



**Self-Suggestion.com**  
suggest your way to success!™

# **The Self-Suggestion Kit User Guide**

*Change your mind –  
and manifest anything!*

*[www.Self-Suggestion.com](http://www.Self-Suggestion.com)*

*By Bradley Thompson*

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## INTRODUCTION

Got 15 minutes to spare?

Is the quality of your life worth that much time?

Is that truly long enough to make a real difference?

Hello and welcome to **The Self-Suggestion Kit User Guide!** Thank you for purchasing the kit, which this guide will help you work your way through.

The kit contains more than 30 high quality Self-Suggestion sessions delivered as MP3 files tightly packed into one CD. Each session lasts approximately 15 minutes, which really is all the time you need to make serious changes in your life.

How is that possible?

Can listening to 15 minutes of audio truly make such an impact?

Yes, it can.

Read on to discover the power and versatility behind Self-Suggestion – the quickest method of changing your life!

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## WHAT IS SELF-SUGGESTION?

No doubt you've heard of the "power of positive thinking."

Self-Suggestion is something like that – but with bells on.

It's the fastest way there is to make changes in your life. But it's not some mysterious hocus-pocus or wishy-washy "new world" idea.

Self-Suggestion is actually very basic. It's the underlying principle behind NLP and Hypnosis. It's a way of relaxing in order to allow suggestions into your mind. And just by listening, you can enjoy some tremendous long-term benefits.

And while it might be basic, Self-Suggestion is based on real science – the science of Programmed Rehearsal, and Autosuggestion. It gives you the means to reprogram your mind with newer, more positive "programs" using many of the principles found in NLP, Hypnosis, Subliminals and so on.

But what's even better than that is the fact that, with **The Self-Suggestion Kit**, you can make these changes in your life quickly and easily. You'll notice changes happening within just one week, and it only takes ONE MONTH for you to get the full benefit and make long-lasting changes.

That's pretty amazing technology, wouldn't you say?

Some people think it's too fast. They argue that, if it's going to work, it has to take longer. They're used to months and months of sessions with so-called "therapists" that produce little (if any) results.

Self-Suggestion, though, is different. Let's find out why...

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## HOW THE SELF-SUGGESTION KIT WORKS

As mentioned above, **The Self-Suggestion Kit** is based on the science of Programmed Rehearsal. In a moment I'm going to explain exactly what that is.

First, though, let's explore the notion of suggestions a bit further.

Self-Suggestion is the process of suggesting something to your mind, over and over, day after day. This repetition helps to gradually install new, positive behaviours in your life.

We call our product "**The Self-Suggestion Kit**" because you choose which suggestions to listen to. You decide for yourself which areas of your life you want to change.

The "suggestions" on the recordings are positive affirmations that will help influence the way you think and behave. They're powerful and proven to work. And they can be used to make improvements in practically any area of your life.

So if you want to have more energy, you can listen specifically to "The Big Energy Boost" Self-Suggestion session.

Obvious, right?

Or if you want to get rid of a long-standing fear, you can listen to the session entitled "Fade Out Fears."

You decide – yourself – which areas of your life you'd like to change. Then, simply listen to the session of your choice, and wait for change to take place.

It really is that easy. But it's not exactly a new thing.

Psychologists know all about Programmed Rehearsal. They use it constantly to help clients overcome problems in their lives. And now you have this same power at your fingertips.

Here's the explanation I promised you:

"Programmed Rehearsal" is a technique of repeating positive affirmations so that they "sink into" your brain. They literally "rewire" the way you think and act. And they can help you change any aspect of your life that you're unhappy with.

Repetition is a key part of the process. If you say over and over to yourself that you CAN do something, you will be able to do it. Your brain gets rewired to think that you CAN do it, and – you can!

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By repeating these positive affirmations – or suggestions – over and over, they become part of your personality. Do that for about a month and new attitudes and behaviours will be automatically “installed” in your brain. Once that happens, you'll be able to achieve whatever you want to achieve.

It's like the story of the little engine that could. It told itself “I think I can, I think I can” in order to achieve what seemed impossible – and pull a long train over a big mountain. It's the story of optimism and hard work leading to glorious success.

However, with **The Self-Suggestion Kit** all the hard work has been taken out of the equation. All you have to do is listen and let the kit help your brain reorganize its way of thinking.

Put another way, this stuff is like software for the brain. It's self-development on steroids, and you don't have to do any of the work yourself.

The CDs are completely ready-to-run. All you have to do is listen and change. But what kinds of things could you change?

Here are a few examples:

- Want a wider circle of friends? There's a session just for that (Boost Your Social Circle).
- Want a more prosperous lifestyle? Try the “Enjoying Abundance in Your Life” session.
- Want a stronger immune system? Listen to “Enjoy Great Health.”

The 30+ sessions cover everything from boosting confidence to finding more energy to getting a good night's sleep to learning how to relax. They're like 15-minute miracles that can help you turn your life around.

Each 15-minute session contains hundreds of positive, empowering affirmations designed to help rewire your thinking and change your behaviour.

Listen to them on your PC, your CD player or your iPod. They'll help you manifest ANYTHING you want in your life – in just DAYS!

During each brief session you'll be guided into a light trance and fed hundreds of positive affirmations. These affirmations will enable you to change your self-image – and ultimately change your life.

QUICKLY.

And all YOU have to do is listen to each session, once or twice a day.

I TOLD YOU IT WAS EASY!

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Each session will take you into a light trance state, where you will be given many different suggestions, each connected with the main topic. The suggestions are NOT subliminal: you will be able to consciously hear them and will always be aware of the suggestions you are receiving.

Most of the sessions contain pure suggestions which are delivered after a period of relaxation. Some sessions also contain binaural beats which help to influence brainwave patterns. These are useful in helping you relax or get in "The Zone."

Some sessions employ a hypnosis-style format, used because it brings about the best results.

That's an interesting point, too, because Self-Suggestion is a bit like mini-hypnosis – but hypnosis without all the usual time implications. You no longer need to spend hours in the hypnotist's chair. **The Self-Suggestion Kit** is designed to enable you to achieve the same results in smaller, more manageable chunks of time.

Self-Suggestion is a system used for self-improvement developed by Emile Coué in the 1920s. Even if you've never heard of him, chances are you're familiar with his famous mantra:

*"Day by day, in every way, I'm getting better and better."*

Coué studied hypnosis before devising his own method of self-improvement, which he termed "Autosuggestion". His book **Self Mastery Through Conscious Autosuggestion** caused a stir when it appeared in 1920.

Coué believed that by repeating words or images to the subconscious mind, it was possible to condition (or re-condition) the mind in such a way as to produce an autogenic command when necessary. In other words, and as Coué himself wrote:

*"Every thought entirely filling our mind becomes true for us and tends to transform itself into action."*

This method of positive reinforcement (now known as the Coué method) depends on repetition of the mantra (or affirmation, or suggestion) for success. It's naturally a way for the brain to decode and then re-code the way it thinks of certain things, and it's a technique used in many forms of self-help therapy including NLP and hypnosis.

But unlike hypnosis, you can benefit from Self-Suggestion when you're fully awake. And that's why **The Self-Suggestion Kit** is so useful: you can use it practically anytime, anywhere.

And now let's find out how you might use this technology on an everyday basis – and in everyday situations – to change your life for the better.

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## REAL-LIFE EXAMPLES & APPLICATIONS

Depression is a problem for many people these days.

It affects the way people feel about themselves, how they interact (or don't) with other people, and how good or bad their lives are.

Yes, it's that serious. But **The Self-Suggestion Kit** can help.

There are two separate sessions designed to lift the spirits, refresh the mind and liberate oneself from depression's grasp. Choose the one that suits your needs – A Shot of Shameless Optimism or Overcoming Dull Depression.

Perhaps someone you know has difficulty getting to sleep, or difficulty staying asleep. Again, there are two sessions – Deep Sleep – No Suggestions & Get Back to Sleep After Waking Up – No Suggestions – designed specifically to alleviate these problems.

And what about your performance on an everyday level?

Are you confident and self-assured, or do you lack the self-belief that can help you move forward in your life and career?

Whether you want to achieve the goals you've set for yourself (Achieve Your Goals), improve your mental abilities and concentration levels (Awesome Concentration Skills), or operate at your peak 24/7 (Operate At Your Peak Performance), there are sessions designed to help you. And all you have to do is:

**LISTEN and CHANGE!**

There are over 30 sessions to choose from, each designed specifically to target one area of your life that could do with improvement.

For instance, suppose you find yourself in need of a “power nap” every so often. Just listen to the “Fifteen Minute Siesta” session to unwind, de-stress and re-energize.

Or maybe you need relationship assistance. Find the means to accept the ones closest to you with “Embrace Family & Friends” – or discover a more peaceful, forgiving you with “Find Forgiveness.”

But that's not all. There are a couple of multi-part programs, too, to help with more complicated changes you might want to make.

Both “Addiction Relief” and “Weight Loss” are four-part programs with one main session to target these specific problems. Then just listen to the remaining three sessions in order and to Session 2 to

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reinforce the main benefits.

Remember: the “suggestions” on these recordings are positive affirmations. They'll help to influence the way you think, and the way you behave. Change those things, and you've got the potential to change your whole life for the better.

And better is good.

Got too much stress in your life?

Learn to relax, let go and refresh your mind and body.

Try one of the Relaxation sessions to feel the stress melt away. “Progressive Relaxation” will enable you to leave your cares and worries behind as you enjoy deeper and deeper levels of relaxing bliss.

Or “Reduce Stress” might be just the ticket to quickly snuff out stress and help you get on with your day.

Maybe you'd prefer to take a trip inside yourself, with “Deep Inner-Dive Meditation.” This session provides a great way to relieve stress and relax at the same time.

Some people find their stress disappears when they tap into the power of deep breathing. “Deep Power Breaths” will give you access to the many life-rewarding benefits of this particular form of easy exercise.

Whatever your requirements, there's a Self-Suggestion session to suit. Listen to them once or twice a day, day after day, and feel yourself growing and changing.

The key behind what makes **The Self-Suggestion Kit** so successful is the science. Programmed Rehearsal is a well-known psychological phenomenon that dates back to the 1920s. It's powerful and if applied in a consistent and regular manner will help you make changes.

Change what you think, and you really can change your life!

Thanks to the power and versatility of **The Self-Suggestion Kit**, you can make changes in just MINUTES. But what's the best way to use the kit and get the maximum benefit from it at the same time?

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## HOW TO USE THE SELF-SUGGESTION KIT

Using the kit is easy, so you can get started as soon as you receive it.

The MP3 files are on one jam-packed CD. Just pop the CD into your computer and follow these simple instructions:

**PC users:** wait for the welcome menu to appear. From there, you can listen to the introduction, view this guide and browse the main sessions on the CD.

**Mac users:** open the "AUDIO - Welcome to The Self-Suggestion Kit.mp3" file - and listen to the introduction. Then read this PDF guide and browse through the session list HTML file.

You'll find all of the MP3 sessions inside the "Sessions" folder. Once you've selected the session of your choice, you're ready to start your listening routine.

### Listening Routine

To get the maximum benefit from the audio files, follow these steps:

- Listen with headphones for best results
- Listen in a quiet room where you won't be disturbed
- Listen to each session ONCE A DAY for ONE FULL MONTH. After that, listen once a week to "top up" the effects
- When possible you can loop recordings and listen continuously while you work

(Note: Sessions employing binaural beats should not be listened to more than four times a day.)

In general, these suggestions work on repetition. The more you listen, the faster you'll make change and notice change in your life. There are limits to what your brain can absorb at any one time, though, so try not to listen to more than 5 different sessions during any one period.

If you have the opportunity to listen more, then do. If you feel you want to listen less, that's okay as well. **The Self-Suggestion Kit** is completely flexible to fit in with your lifestyle. Follow your instincts and you can't go wrong.

Two of the sessions – Addiction Relief & Weight Loss – are multi-part programs. You should listen to them in a slightly different way, as follows:

- Listen with headphones for best results, in a quiet room where you won't be disturbed
- Listen to ONE PART EACH DAY
- Listen to SESSION 2 again daily to reinforce the benefits

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You'll start to notice the effects of the sessions within a week. After a month the changes will be significant and more obvious. Then, if you feel you need to give yourself a quick boost, listen to Session 2 once a day.

Remember: Self-Suggestion isn't new. It was developed in the 1920s by Emile Coué, who called it Autosuggestion (basically the same thing). And the great thing about Self-Suggestion is that you can use it almost anytime, anywhere, when you're completely awake and alert.

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## AS SIMPLE AS CHANGING YOUR MIND

It's simple, but it works.

Tell yourself you're the best, and you'll do your best. Tell yourself you're no good at something, and no matter how hard you try you can't achieve the right results.

It's the secret behind The Secret: change the way you think, and you'll naturally begin attracting the greatest results in your life.

With the power contained in **The Self-Suggestion Kit**, you have the key to EVERYTHING you've ever wanted:

- Be fearless.
- Enjoy tremendous abundance.
- Revel in enriching relationships.
- Regain your enthusiasm for life.
- Stay healthy, confident, and full of joie de vivre.

If you can change your mind, you can change the way you live.

Let **The Self-Suggestion Kit** help you get the best from yourself – and your life!