study sheds light on cognitive mechanisms linked to hypnosis

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psypost.org
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New research provides evidence that the tendency to respond to hypnosis is linked to cognitive flexibility. The findings, recently published in Scientific ...

Shared by Tom Connelly



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Free Hypnotherapy Unleashed!

youtube.com

Reveri

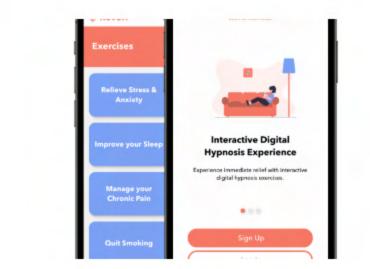
reveri.com

A selection of free hypnosis videos provided by Mike Leigh for your own use. Shared by Tom Connelly

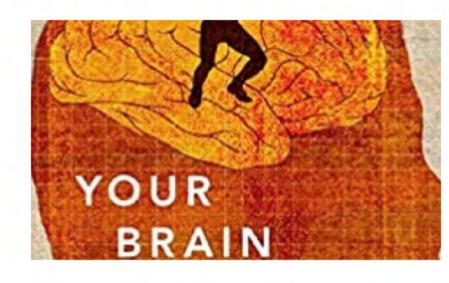


Hypnotherapy Videos on Hypnos Meditation &

HYPNOTHERAPY UNLEASHED







Enjoy interactive free hypnosis exercises with Stanford expert Dr. David Spiegel drawn from 40+ years of clinical experience.

Shared by Tom Connelly

Q: How Do I Prioritize Tasks and Chores on My To-Do List?

additudemag.com How to prioritize tasks daily? Follow this ADHD productivity advice: Ask "which one task or chore, when done, will make me feel better?"

Shared by Tom Connelly

This Is Your Brain on Exercise

psychologytoday.com The brain cares about exercise, just not always for the reasons that you think.

Shared by Tom Connelly

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People Who Use This Brilliantly Simple Trick Have Very High Emotional Intelligence

It's even better if the other side doesn't use it.

Shared by Tom Connelly

inc.com

17 Small Ways to Feel Grateful Every Single Day

thriveglobal.com Instilling gratitude in our daily routines can boost our happiness, help us stress less, and improve our well-being.

Shared by Tom Connelly





Being The Best You Can Be

self-hypnosis - hypnotherapy - positivity - meditation - mindfulness

The Last Time There Was a Craze About UFOs and Aliens

thebulwark.com

UFOs are in the news again. Though they never recede entirely from the headlines-you can always find stories somewhere speculating about spacecraft or sensationalizing optical illusions that look lik...

THE IBF BREATHING APP – FOR FREE ON IOS & ANDROID – IBF

IBF BREATHING ART WORKGROUP A workgroup to promote all forms of artistic expression in

the breathwork community and to encourage artists to get involved in IBF events and projects.

Shared by Tom Connelly

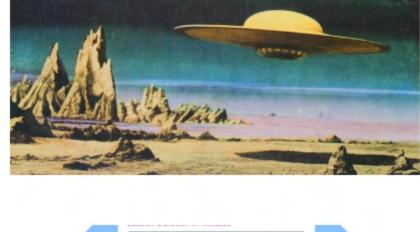
ibfbreathwork.org

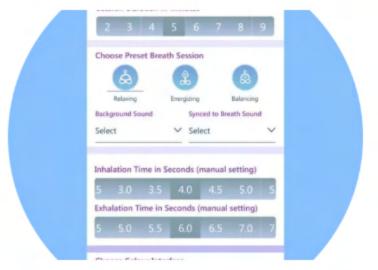
The [...] COVID19 Gu...

Breathwork Foundation

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Shared by Tom Connelly

How to Get Things Done That You Hate To Do psychologytoday.com First, adjust your attitude. Then use these 10 tactics to get it done.

Shared by Tom Connelly

Hypnosis leaves distinctive mark on brain, scientists say

statnews.com

A better understanding of how hypnosis can change brain activity may one day help scientists make hypnosis more effective.

Shared by Tom Connelly

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highexistence.com

Increase energy, reduce stress, and strengthen your immune system with these instructions for the Wim Hof Method breathing exercise with cold exposure.

Shared by Tom Connelly

Memories of the past life heal the pain?

tokion.jp

Millennials in France talk a lot about "hypnotherapy" recently. In Europe and the United States, it is approved as a treatment method by medical institutions because its effects have been proved by b...

Shared by Tom Connelly

Hypnotherapy Benefits Are Real—but What Is This Ancient Technique, Exactly, and Should You Try It?

parade.com

Hypnotherapy is a branch of psychology that may sound far-fetched, but today's version is grounded in science. Here's how it works (and why you should try it).

Shared by Tom Connelly



bigthink.com

The Stockdale Paradox is a term coined by Jim Collins in his book Good to Great. It's success generated by balancing optimism with straight realism.

Shared by Tom Connelly









Being The Best You Can Be

self-hypnosis - hypnotherapy - positivity - meditation - mindfulness

Five Science-Backed Strategies for More Happiness

greatergood.berkeley.edu

Several exercises to help you make the most of the International Day of Happiness.

Shared by Tom Connelly

Short Talks to Watch During Your Coffee Break!

10 short talks of around 5 minutes covering a wide range of current topics...

Shared by Tom Connelly

ted.com

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Inspirational Quotes

selfhelpdaily.com

Welcome to Self Help Daily's Collection of Motivational and Inspirational Quotes pages. Here you'll find the famous quotes and saying of some of the most remarkable men and women the world has ever k...

Shared by Tom Connelly

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3 Reasons Why Self-Improvement Books Aren't Helping You and How to Fix It

medium.com

When I first got into self-development, I was full of passion and motivation. I wanted success, confidence, health, happiness- everything. And I wanted it all fast. So I laid my hands on every ...

Shared by Tom Connelly

Your Brain Doesn't Work the Way You Think It Does

gq.com

A conversation with neuroscientist Lisa Feldman Barrett on the counterintuitive ways your mind processes reality—and why understanding that might help you feel a little less anxious.

Shared by Tom Connelly

5 Science-Backed Ways to Reboot Your Biology in 2021

psychologytoday.com This year, skip the "detox," and do a deep reset for your brain and body.

Shared by Tom Connelly

19+ Free Tools to Start Your Podcast From Scratch

buffer.com

Think podcasts only work with a big budget? Not so fast. There are a ton of free resources to launch your show with an (almost) zero-dollar budget.

Shared by Tom Connelly

The Instant Self-Hypnosis Book

issuu.com

Free to read online - How to Hypnotize Yourself with your eyes open! Free yourself from fears and phobias, lose weight, have great sex and stop smoking!

Shared by Tom Connelly

The Barbecue Abduction Incident, Derbyshire, England 1995

ufoinsight.com

A little-known case of alien abduction occurred one evening during a last-minute barbecue between neighbors in the summer of 1995. Four people would suddenly realize they couldn't account for several...

Shared by Tom Connelly

Release Stress & Strengthen Intuition with Heart Breathing

centertruehealth.com

Learn a simple and powerful breathing technique to release stress and balance your heart, which in turn will help you relax your mind and body and strengthen your intuition.

Shared by Tom Connelly



Enhance Your Testing Strategy with Mind Map-Driven Testing

infoq.com

This article shares ideas and knowledge about mind maps and shows how they can be used as lean documents to plan, organize, record, present, and report on testing.

Shared by Tom Connelly



