



Happy Thoughts: Hypnosis for Positive Thinking, Positive Energy and a Positive Attitude via Beach Hypnosis and Meditation

Jeffrey Morgan PhD

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It has become an open secret that your thoughts influence and shape your life, which means you have the power to enhance your own circumstances, mood, and destiny. This hypnosis is intended to help you naturally increase your optimism, improve your mood, and boost positive thoughts to the forefront of your mind. It is 17 minutes long and is a part of the Beach Hypnosis and Meditation series.

This audiobook includes seven different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session.

This audiobook includes the following seven beach settings:

- Serenity on the Beach
- Lakefront Home Private Shore
- Quiet Reflection on the Beach
- Gulf of Mexico Ocean Waves
- Crashing Waves on Cliff
- Ambient Oasis
- Ocean Waves Crashing on Rocks

The law of attraction states that what you think about most will manifest in your life. Imagine if you could feel grateful every day for what you already have, and focus on what you want instead of what you didn't want. It is recommended that you listen to this hypnosis for at least three weeks, as that is how long it takes to change a habit.

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