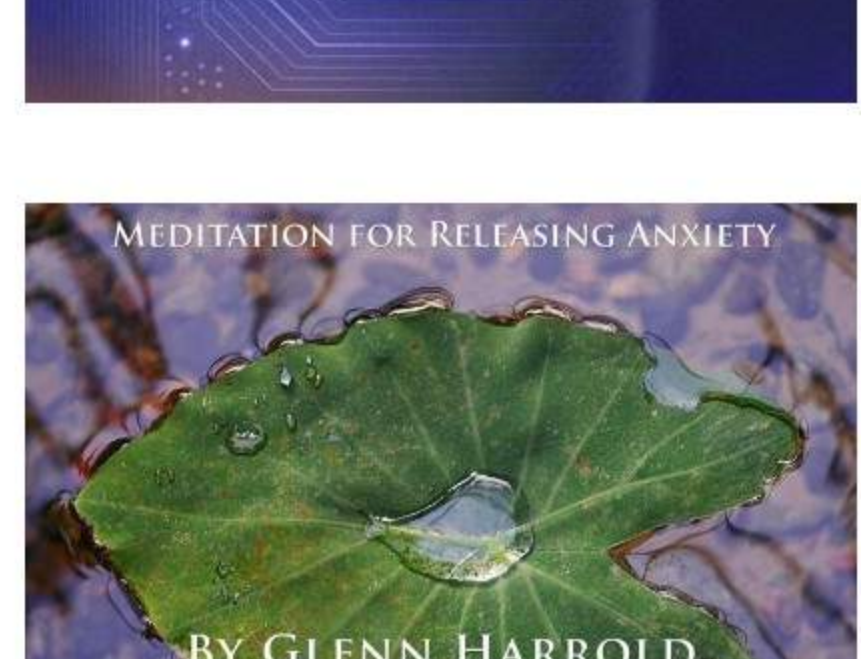


6 positive AI visions for the future of work

weforum.org

We asked experts to discuss the challenges of artificial intelligence developments in the workplace, their economic impacts and share their positive AI visions for the future.

Shared by Tom Connelly



Healthcare Recordings

bsch.org.uk

Hypnosis recording provided by members of the BSCH to help healthcare workers

Shared by Tom Connelly



Metaphor Is a Shortcut on the Path to Mindfulness

psychologytoday.com

Using a vivid metaphor is one of the easiest ways to become more mindful.

Shared by Tom Connelly



How the Gut Talks (Rapidly! Insistently!) To the Brain

psychologytoday.com

An astonishing array of brain functions demand a well-balanced microbiome.

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The Psychology Behind a \$500,000 Handbag

psychologytoday.com

What successful marketing has in common with psychopathic narcissism.

Shared by Tom Connelly



Hypnosis Techniques for Young Children

psychologytoday.com

How the therapeutic approach can be modified appropriately.

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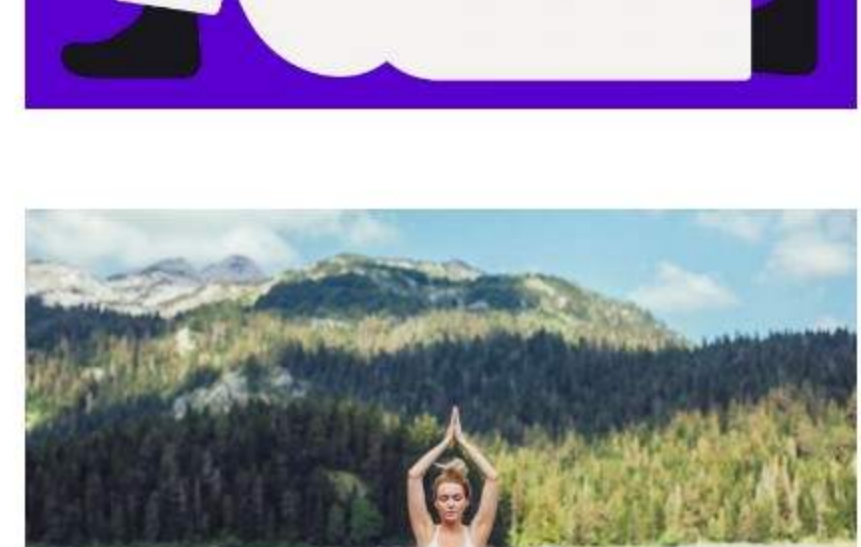


Hypnosis Methods You Can Use on Your Own

psychologytoday.com

3 ways to use our minds to feel and function better.

Shared by Tom Connelly



Aging is inevitable, so why not do it joyfully? Here's how

ideas.ted.com

Here are 8 ways to approach growing older -- and life -- with wonder, curiosity and delight, from author and designer Ingrid Fetell Lee.

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A 14-Year Study Revealed How Much Your Mental Health Can Benefit From Spirituality

elitedaily.com

What do you believe in? It's kind of a daunting question, isn't it? Growing up, I was taught to have faith in the Catholic church, and God, but I think what people get wrong about spirituality is tha...

Shared by Tom Connelly



Linga Mudra: Immunity

unlimitedenergynow.com

You can strengthen your immune system, balance your lung meridian, improve your ability to recover from colds, flus and viruses by turning to Linga Mudra.

Shared by Tom Connelly

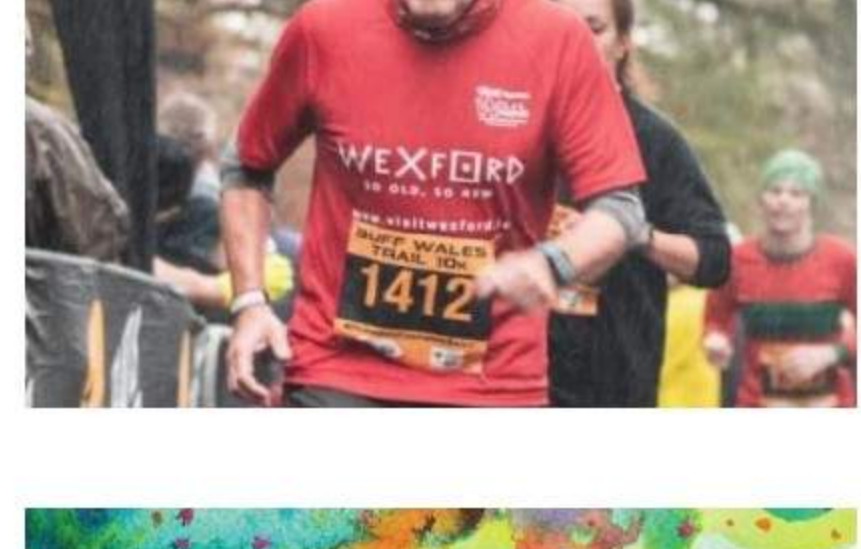


Pornography Addiction: 5 Treatments That Are Proven To Work

webmd.com

Therapy, medication, and hypnosis are some of the methods used to treat pornography addiction.

Shared by Tom Connelly



Anne Morrison Coaching - Is self-employment right for me? blog

anнемorrisoncoaching.com

Many women decide to train as a therapist because they want to help people. Yet many training courses don't cover the business of therapy.

Shared by Tom Connelly



Does Running Improve Romantic Relationships?

psychologytoday.com

Couples who run together report having more sex.

Shared by Tom Connelly



The Link Between Wandering and Sleeping Minds

the-scientist.com

Researchers discover that when the mind wanders or goes blank, some parts of the brain behave as they do during sleep.

Shared by Tom Connelly

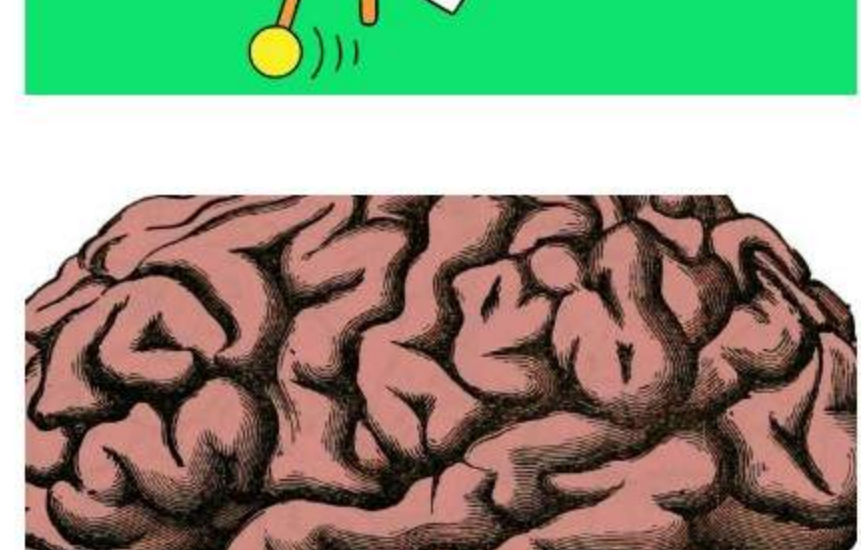


8 Health Problems That Hypnosis May Help

realdaily.com

Hypnosis can help people overcome bad habits, so scientists have begun studying this technique as a valid form of treatment. Doctors and scientists have studied whether hypnosis can help a number of ...

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When you eat can be just as important as what you eat

ideas.ted.com

By doing something as small as adjusting your mealtimes, you can re-set your body clock and improve your health, says chronobiologist Emily Manoogian.

Shared by Tom Connelly



Why Is Medical Hypnosis Important?

psychologytoday.com

Use of this tool can enhance patient outcomes substantially.

Shared by Tom Connelly

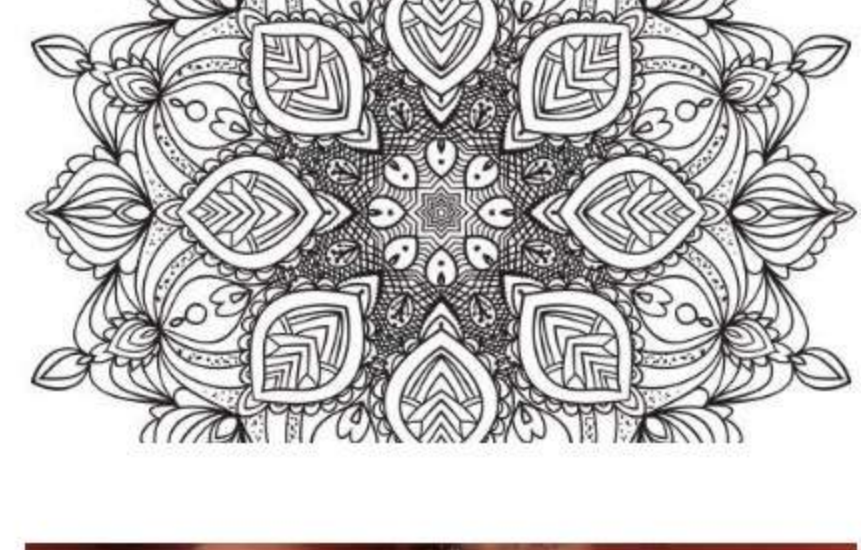


Hypnotic regression: What is it, and how does it work? (The Hypnotist part 2) | Pretend Podcast

pretendradio.org

I tried hypnotic regression to recover a traumatic childhood memory. Listen to audio from my hypnosis session.

Shared by Tom Connelly



I used hypnosis to uncover a painful childhood memory (The Hypnotist part 1) | Pretend Podcast

pretendradio.org

I want to undergo hypnotic regression, experience it for myself, and try to unlock memories from my childhood that should probably never resurface. Can hypnosis help me recover that memory?

Shared by Tom Connelly



What the Heck is Mandala?

medium.com

However, there is no solid definition ever found for mandala. Despite all that, the symbol still appears in many form of arts and architecture as well as in any other form of arts. The symbol itself...

Shared by Tom Connelly



Is hypnosis the next big wellness trend?

dazeddigital.com

If you've seen someone staring out into space lately, they may not be day dreaming, they may not even be meditating. It's possible they're in a deep state of hypnosis. As 2021 chugs on, and mental he...

Shared by Tom Connelly



The Courage to Enter Our Most Valued Self

psychologytoday.com

Exploring our highest possibility

Shared by Tom Connelly



Hypnogenesis - Hypnosis & Hypnotherapy Journal

hypnos.co.uk

An article about using hypnosis to improve golf performance

Shared by Tom Connelly



The Miracle Molecule Known as Melatonin

drjoedispenza.com

One of the most important facets of meditation is that it gives us a chance to slow down, pause, and disconnect from the outer world. By closing down our sensory inputs from our external environments...

Shared by Tom Connelly



The 11 Best Books About Anxiety of 2021

psychcentral.com

Books can be a good way to help you learn about anxiety, develop coping skills, and navigate tough moments. Here are our top anxiety book picks.

Shared by Tom Connelly



Can't Find Time For Self-Care? Try 'Habit Stacking.'

huffpost.com

This extremely simple productivity hack will instantly carve out time for yourself in a way you never thought of before.

Shared by Tom Connelly



11 Mental Tricks to Stop Overthinking Everything

inc.com

Stop worrying and start growing.

Shared by Tom Connelly



3 science-based strategies to increase your creativity

ideas.ted.com

These three unexpected things can help fuel your creativity: A good mood, some quiet time that's all your own, and limits. Learn why, from performance expert Steven Kotler.

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Can you be HYPNOTISED into exercising?

dailymail.co.uk

One month into our New Year's resolutions, do you need a more extreme alternative to make your stick?

Shared by Tom Connelly



How People Make Their Wishes Come True

psychologytoday.com

Our wishes can offer extraordinary insights into ourselves.

Shared by Tom Connelly



How to Trust—and Find Strength in—the Unknown

tricycle.org

In 'We Were Made for These Times,' Kaira Jewel Lingo shares how she learned to trust the unknown when faced with a big life decision.

Shared by Tom Connelly



How to change a habit

hypnotic.com

A habit is a behaviour or action that you tend to do in a given situation. It only takes an instant to develop a habit, just by doing it! The key is for repetition to make that habit stick. This blog...

Shared by Tom Connelly

How to Heal Your Gut With Hypnosis—Plus 5 More Facts About Your ‘Second Brain’

observers.com

The gut is a fascinating part of the body that does so much more than just process food.

Shared by Tom Connelly

Best Self-Help Books to Improve Every Area of Your Life

mensjournal.com

If the last few years have played havoc on your mental well-being, it may be the perfect time to check out the best self-help books around.

Shared by Tom Connelly

The Healing Power of Reminiscing

shondaland.com

Experts explain why looking back on the happy moments of our lives can make us feel more connected, confident, and hopeful.

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