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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!

The Hypnotic Power of Repetition

By Joe Vitale

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In the movie, "Good Will Hunting," the counselor, played by Robin Williams, lovingly confronts the disturbed young man in his office with the phrase, "It's not your fault."

After a pause, Williams again says, "It's not your fault."

After yet another pause, he again says, "It's not your fault."

By the time the scene is done, the young man breaks down and cries. The counselor and patient hug. A transformation has occurred. It's a powerful moment in the film. It's unforgettable.

And it's hypnotic.

Why?

Scene Two:

My girlfriend and I are having dinner. We had gone out to see a movie. Afterwards we drove through the city night, the top down on my new BMW Z3, as we held hands and breathed the fresh, cool air. Now, at dinner, we are feeling deeply close.

At that moment my girlfriend leans over to me, looks me right in the eye, and asks, "Do you know I love you?"

I quickly nod and smile. Yes, of course, I know she loves me.

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She doesn't blink an eye. She again looks at me and says, "Do you know I love you?"

I laugh a little nervously. Yes, I know it, I reply.

She doesn't stop. She again says, "Do you know I love you?"

I'm silent this time. Now I'm **really** hearing her.

Suddenly my heart wells up with emotion. I feel an overwhelming amount of love in my chest. I look at my girlfriend and realize—truly GET—that she loves me. It's a moment I'll

never forget.

It, too, was hypnotic.

Why?

I've discovered that one of the most powerful tools of persuasion any hypnotic writer can have is simply this: Repetition.

Don't dismiss this concept. It helped Robin Williams heal a troubled youth. It helped my girlfriend get into my heart. And it can help you influence your readers to do what you want.

Repetition isn't new, of course. P.T. Barnum, maybe the best marketing mind the world has ever seen, used this concept back in the late 1800s. One of his ads had one line repeatedly saying....

TWO LIVING WHALES
TWO LIVING WHALES
TWO LIVING WHALES
TWO LIVING WHALES
TWO LIVING WHALES

You can't help but take a quick look at Barnum's ad and know he has TWO LIVING WHALES on display.

Advertising man and author Kenneth Goode, in his 1932 book, "Advertising," wrote—

"As a matter of fact, the greatest of all advertising tricks is

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that of persistently pounding away at the same suggestion while still keeping the appearance of freshness of idea."

And Walter Honek, a mail-order genius who wrote the 1994 book, "My Amazing Discovery," said:

"Do not hesitate to repeat key words and phrases. Repeat them as often as necessary."

Repetition is hypnotic. It's what good hypnotists use to install their suggestions in your mind. Their repeatedly saying "You are getting sleepy...." is said because, heard enough times, you WILL get sleepy.

The same thing can happen in your writing. Consciously choose to repeat your main points. Don't be afraid to re-say something. The more you repeat your basic offer or basic reasons to buy,

the more you will influence the reader's unconscious mind.

Repetition is hypnotic.

Repetition is hypnotic.

Repetition is hypnotic.

Just ask Robin Williams.

Or my girlfriend.

Joe Vitale, regarded as one of the world's most powerful copywriters, is a best-selling author of numerous marketing books and courses. His tremendously successful "Hypnotic Writing" e-book is now succeeded by "Advanced Hypnotic Writing," a breakthrough book that reveals how to use the phenomenon of hypnotic suggestion to turn your words into cash.http://www.roibot.com/tk_adhyp.cgi?ahwyg2

How to Use the Power of Words to Your Benefit – Part II

By Colin Dunbar

A friend of mine read the article, How to Use the Power of Words to Your Benefit, and dryly made the comment, "So what?"

At first it didn't concern me, but a few days later I began thinking about his comment. I had obviously

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not made the point clear, and therefore I decided to expand on this concept. And that is what you are reading here.

Words, as such, have no value apart from communicating an idea, belief, or instruction to our readers. But, combine words with the mental capacity only we humans have, and the power of words become awesome.

Ok, what am I on about here?

In my first article, I briefly touched on the concept of spaced repetition. This is such a powerful and useful technique that I will expand on it here. I came across spaced repetition early in high school, and used it throughout my high school career.

It works like this: you read something (for not more than 45 minutes), then you take a break, with something totally unrelated; then you return and re-read the same material. You alternate this with reading different material, or doing something totally different, and you will be amazed at what your retention level is. I never studied for a single exam throughout high school! I only used spaced repetition.

Back to the power of words, and using spaced repetition. It is fair to say that we do not like to be negative, or feel depressed. By taking something as simple as a quote, we can improve our mental state, and thus our attitude. Reading this with spaced repetition, it becomes ingrained in our memory, and when the situation warrants it, we practically automatically retrieve it from memory.

Similar to this exercise, we can use words in the pursuit of our goals. One of the first instructions we are given by the motivational masters is write down our goal. But, what many of them forget to tell us, is how we should use this written goal. Some say we should read it at least once a day, or that we should place it where we will see it regularly.

Use your written goal with spaced repetition, and success is practically guaranteed.

I read somewhere that Anthony Robbins says more than half the people who buy his material, do not even open it! What an absolute waste. Having such valuable material in your hands, and then not even opening it, not to mention not using it.

It is a known fact that affirmations (auto-suggestion, self-suggestion) have produced incredible results by persons who use this technique. All that this is, is repeating something to yourself spaced over a

period of time.

Using words with spaced repetition has an awesome power, whether it is to motivate us, encourage us, or help us reach our goal.

Make it your goal to...

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Choose a quote, write (or type) it out, and make it your affirmation. Try this for 21 days and see what happens. It must be 21 days though, and don't skip a day.

Colin Dunbar has researched all aspects of goal setting for more than 25 years. He is now making his system available to everyone. Comprehensive manual with worksheets PLUS companion software.

How to Use the Power of Words to Your Benefit – Part II

"Hypnotize" Your Reader Immediately!

The Hypnotic Power of Confusion

The Story of the Hypnotic Writing Monkey

How To Stop Your Site Disappearing Into The Void

30 Powerful Business eBooks

HIV/Aids Healed by the Power of God

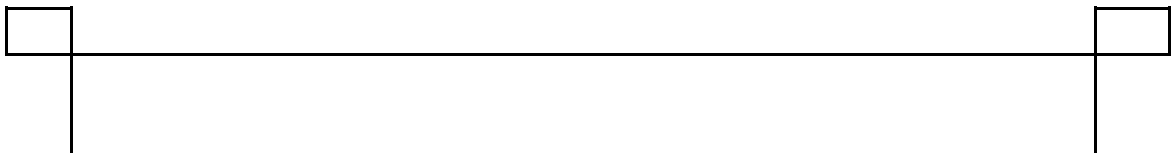
Making money at online auctions

Forbidden Psychological Tactics

The Power Of Laughter



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