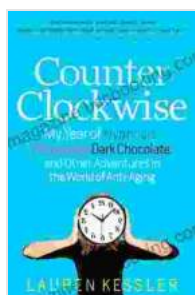


My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World: A Transformative Journey to Self-Discovery

Embark on an extraordinary odyssey of personal growth and self-discovery with "My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World." This captivating narrative unveils the transformative power of embracing unconventional therapies, exploring the intricate workings of hormones, and indulging in the delightful pleasures of dark chocolate.



Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-Aging by Lauren Kessler

★★★★☆ 4.1 out of 5

Language : English
File size : 1395 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 258 pages



Unveiling the Secrets of Hypnosis



Step into the realm of hypnosis and witness the amazing ability to tap into your subconscious mind. Learn how hypnosis can unlock hidden potential, reduce stress, and alleviate physical ailments. Explore case studies and firsthand accounts of individuals who have experienced the transformative effects of this ancient practice.

Navigating the Complex World of Hormones

HAPPY CHEMICALS

@STEPWITHSAMMIE

SEROTONIN

"Mood Stabilizer"

Feeling confident
or significant amongst peers

Regulates sleep, memory
and sexual desire

DOPAMINE

"Reward Chemical"

Enables motivation,
learning and pleasure

Gives determination needed
to accomplish goals

OXYTOCIN

"Love Hormone"

Gives feelings of trust.

Motivates us to build and
sustain relationships

ENDORPHIN

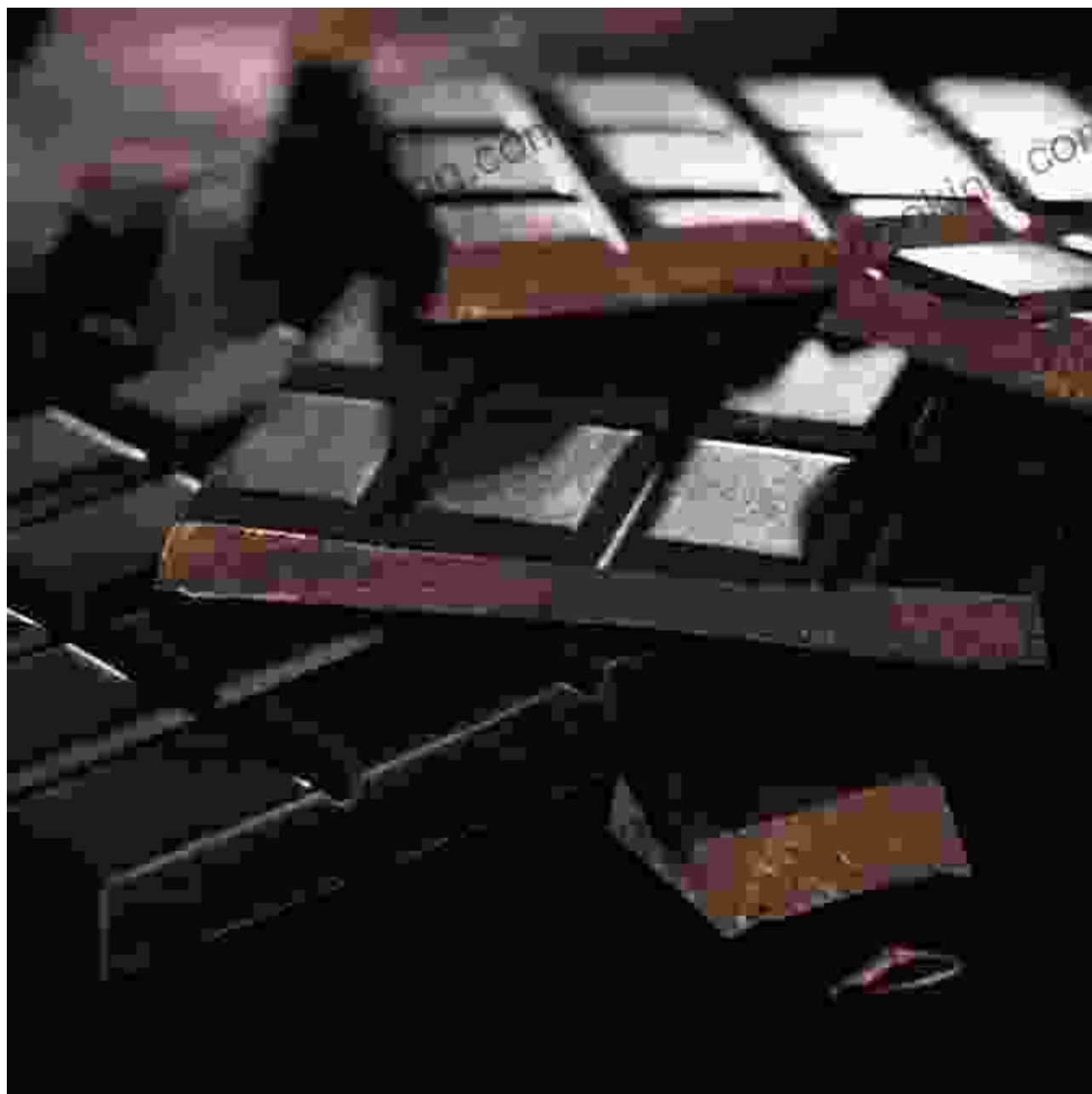
"Pain Killer"

Responds to pain and stress
to alleviate anxiety and
depression



Delve into the fascinating world of hormones and their profound impact on our physical, emotional, and mental well-being. Discover how imbalances in hormones can lead to a myriad of symptoms and conditions. Learn about natural and holistic approaches to optimize hormone levels and restore a sense of balance.

The Allure of Dark Chocolate



Indulge in the delectable flavors of dark chocolate and uncover its remarkable health benefits. Explore the latest research on the antioxidant and anti-inflammatory properties of this culinary delight. Discover how dark chocolate can enhance mood, improve cognitive function, and protect against chronic diseases.

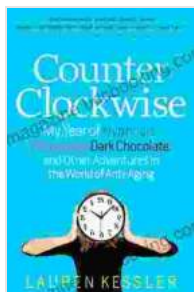
Other Adventures in the World

Beyond hypnosis, hormones, and dark chocolate, the author shares a collection of captivating experiences and insights gained from venturing into the wider world. From exploring ancient ruins to connecting with diverse cultures, these adventures provide a tapestry of lessons and perspectives on the human condition.

Transformational Journey



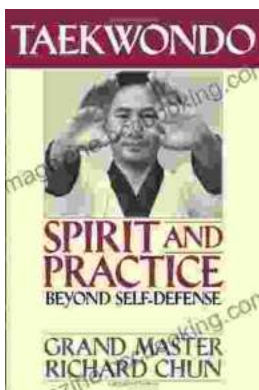
"My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World" is more than just a book; it's an invitation to embark on a transformative journey of self-discovery. Through personal anecdotes, scientific evidence, and practical guidance, the author empowers readers to explore their own potential, optimize their well-being, and embrace life's adventures with newfound confidence and zest.



Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-Aging by Lauren Kessler

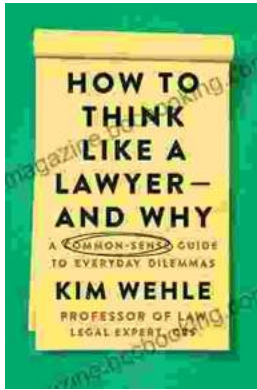
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