



# Hypnosis of Life

*Roy Masters*

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## **Hypnosis of Life** Roy Masters

. . . 007 . . . Michael Jordon . . . Patton . . . Mother Theresa . . . Martin Luther King . . .

What do we admire in our favorite heroes and heroines, athletes and movie stars?

It is the secret known by the highest-level corporate executives . . . the greatest athletes . . . the greatest military leaders throughout history . . .

It has been described as "grace under pressure" - the mysterious ability to hold your head when those about you are losing theirs . . . the ability to have poise and clarity amid even the most chaotic circumstances . . .

But is this rare quality, so admired and sought for, really so rare and mysterious?

Not at all, says Roy Masters. Rather, "grace under pressure" is simply the ability to handle stress properly - and this ability is a skill that can be taught.

Two cashiers survive a robbery. One cashier goes on with his life; the other spends the rest of his life in therapy. Why?

Stress handled improperly can lead to depression, anxiety, ulcers, and worse. Or, it can make you stronger - if you know how to handle it. Roy Masters teaches you how.

In this book, the third in a series on the science of mental and emotional health, Masters explores the science of stress management. His practical and time-tested technique is light-years beyond mere relaxation or visualization exercises; rather, it is rooted on an ancient, simple, but powerfully effective system of self-knowledge.

Life's stresses and aggravations, he describes, are hypnotic; the secret in dealing with them, therefore, lie in building your immunity to being hypnotized, through discovering your inherent, but often hidden, inner strength.

Once you hear, understand, and embody the principles Masters describes, your identity is rooted on such solid ground, that nothing - none of the unexpected stresses that are inevitable in life - can shake you.

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