



# Being The Best You Can Be

self-hypnosis - hypnotherapy - positivity - meditation - mindfulness

<https://selfxl.me>

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ISSUE FOUR

## Editor's note

Welcome to Issue Four...

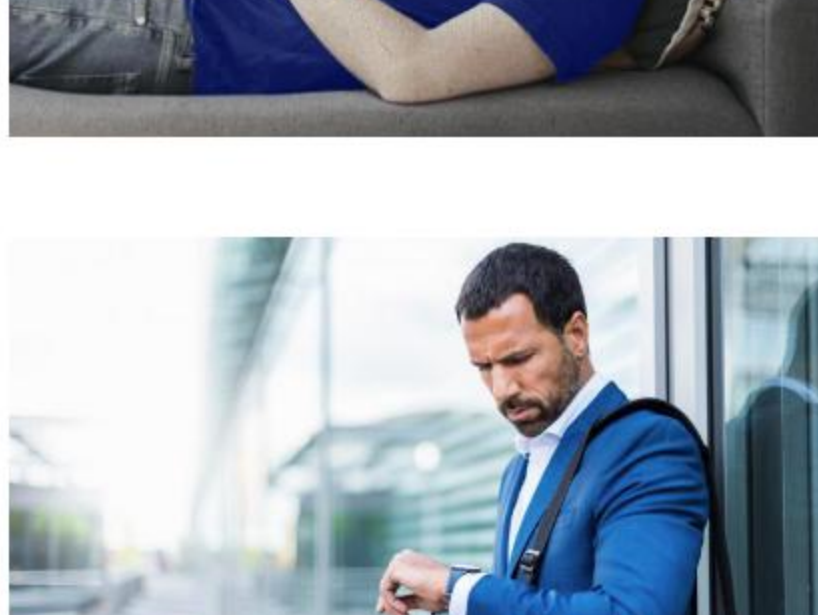
We can improve our mindset, which will improve our lives and relationships. In this digital newspaper we'll bring you the information to make a difference and hope that if you find a good source on the Internet you'll share it with us too. The majority of the information and resources will be free but if you ever need professional hypnotherapy or advice about hypnosis visit: The web pages of the British Society of Clinical Hypnosis [www.bscl.org.uk](http://www.bscl.org.uk)  
- Welcome to our next 20 or so articles but you can scroll for more!

## Hypnosis for anxiety, depression, and fear: Does it work?

[medicalnewstoday.com](http://medicalnewstoday.com)

Hypnosis is a technique to ease the mind and body into a relaxed and calm state. It may benefit those experiencing anxiety, depression, and fear. Learn more.

Shared by Tom Connelly

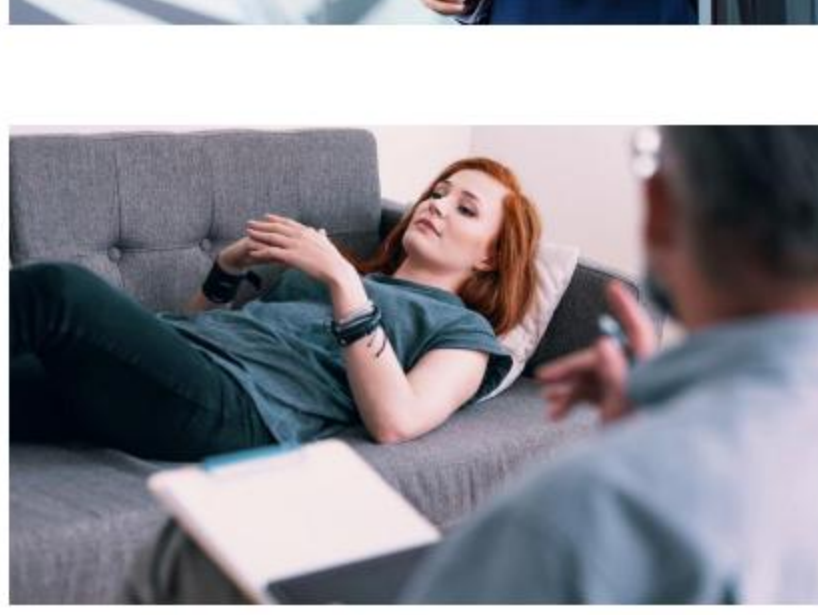


## 10 Incredible TED Talks About Time Management You Should Watch Right Now

[entrepreneur.com](http://entrepreneur.com)

These time-management talks can help improve your productivity.

Shared by Tom Connelly



## Hypnosis was my last resort for chronic insomnia. Here's what happened.

[womensagenda.com.au](http://womensagenda.com.au)

When a friend of mine suggested hypnotherapy, I was understandably sceptical. As a journalist, I was also intrigued.

Shared by Tom Connelly

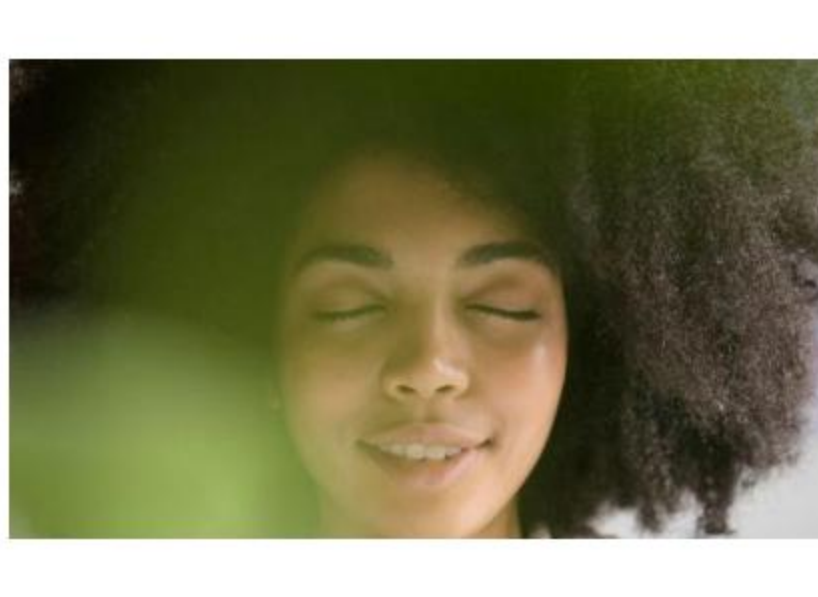


## Why You Should Write Three Pages of Garbage Every Morning

[lifehacker.com](http://lifehacker.com)

Every morning—just about—I write three pages, stream-of-consciousness, longhand in a notebook. I sit down, I write for three pages, I stop. And I wholeheartedly believe it's one of the best things I ...

Shared by Tom Connelly



## Can You Breathe Your Way to Better Skin?

[thecut.com](http://thecut.com)

It seems that breathing — or more specifically, breath work — may be the key to the kind of clear, radiant skin typically reserved for Meghan Markle and Instagram yogis on retreat in Costa Rica.

Shared by Tom Connelly

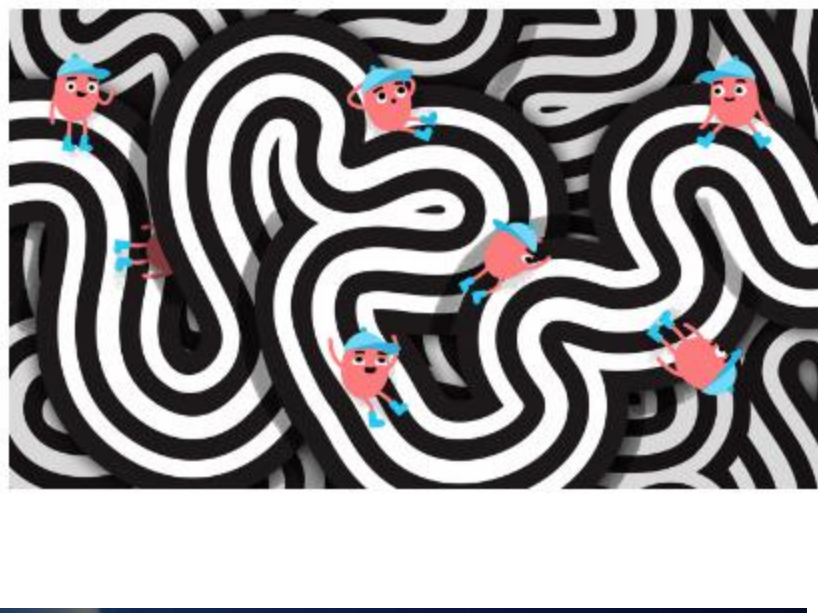


## How to Go From Incredibly Shy to Insanely Confident So Your Business Can Thrive

[entrepreneur.com](http://entrepreneur.com)

Embody intrinsic confidence and spark new levels of growth in your company.

Shared by Tom Connelly



## How scientists are trying to unlock the mysteries of hypnosis

[ideas.ted.com](http://ideas.ted.com)

It may seem like a topic from the edge of woo, but hypnosis is getting a new look from researchers studying its fascinating effects on our brains.

Shared by Tom Connelly



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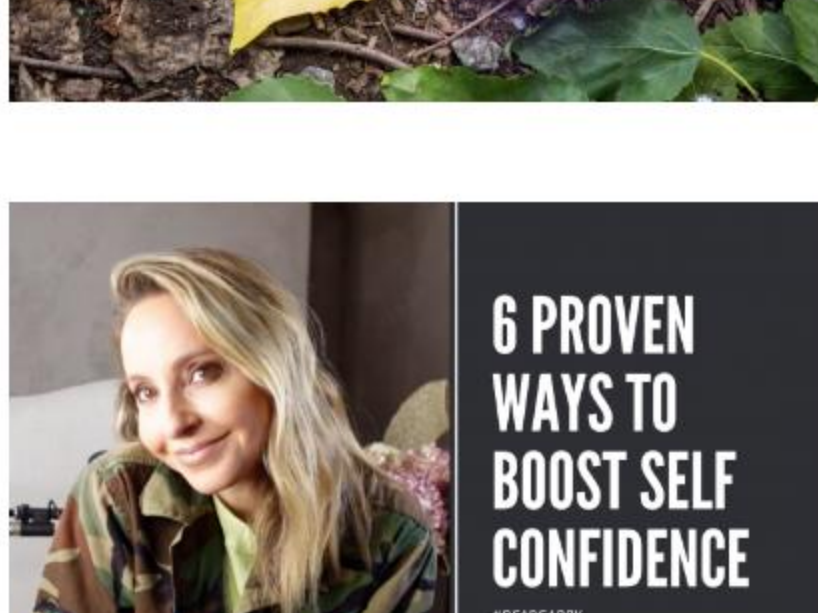
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## Cultivating Joy Takes Work: 3 Ways to Turn Happiness Into a Habit

[kqed.org](http://kqed.org)

If you've been feeling blah recently, you're not alone. The good news is you can retrain your brain to feel happier. Here's how to shift your mood and restore your well-being.

Shared by Tom Connelly

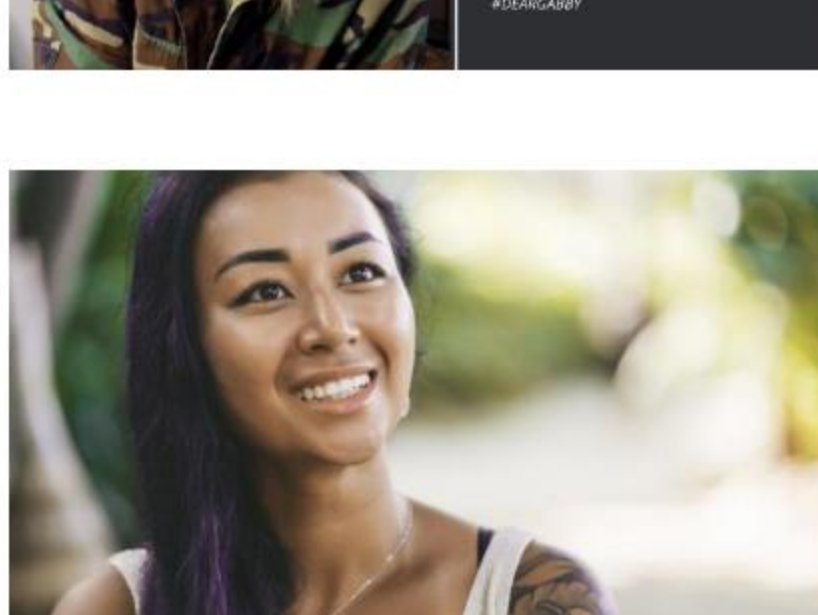


## 6 Proven Ways to Boost Self-Confidence

[gabbybernstein.com](http://gabbybernstein.com)

Have you been struggling with self-confidence? Check out the video from Dear Gabby, where I share 6 ways you can ignite your confidence now.

Shared by Tom Connelly

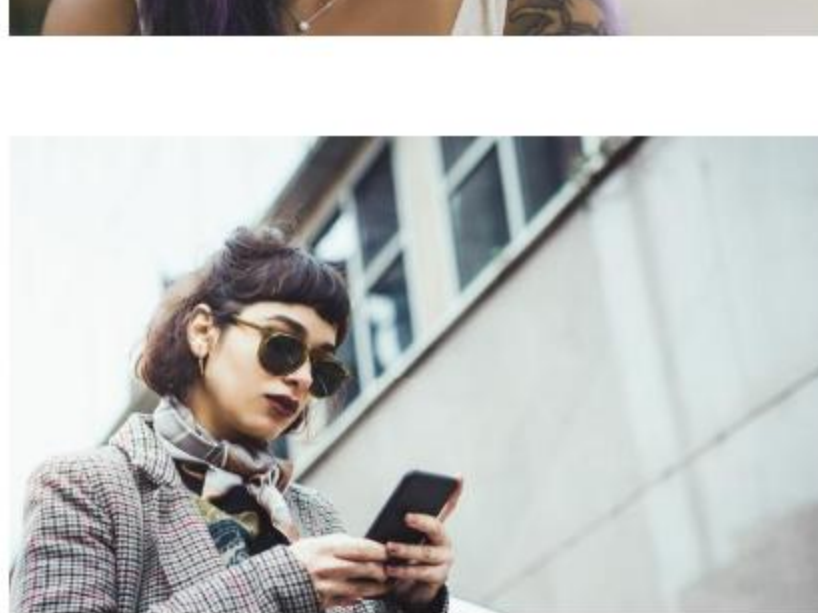


## 5 Ways Tattoos Can Help People Heal

[psychologytoday.com](http://psychologytoday.com)

Researchers find that body art can help survivors cope with trauma.

Shared by Tom Connelly



## Using Hypnosis To Stop Doomscrolling — Here's What Happened

[thezoereport.com](http://thezoereport.com)

Doomscrolling and additions to screens have become part of the norm this past year, and it's possible to break these bad habits through hypnosis.

Shared by Tom Connelly



## Blind in the Mind: Why Some People Can't See Pictures in their Imagination

[neurosciencenews.com](http://neurosciencenews.com)

Researchers report on why some people experience aphantasia, the inability to imagine in images.

Shared by Tom Connelly



## How to Break the Cycle of Negative Thinking

[psychologytoday.com](http://psychologytoday.com)

Concrete strategies can help you reframe your negative thoughts.

Shared by Tom Connelly



## Could Hypnotherapy for Weight Loss Actually Work? Here's What the Experts Want You to Know

[womenshealthmag.com](http://womenshealthmag.com)

A "complementary" therapy, hypnotherapy for weight loss is designed to change your mindset towards healthy living. Here's what you should know

Shared by Tom Connelly

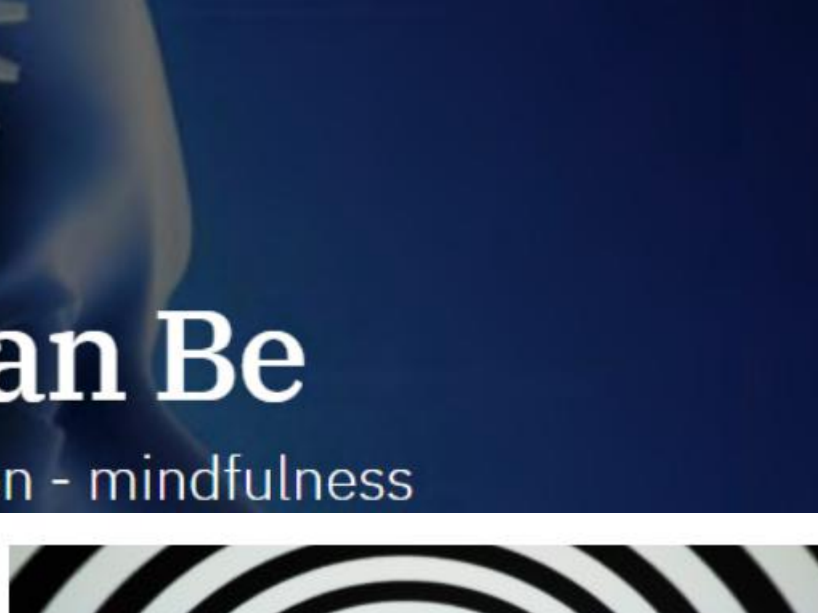


## The Fine Line Between Reality and Imaginary

[nautiLus](http://nautiLus)

We all live in two worlds: a world outside of ourselves containing things that others can also see and hear and touch, and a world&#8230;

Shared by Tom Connelly



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## Attract What You Want With the Hypnosis And The Law Of Attraction

[dolawofattraction.com](http://dolawofattraction.com)

Want to FastTrack your manifestation? Manifest faster using hypnosis and the law of attraction to bring in to existence your desires.

Shared by Tom Connelly



## 3 Potential Ways to Train the Brain to Release Dopamine on Demand

[psychologytoday.com](http://psychologytoday.com)

Willfully releasing dopamine into the brain may be within your locus of control.

Shared by Tom Connelly



## Can Science Explain Deja Vu?

[scientificamerican.com](http://scientificamerican.com)

Scientific American is the essential guide to the most awe-inspiring advances in science and technology, explaining how they change our understanding of the world and shape our lives.

Shared by Tom Connelly



## Rainy Mood

[rainymood.com](http://rainymood.com)

Welcome to Rainy Mood, the internet's most popular rain sounds. Millions of people use Rainy Mood while sleeping, studying, and relaxing. Enjoy the free web version, or try the iOS/Android app with a...

Shared by Tom Connelly



## Scientists studying psychoactive drugs accidentally proved the self is an illusion

[qz.com](http://qz.com)

Testing the magical properties of mushrooms led scientists to philosophy's open secret.

Shared by Tom Connelly



## Writing can improve mental health — here's how

[edition.metro.news](http://edition.metro.news)

Posted by Metro

Shared by Tom Connelly



## 17 Guided Breathing Videos for When You Need a Minute

[self.com](http://self.com)

When you're feeling stressed and overwhelming, taking a break to engage with some breathing videos can give you the mental reset that you need.

Shared by Tom Connelly

