



Being The Best You Can Be

self-hypnosis - hypnotherapy - positivity - meditation - mindfulness



Why do we Unconsciously go for the Same Type of Person in Relationships

lcchinternational.co.uk

When it comes to types, psychological elements influence us more than physical ones. The relationships we have with our parents can influence our other intimate relationships and the type of person w...

Shared by Tom Connelly



Why You Need to Pick Up a Book Again

psychologytoday.com

Reading is more helpful for your mental health than you may realize.

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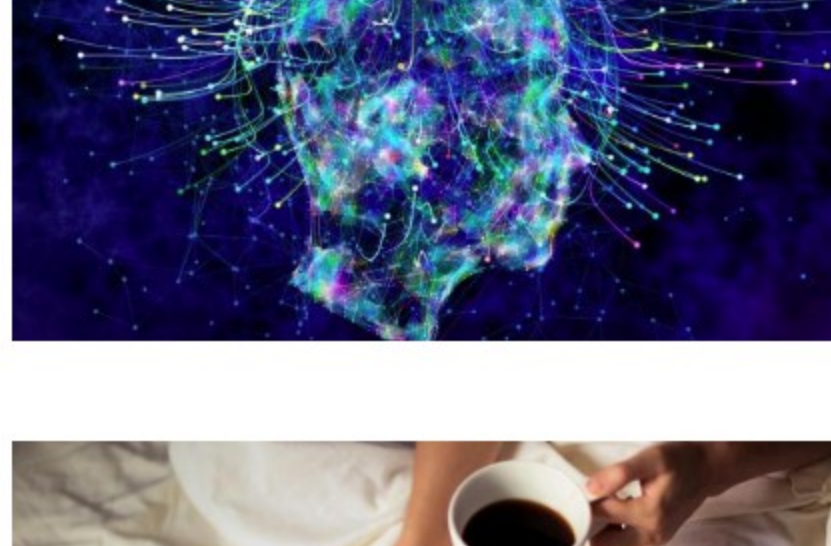


What if consciousness is not what drives the human mind?

theconversation.com

See if you can get your head around this.

Shared by Tom Connelly



This 10-Minute Routine Will Increase Your Clarity And Creativity

medium.com

“Your subconscious mind works continuously, while you are awake, and while you sleep.” — Napoleon Hill Your subconscious never rests and is always on duty because it controls your heartbeat, blood...

Shared by Tom Connelly



Brain food: Studies are starting to zero in on the why and how of the diet-brain connection

thestar.com

Researchers at the University of British Columbia recently established a correlation between both Mediterranean and MIND diets and the onset of Parkinson's symptoms — by as much as 17 years for women.

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How Positive Talk Can Improve Your Life

psychologytoday.com

Positive talk can help us become more confident, motivated, and productive.

Shared by Tom Connelly



3 Easy Tips To Live an Incredibly Awesome Life

mikemandelhypnosis.com

Do you ever consider the fact that everything and more importantly everyone is constantly changing, in one-way or another? It's true! Change is inevitable. If you enjoy the kind of high-quality conte...

Shared by Tom Connelly

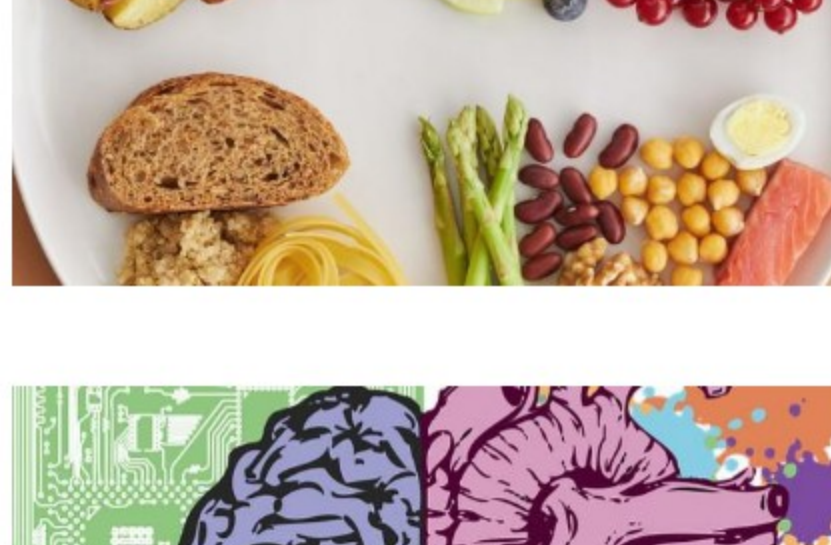


6 Ways to Use Hypnosis for Improved Well-Being

psychologytoday.com

Hypnosis can make it easier to achieve and maintain good health.

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A New Theory of Emotions Enters the Scene

psychologytoday.com

The newest emotion theory explains what leads your emotions to flip on and off.

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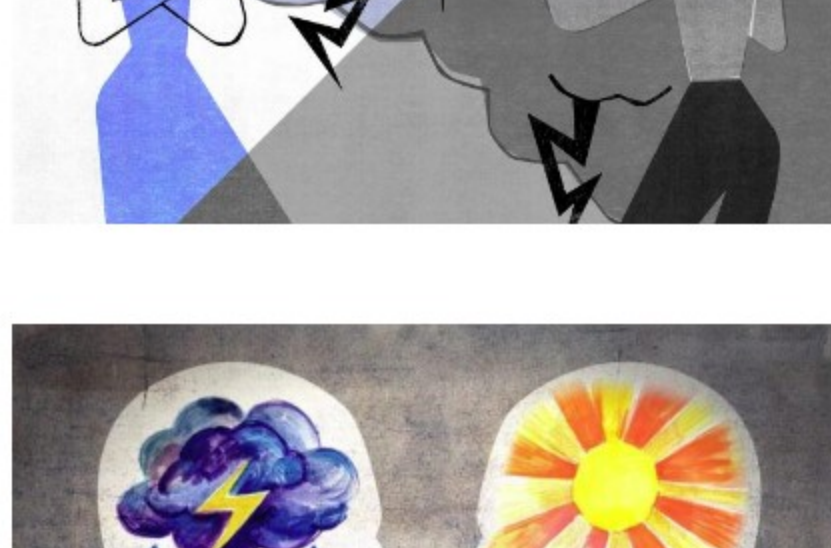


Why are some people irritable all the time? And what can you do?

ideas.ted.com

Maybe you have someone like this in your life ... or maybe you're the one who's too often in a bad mood. Psychologist Guy Winch explores this common problem and shares his advice.

Shared by Tom Connelly

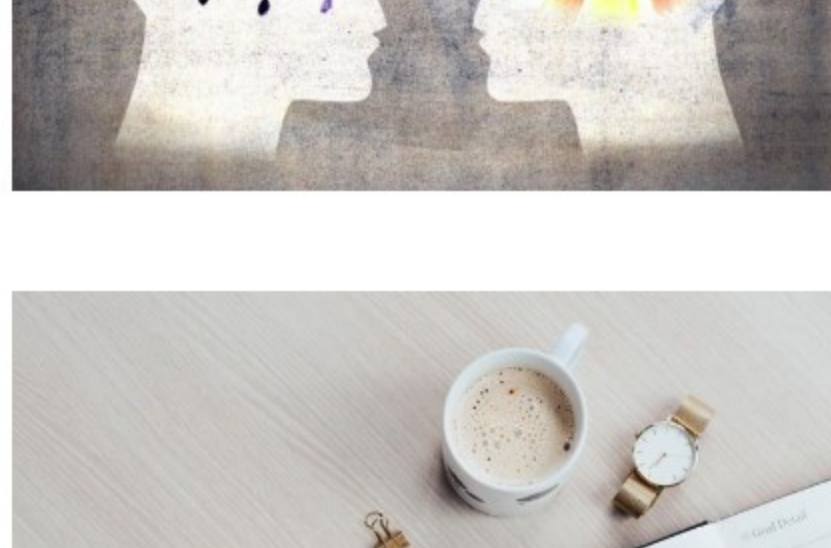


Does Your Subconscious or Unconscious Mind Control You ? (It might more than you think)

theconsciousvibe.com

How much of your behavior and your life decisions are you really in control of ? How many of your life decisions have been controlled...

Shared by Tom Connelly

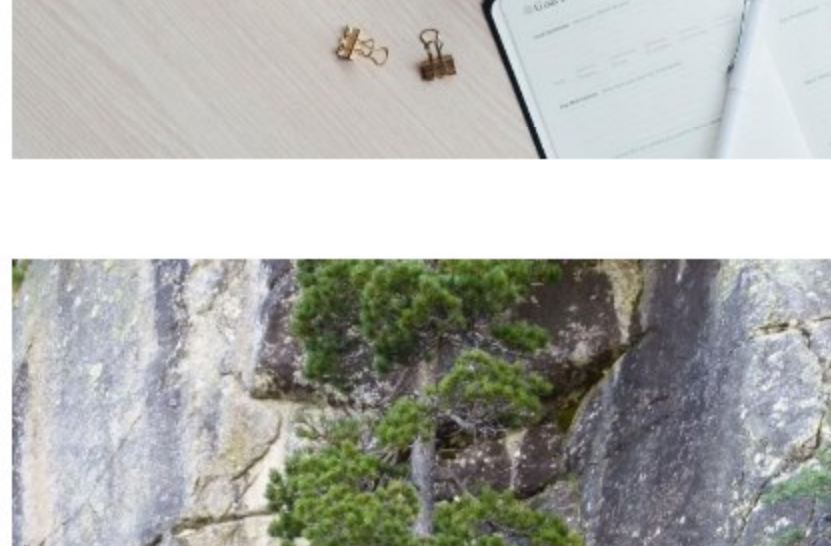


20 Habits to Upgrade Your Life: Time to Focus on You

medium.com

Did you ever find yourself doing something without even thinking about it? It just comes to you automatically, with no conscious effort whatsoever. That is because as human beings we are used to...

Shared by Tom Connelly



Understanding the Subconscious: Its Central Role in Hypnosis

psychologytoday.com

7 methods for having conversations with your subconscious.

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

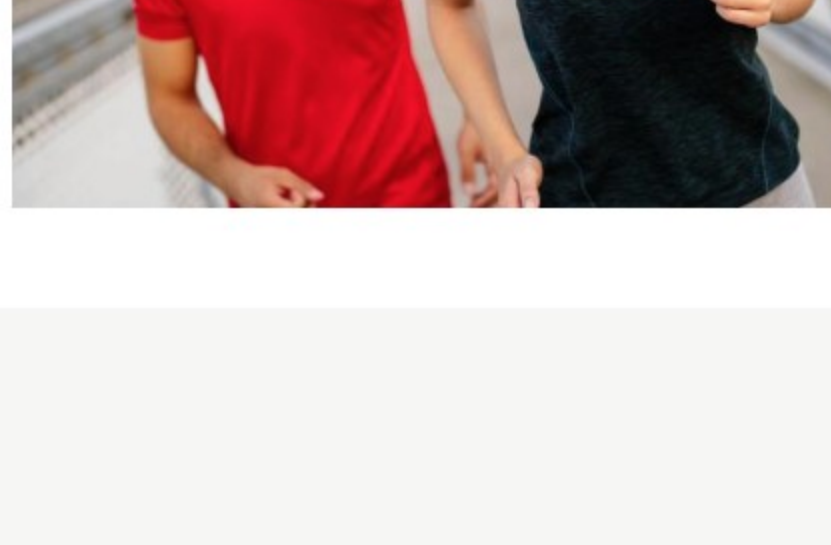


7 Proven Steps to Forming Habits That Last

psychologytoday.com

Here's how to keep your new habits going longer than one week.

Shared by Tom Connelly



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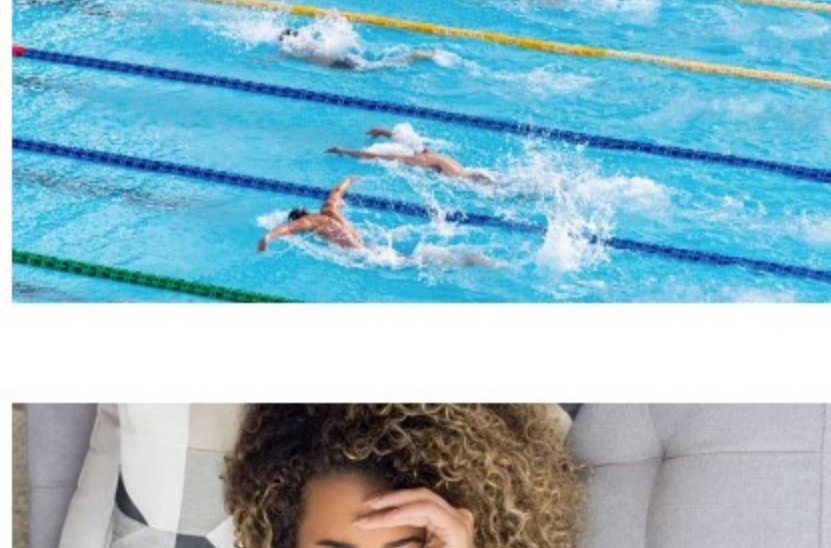
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Swimming Gives Your Brain a Boost – But Scientists Don't Yet Know Why - The Wire Science

science.thewire.in

For centuries, people have been in search of a fountain of youth. Swimming just might be the closest we can get.

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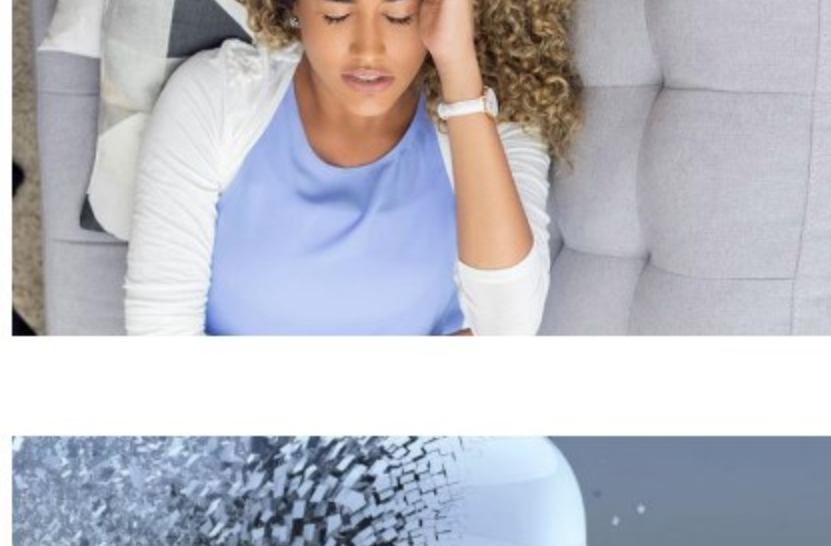


Can Sports Hypnosis Improve Performance?

health.clevelandclinic.org

Can hypnotherapy help your sports performance? A Cleveland Clinic expert says yes.

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Dreams Are More Real Than Anyone Thought

psychologytoday.com

Waking reality and dreams are different versions of the same thing.

Shared by Tom Connelly



Where does consciousness come from? And how do our brains create it? A look at one of life's biggest mysteries

ideas.ted.com

Within each of our minds, the activity of billions of neurons gives rise to a conscious experience - and not just any experience, yours, right here, right now. How does this happen? There's still so...

Shared by Tom Connelly



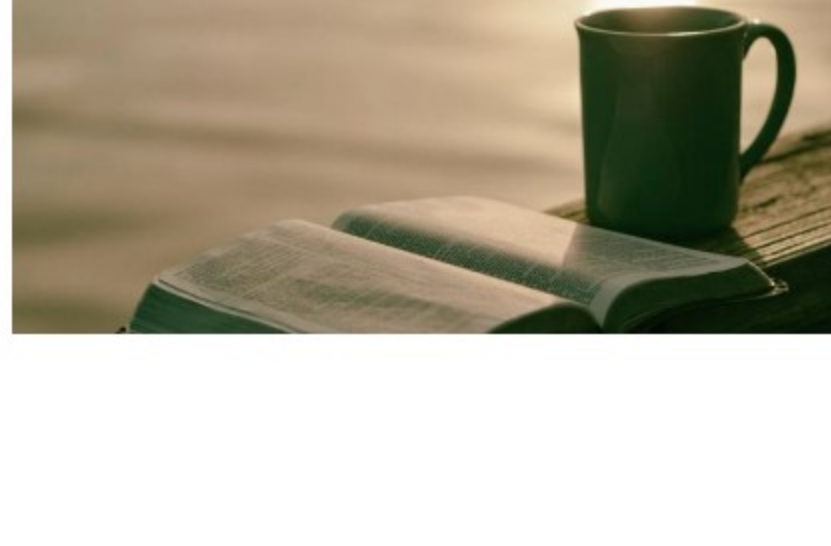
The book that Changed How I see Things

medium.com

A Facebook friend posted the other day how American self-help books are full of nonsense and not helpful. I paused for a second and said, well I have to disagree with that. But that doesn't mean that...

Free book download

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How to Effectively Communicate with Others

psychologytoday.com

Empathic skills pave the way for successful communication.

Shared by Tom Connelly



These 12-Minute Reflection Exercises Could Nearly Double Your Productivity And Happiness

forbes.com

Getting a hard-charging leader to pause, breathe and reflect for even a few minutes can be like trying to calm a toddler on a sugar-high. But as you'll see, if you do two very specific types of refle...

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Episode 109: How Music Soothes Us (Encore)

greatergood.berkeley.edu

What is it about certain melodies that can relax our nerves and rock us to sleep? We explore the science of calming music with pianist Rosey Chan.

Shared by Tom Connelly



The Brain Is Not the Mind | Evolution News

evolutionnews.org

“I had to understand what people were and what the mind was in order to make sense of neuroscience! And I still find that.”

Shared by Tom Connelly



Self-hypnosis for confidence by Happiful

anchor.fm

In this recording hypnotherapist Vicki Crane leads a self-hypnosis session to help improve confidence. Learn more about Vicki on Hypnotherapy Directory. Learn more about self-hypnosis and connect wit...

Free hypnosis recordings for you to try!

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