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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Erotic Hypnosis**

**By Abbas Abedi**

A Little Romance Can Enhance Your Love Life

Nothing can enhance your love life better than a little romance. Enhancing your love life is something that every long term relationship eventually requires. Sooner or later your love life will be affected by the regular stresses of everyday life and many other factors that may make your love life seem lacking. Often we hear that our partners are too tired to make love or perhaps there is a problem in the relationship that make love making just a bit more difficult than it used to be. So many aspects of our daily lives are affected and reflected in our personal relationships. This is when learning how to enhance your love life becomes very important.

For starters it helps for you to be able to incorporate playfulness in the bedroom. Being playful in the bedroom is a key factor to you having fun during lovemaking. It also helps you to get closer to your mate.

Learning how to become more spontaneous when it comes to love making can also help you to improve your love life. The reason for this is because it lets your mate know that you still find them sexy and attractive, which is the key to a great love life.

You can add romance feeding one another, having a romantic moonlight picnic and much more. Here are some more romantic tips for adding some romance to your love life:

- Lighting some candles may sound like a cliché, but it still works. It sets the right mood lighting
- Placing some flower petals around the room will add romance and a lovely aroma to enhance the sexual experience.
- Taking a nice bath together is always a romantic favorite
- Taking the time for foreplay is very important to romance
- A little bit of making out is always romantic and can help you remember how wonderful it was to experience the first kiss
- Spending some time cuddling and talking beforehand can be very romantic to the love making process. It is very erotic

## Erotic Hypnosis

There are many things that you can do to make your love life better. Romance is the best way to break into your mate's heart and lower their inhibitions. If you have ever heard of the phrase "you can catch more flies with honey", you will definitely understand why romance is so important to your love life. A little romance goes a long way in the bedroom.

By Abbas Abedi—To make your break from the smoking habit easier visit my blog

Stop Smoking

Hypnosis

### **When Do I Need Hypnosis?**

**By Mark Dodd**

Have you seen this scene: A man is asked by someone to jump for ten times, crawl on the floor then roll over like a dog? Some have this in mind as the picture of hypnosis. Actually— it is not the truth. What is hypnosis then?

Hypnosis is, in fact, a natural state of heightened awareness, focused attention and, often, deep relaxation. This experience is called "the alpha state". In the "alpha state" our brain wave frequency is slower than when awake, but faster than when we're asleep. According to different academic studies, the old misconceptions are now eradicated and the fact that all forms of hypnosis are really self-hypnosis is now paving the way to deeper understanding.

For others, hypnosis is the exit to stress because it is a way of relaxation. According to experts, hypnosis depends on how the recipient accepts it— whether deep or shallow it depends on him or her.

Nowadays, hypnosis has brought wonders to a lot of people all over the world and it has been the source of all that could be relied on as solutions. Many who were able to accept hypnosis as a deep process were able to see for themselves the goodness behind it and the light at the end of the tunnel.

Hypnosis has solved problems involving one's inner sense like: addiction especially today's illegal substance addiction; it could also help out with one's self-acceptance and acceptance of others too. If your fears, lack of confidence, low motivation, success orientation are really bothering you, hypnosis may let you calm the storm inside you.

The skills that may have been not that active in you because of some reasons may be polished again through this method. So, if you think that you need help with regards to your leadership, learning skills, creativity, sports performance and so forth hypnosis may just be the one you have been looking for.

Health disorders could also be addressed with the use of hypnosis. Experts have proved that the power of hypnosis reach even the solutions of various health disorders like Fibromyalgia, headaches which are common with us, insomnia, high blood pressure and others.

## Erotic Hypnosis

The misconceptions about hypnosis are now near the exit door. Recent studies are now showing how hypnosis paves the way to better living. If done with the proper purpose, this would be a great means of healing naturally inside and out.

Mark Dodd is a freelance writer for the Hypnotic Times. He writes a regular column which is published every Thursday. His latest 'favorite pick' is

<http://www.behypnotic.com/>

The Ultimate Guide To Acing ANY Job Interview



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