



Harnessing the torrent: Discover the effective use of your Anger with Self-Hypnosis

Susie Rotch

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What makes you angry and what you do with that unlocked energy can be entirely under your control. This program helps you discover the ways to step back from the tide of anger and find the delight of becoming familiar and friendly with your anger's wonderful capacity for giving you a sense of control over yourself and your life. Harnessing the Torrent will help you to learn to change your thinking, learn to change your feelings, make positive changes to your self evaluation, learn to change your habits and expectations, focus on positives and learn to congratulate and reward yourself. The book includes a HypnoBook DVD which provides a 50 minute DVD presentation and provides a safe and secure self-hypnosis course.

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