

The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: www.TheUniverseWithinUs.com

NLP Hypnotherapy & Hypnosis by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS www.TheUniverseWithinUs.com

~ Exclusive NLP Clinical Hypnotherapy & Hypnosis CD Range of Exceptional Quality Ensuring Positive Results ~

ALSO

AVAILABLE

The Confident You® Special 3 CD Pack

For a limited time only

\$79.95 Plus P&H

What You Will Discover in Your 3 CD Pack or mp3 Edition

This 3 CD Pack contains TWO different sessions of our popular **The Confident You®** recordings. Disk 1 contains a complete Hypnosis Session while Disk 2 contains a complete Hypnotherapy Session. The difference between hypnosis and hypnotherapy is hypnotherapy contains an actual 'therapy' component which must be presented by a qualified hypnotherapist, whereas hypnosis can be more general.

These three CD's have been recorded in **rich CD format**, ready to play on any standard CD player. A fourth CD containing the two **The Confident You®** sessions in **mp3 format** can be ordered at time of Pack purchase for only an additional \$3. Disk 3 contains both **CD and mp3** format of the 60 minute **The Confident You 181 Affirmations (echoed to 362) in Music®** for easy transference to your mp3 player.

The recordings in this Pack are usually only available to Tina J Costello's private patients and are only available for general sale for a short time.

Track 1 Disk 1 contains a very important 30 minute recording detailing how, and why, these recordings will work for you. So it is **VERY** important you listen to this track before the Hypnosis and Hypnotherapy Sessions to ensure you have the very best experience and achieve the results you are aiming for in the shortest possible time. It is not the usual Hypnosis PreTalk. It opens Hypnosis and Hypnotherapy up a bit more so the user will know exactly what to expect during **The Confident You®** Hypnosis and

Hypnotherapy Sessions, and why. You can tell here that Tina is a professional trainer as she explains things in the 'real' terms, but makes it all easy to understand. Understanding the entire process is a very important thing. She goes one step further than just saying she will be talking to your subconscious mind, and tells you exactly how. Apart from a tiny bit about the history of hypnosis at the beginning, it flows into how and why this works in an easy and fascinating manner. She then goes on to explain to you exactly what you will be experiencing during the sessions, and why it will work. You only have to listen to it the once, but it is **well worth a listen**. Any other questions you might have will be answered in the **FREE** eBook **Hypnosis & Hypnotherapy Explained** by Tina J Costello which isn't as boring as the title may imply.

We are 'confident' you will enjoy **The Confident You®** 45 minute Hypnosis session on Disk 1 and recommend using it **after** you have played **The Confident You®** 62 minute full Hypnotherapy Session on Disk 2. The **Disk 2 Hypnotherapy Session is the star of this pack** and is where most of the reprogramming will be done. It starts in a structured Hypnotherapy format by helping you to achieve a deep state of relaxation. This is not only done with words, but a lot of pleasant surprises for you as well. We won't go into it here, or we would ruin the surprise! It is quite the multi-media experience. We will say that **The Confident You®** does also contain brainwave entrainment tones which will assist you in getting to a place of deep relaxation much quicker and easier. You



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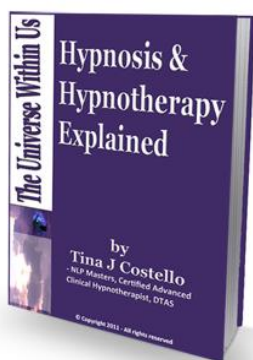
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WARNING: The Confident You®, Hypnotherapy and Hypnosis recordings contain brainwave tones. Do not listen to those recordings whilst driving, operating heavy or dangerous machinery. Do not listen if you suffer from epilepsy, fits or seizures, are photosensitive, pregnant, or under the influence of drugs or alcohol. The **181 Confidence Building Affirmation CD** does not and **is safe** to be listened to by anyone, anywhere.



What You Will Discover in Your 3 CD Pack (Continued)

will learn more about brainwave entrainment tones in Track 1 Disk 1 and the **FREE** eBook which accompanies this Pack. The 'therapy' component of this session will take you on a journey to correct any false self-beliefs you may have obtained during your life. You will gain a clear picture of **The Confident You®** and will start projecting yourself in this image very quickly. You will be surprised just how quickly the changes will start showing in your day-to-day life.

The Confident You® 45 minute Hypnosis Session on Disk 1 guides you into a deep state of relaxation in a shorter method than the Hypnotherapy Session on Disk 2 and also contains brainwave entrainment tones. When you have reached that deep state of relaxation, confidence building suggestions will be offered to your subconscious mind as well as the same echoed 181 Affirmations used on Disk 2 as part of the Hypnotherapy Session. This CD compliments Disk 2 wonderfully and we know you will enjoy it just as much.

The third CD is **The Confident You 181 Confidence Building Affirmations®** (echoed to 362 affirmations) recording which goes for a full 60 minutes. **This is a fabulous recording of up-tempo music tracks to accompany the affirmations. As this recording contains no brainwave tones, it is safe for anyone to listen to anywhere. Everyone LOVES this recording** as they consciously forget the affirmations and purely enjoy the music. The subconscious mind will do all the work of listening to the affirmations for you. You don't have to be in a passive state to listen to this CD; in fact you will

feel rather energized! This is great to have playing in the background in the car, or on your mp3 player while you exercise, or while doing absolutely anything! This CD has a special bonus, which is **the mp3 version** that will be found in a folder on this CD.

As with everything **The Universe Within Us** offers there are **FREE GIFTS**. These mp3 Hypnosis recordings will be found in folders on Disk 2. The first one is **Unstoppable Self-Confidence by Jesse Berg** which is sold successfully on eBay where you can learn more about the recording, and the second mp3 is **Be Confident** by another US hypnotherapist. We bought the master reseller rights to these products especially so we could offer them to clients as free comparative gifts. They are not up to Tina J Costello's standards, but as they are offered free we recommend you use them, but **NOT** as a replacement for any of **The Confident You®** recordings.

Why might you need confidence building?

In life, confidence could well be the most important characteristic a person could have. It is more important race, gender, body stature, abilities, skills, knowledge, wealth, and even experience. The list could go on and on. It really doesn't matter if you are the best looking, brilliant, highly-skilled, most experienced person, because if you don't have self-confidence those wonderful attributes are mostly wasted.

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GUARANTEED!

Yes. **The Confident You®** comes with a money-back guarantee. If you use **The Confident You®** EVERY day, and you see no change within 21 days, we will happily refund your purchase price. It takes 21 days for a new habit to be formed and you are reprogramming habits of a lifetime. Having said that, most clients notice real changes within only a few days. If this is your experience as well, this doesn't mean you can stop the **21 Day Program**. To make lasting change for **LIFE**, you **MUST** continue for 21 days playing either **The Confident You® Hypnosis** or **Hypnotherapy recordings DAILY** and the **181 Confidence Building Affirmations CD** at every opportunity.

These recordings are best listened to at night when you go to bed, but can be used during the day. The most important thing is that one of our **The Confident You® Hypnosis** or **Hypnotherapy recordings** MUST be listened to **EVERY** day.

Our guarantee is based on your commitment to ensure this continuity. Do this, and your confident life will wonderfully open up before you.

POSTAGE

To keep the postage costs down for our internet customers, your CD's will leave here in CD detailed printed paper sleeves, packed snugly in a strong Australia Post CD Mailer, and travelling by standard local mail (\$2.50) or Air Mail (AU\$5.50).

Why might you need confidence building? (Continued)

Mind you, it is often the case that people can be very confident in some areas of their lives, and completely lack confidence in others. We all know the successful business types who are useless when it comes to the most basic of interactions. Or the brilliant technical minds who break out into a sweat at the thought of social interaction or meeting the opposite sex in hope of a relationship. We also know people who hope to advance their career, but turn to jelly at the thought of asking for a promotion or applying for a new job. Of course, we can't forget the biggest rated fear - that of public speaking. Also, very intelligent and popular people can lack self-confidence in lots of areas, but they have just become skilled in hiding it. This is another list which could go on and on.

What a successful life is differs from person to person. But one consistent throughout is the self-confidence to be able to make 'your' life a success for 'you' - based on 'your' hopes and dreams for the future.

In hypnotherapy the treatment given for low confidence is called "ego-strengthening" and this is generally the first treatment every client of mine receives. The sense of self-belief in our abilities influences how we think, feel, motivate ourselves, and behave. Confidence building is the foundation for making any lasting improvements in our lives, and this is the same at any age. Of course each situation is unique, but some of the things I know you will gain from **The Confident You®** are:

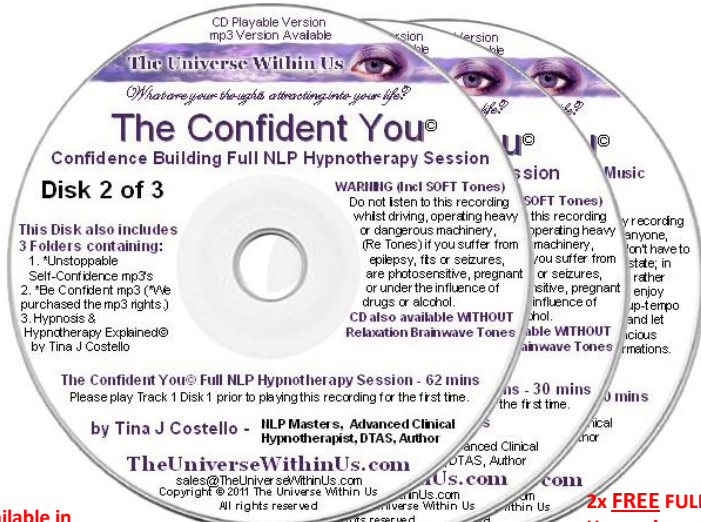
- The ability to face new challenges with comfort
- Reduce anxiety levels
- Improve motivation and self-belief
- Become relaxed in social situations
- Be able to speak to groups
- Enjoy meeting new people and expand social circles
- Gain a feeling of greater respect from others through leadership
- The self-belief to put across your own point of view and ideas in a variety of circumstances
- Enjoy better prospects at work and an improved work life
- Greater possibilities of meeting a life partner
- Enhanced family life in all areas
- Achieve greater enjoyment from life in general
- Destroy your inner critic
- Put an end to self-doubt
- **EMPOWER YOURSELF!**

The benefits received from **The Confident You®** CD's are endless and **these CD's are for everyone**. Even the most self-confident of people need the occasional 'top-up' to remain in peak condition.

You won't regret meeting The Confident You®!

A full exclusive CD range of **NLP Hypnotherapy Sessions** available include **I Now Choose to Live Smoke Free** (4 CD's) **Self-Love ~ Self-Confidence ~ Sleep** CD & **The Slimmer You** which now includes **Gastric Lap Band Hypnosis Surgery** (4 CD System) & **MANY MORE!** For information please email sales@TheUniverseWithinUs.com **Limited Worldwide Skype Private NLP Hypnotherapy Sessions** available. Please email us to see if you qualify.

Here are some other titles included in our **EXCLUSIVE** Clinical Hypnotherapy CD Range



Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



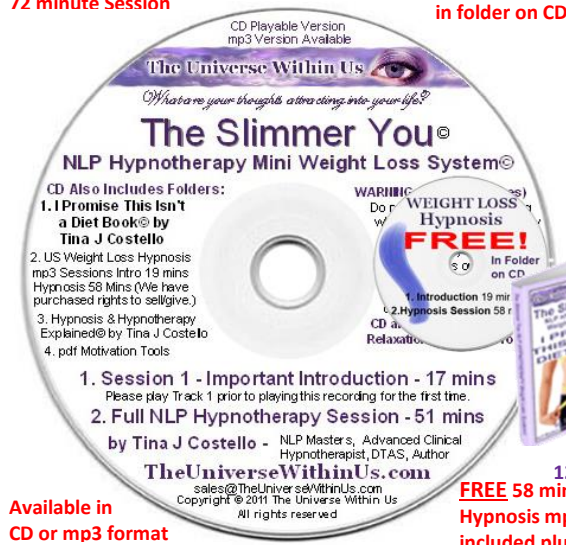
Available in CD or mp3 format 72 minute Session

Now includes FREE 44 min Hypnosis mp3 in folder on CD!



Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



Available in CD or mp3 format

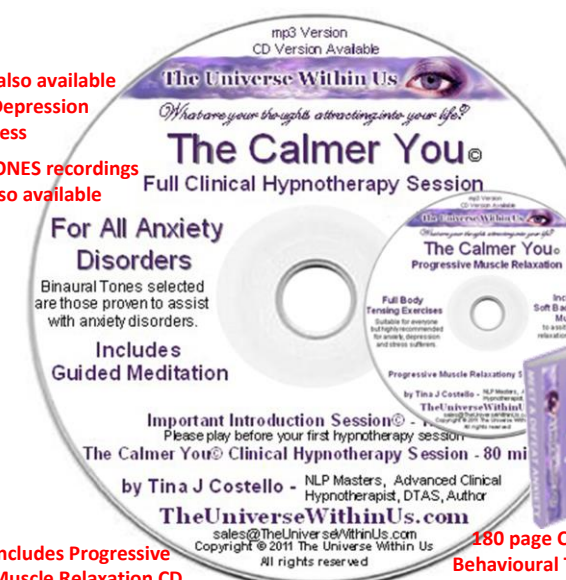
FREE 58 min Hypnosis mp3 included plus more!



Available in CD or mp3 format

FREE Beethoven's Music Box

Sets also available for Depression & Stress NO TONES recordings are also available



Includes Progressive Muscle Relaxation CD

180 page Cognitive Behavioural Therapy Self-Help Workbook

These quality Clinical Hypnotherapy CD's are usually reserved for Tina J Costello's private practice clients and will only be available to the general public at these special prices for **a limited time**. Other CD's in her range will be released soon. **Please check back regularly.** www.TheUniverseWithinUs.com/The_Confident_You_3_CD_Hypnotherapy_Pack_Flyer.pdf www.TheUniverseWithinUs.com/Self-Love_Self-Confidence_Sleep_Flyer.pdf www.TheUniverseWithinUs.com/I_Now_Chose_to_Live_Smoke-Free_System_Flyer.pdf www.TheUniverseWithinUs.com/The_Slimmer_You_NLP_Hypnotherapy_Mini_Weight_Loss_Flyer.pdf www.TheUniverseWithinUs.com/The_Calmer_You_Anxiety_Flyer.pdf www.TheUniverseWithinUs.com/Classical_Baby_Sleeps_Flyer.pdf

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