

Potentials Unlimited®

Subliminal Persuasion

*Effective Ways to
Improve Your Life*

Hello, Greetings and Welcome

When Barrie Konicov first wrote and then recorded these audio tapes, his intention was to make hypnosis a household word. Back then, people merely associated hypnosis with nightclub acts and zany hypnotists who made people talk in Martian, or behave in various outlandish ways.

Some doctors and dentists were practicing hypnosis in their offices, low-key, to help patients manage pain, or to control tension. But hypnosis was not part of everyday life, and the average man and woman had no idea that they, themselves, could use hypnosis in myriad ways to make their lives simpler, more comfortable, and more productive.

After a few years, Barrie added the subliminal feature which he named Subliminal Persuasion. People couldn't even pronounce subliminal back then! Nevertheless, it proved to be a good combination and the self-hypnosis and subliminal formats have appeared together since.

Barrie continued researching, writing, and recording hypnosis tapes. Often, people wrote and offered suggestions for more titles; titles that they wanted for themselves. Other title ideas came from the private hypnosis sessions Barrie had with clients.

As more and more of the hypnosis tapes left the parent company, Potentials Unlimited, Barrie's intention materialized - people everywhere became aware of the merits of hypnosis. And, because

it was available on a cassette, everybody could afford it. Of course, the term self-hypnosis came about because each person could listen to their tape when they wanted, where they wanted. They were in charge, and it felt good. And the changes came easily, with little effort on their part.

Barrie added features to the tapes. Apart from the MS series, as we call the original studio recordings, he created the Super Consciousness II (II stands for 2 cassettes, or 2 CDs) and videos. Check out our website, PotentialsUnlimited.com for our latest addition - MP3s. This catalog contains everything else!

I.M.P.A.C.T. Publishing, Inc., is the exclusive licensee of the Potentials Unlimited products. This occurred in 1991 when Barrie retired and passed the helm onto the next generation.

In this catalog we offer two formats of cassettes and CDs.

MS - Music Subliminal/Self-Hypnosis

Our best-selling format, now available on cassette or CD. Unless otherwise specified, all titles are available in this format.

The self-hypnosis portion is your private time with hypno-therapist Barrie Konicov. Using instruction and mental exercise, Barrie guides you into a pleasant sensation of light hypnosis, not unlike

100% RISK FREE GUARANTEE

Listen to any program, as directed, for thirty days. Then, if you do not feel a positive change taking place, you may return the program within the next thirty days for a complete refund. (No refund on shipping/handling)

daydreaming. In this state, your subconscious mind is most amenable to directions for change and improvement.

The subliminal portion soothes your mind with music. Beneath your conscious awareness, words and phrases are encouraging the behavioral changes you desire.

When purchasing a cassette in the MS series, you will receive one cassette with self-hypnosis on one side and Subliminal Persuasion on the opposite side.

When purchasing a CD in the MS series, you will receive one CD with self-hypnosis on one track and Subliminal Persuasion on the second track.

SCII - Super Consciousness

Our newest, most powerful format now available in a limited number of titles on both cassette and CD.

On the self-hypnosis portion, SC programs have a Subliminal Persuasion

soundtrack added under Barrie's voice. As he guides you into light hypnosis, the subliminal words and phrases reprogram your unconscious mind at the most beneficial moment.

On the subliminal portion, 17th Century Baroque music stimulates your heart with dynamic harmonies.

When purchasing SC programs on cassette, you will receive 2 cassettes. One will be self-hypnosis on each side of one cassette and Subliminal Persuasion on each side of the second cassette.

When purchasing SC programs on CD, you will receive 2 CDs. One will be self-hypnosis and one will be Subliminal Persuasion.

It is our belief that offering the SC titles affords greater flexibility in the use of our programs - one for the home and one for the vehicle.

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Fast, Effective Learning

If you are a student -- even a student of Life - these programs can help you to understand how information enters, is sorted, stored and released by your mind. Rid yourself of negative mind-sets and you'll experience, again, the joy of learning. Your children, too, can benefit from these programs.

Memory Improvement - 083

Your subconscious remembers everything you have ever heard. Play this program; enjoy full use of your faculties of memory, recall and retention. **SCII**

Good Study Habits - 053

More concerned parents purchase this program for their children than any other program we offer. The results are amazing! Studying can be fun; learning can be enjoyable. Now is the time to bring out the hidden potential in your child.

Effective Speaking - 030

If you experience debilitating fear when you must speak before a group, this program was designed for you.

Faster Reading - 032

This program contains many of the same techniques used in courses that cost up to \$500. Our program produces the same result, at a substantially lower investment.

Taking Exams - 131

Do you get a sinking feeling in your stomach when tests are passed out? Do you freeze during exams, even when you know the material and are well prepared? You can overcome the fear that paralyzes and blocks your thinking and recall.

Concentration - 020

If your mind is undisciplined and cluttered, this program teaches you to concentrate on single thoughts. **SCII**

Self-Hypnosis - 118

Learn to hypnotize yourself, to enter your own suggestions and to guide yourself to awakening consciousness—renewed and refreshed. **SCII**

Creative Writing - 024

Did you know there are certain mental techniques that, once learned, will allow you to write as easily and effortlessly as you read? Barrie used these techniques in creating scripts for over 180 self-hypnosis programs and you, too, can make use of them in any area where you need to use your writing skills. **SCII**

Successful Living

When you accept success in your mind, you automatically do things that bring you what you seek.

Money/Prosperity - 086

Awaken the financial genius within you now! Develop a prosperity consciousness to attract the riches you deserve. After all, prosperity is 98% mental preparation. **SCII**

Overcoming Procrastination - 063

(How to Make a Decision)

You keep putting it off, moving it aside, reassigning it to the bottom of the pile. You have put it off until the last minute and then find yourself having to do it anyway. It is completely up to you. Stop procrastinating and start doing. Don't put off purchasing this program. Do it now! **SCII**

Self-Confidence - 115

One of the greatest gifts you can bestow upon yourself is the gift of self-confidence. Acquire self-assured, relaxed feelings when you meet people. The road to a more confident you begins with this vital program. **SCII**

Goal Setting - 052

Organize your present goals, create new ones and develop them in your life. Without setting goals, you stagnate. Remember: there are no limitations, no unobtainable goals. **SCII**

Subconscious Sales Power - 129

Use the creative power of your mind to become a strong, successful salesperson. Attract those people who want to buy your product. **SCII**

Time Management - 116

(Self-Discipline Is Success)

Self-discipline is the cornerstone to success. When you become successful in your mind the necessary steps become automatic to make your success a reality. **SCII**

Will Power - 148

How often have you said, "I'm not going to do that again," and you did? If you use this program you won't look for another excuse. **SCII**

How to Handle Criticism - 062

Nobody likes to be put down, hear that they have done wrong, or have their faults pointed out to them. In a word, nobody likes to be criticized. Learn how to turn criticism into words of praise by taking your reactions off automatic pilot. Don't take this personally, but you really need this program!

Problem Solving - 101

Solving problems by patching negative areas is not the answer - the solution is creative problem solving. That requires imaginative thinking, which is where this program begins.

Getting the Raise You Deserve - 051

You deserve a raise, but are uncertain how to ask for it. How much to ask for and what to do if turned down are covered in the program. Prepare yourself for success.

Self-Healing

Your body is subject to the whims of your mind: Change your mind, and you can change your body. Our programs for Self-Healing contain suggestions that encourage your mind to create a healing atmosphere wherever it's needed most.

Self-Healing - 117

If you have a mental, physical or emotional area of your life that needs healing, Barrie's suggestions may help it to happen. First, choose programs that deal directly with your issue, then add this program which acts as a catalyst, to reinforce suggestions for change in the other programs. **SCII**

Insomnia - 074

Let Barrie assist you to sleep deeply throughout the night. Enjoy peaceful dreams and wake at the time of your choice. Have a restful sleep, for a change. **SCII**

Pain Relief - 092

Pain can arise from birth defects, disease or negative thinking. This program contains three of Barrie's most effective techniques to provide relief.

Migraine Relief - 084

Anyone who suffers from a migraine headache knows how painful the condition is. This program can provide the relief you desire. You have nothing to lose but the agony in your head.

Imaging - 071

In every self-improvement book, you are told to imagine, imagine, imagine. Close your eyes and create the image of your world coming to light.

Freedom from Allergies - 043

The wife of one of Barrie's friends was allergic to over a dozen substances; then she used Barrie's guaranteed techniques. Now she has three cats living with her, even though she was once allergic to them.

Relief of Back Pain - 109

On this program, Barrie directs you through a hypnotic process which could help relieve back pain. Then he uses a relaxation method to help lessen the tension in your back. It's a potent program of strong, positive suggestions directed to your mind.

Arthritis Pain Relief - 005

Hypnosis can help relieve the pain of arthritis in any location of your body. If properly motivated, your mind can increase blood flow to the affected area and you'll probably feel better after listening to your program, for the first time.

Hearing Restored - 057

At 18, I was introduced to the book, *Think and Grow Rich*. In this book, Napoleon Hill tells the story of his son who was born without ears and eardrums. Through suggestion, the boy's mind responded, the mechanism for hearing was developed, and the child attained 60% of normal hearing ability. Listen to your heart.

Facial Tic - 031

Your nerves and muscles can repair themselves if you tell them what to do. Your body could respond to a spoken word, telling your nerves and muscles to relax. This program is designed to lead you, step-by-step, through the correct process.

Painless Dentistry - 093

Purchase this program and condition yourself for your next dental appointment. You'll learn to put yourself into a hypnotic sleep and to use your mind's power to deaden the area where the work is needed. Relax and enjoy your next trip to the dentist with or without gas or needles, using the power of your mind.

Freedom from Acne - 042

Part of the problem for acne sufferers is that waste products of the body are being eliminated through the pores of the skin rather than through other organs of elimination. You can learn to change this.

Improving Vision - 073

It is possible to affect each part of your body with your thoughts. Your eyes are no exception. Through the proper course of exercise and applied suggestion, you could notice a definite improvement in your eyesight, whether your vision is 20/80 or 20/400.

Healthy Teeth and Gums - 056

Hypnosis has been used successfully in the dental profession for years. With this program, it is possible to learn how to direct your body's energy to heal your gums and teeth.

Removal of Warts - 111

A client had read an article that stated hypnosis could remove warts. He came to Barrie. The hypnosis worked and that is why this program was created.

Better Health

Poor health habits or conditions can displace vitality and confidence. In these programs for better health, Barrie Konicov combines self-hypnosis and subliminal suggestions to encourage you to change poor health habits and that may help to alleviate troublesome medical conditions.

Weight Loss - 145

By now you're tired of diets that don't last. This program provides a natural lasting technique to help you lose weight - guaranteed. **SCII**

Stop Smoking - 127

Cut your habit off immediately! This program contains the techniques and procedures that have helped thousands of people over the years to stop smoking forever. **SCII**

Lower Blood Pressure - 082

Many people who suffer from high blood pressure and other related serious illnesses don't realize that self-hypnosis is an effective treatment.

Stop Nail Biting - 126

If someone in your family is a habitual nail-biter, order this program. Regardless of age, the results are guaranteed to be immediate, safe and permanent.

Tapering Off Smoking - 133

This program guides you, through hypnotic suggestions, to the point where you are smoking 75% fewer cigarettes. Then, if you wish to stop smoking, continue with the Stop Smoking program. **SCII**

Stop Drinking - 022

Drinking is a symptom, not a cause. This program quickly gets to the cause of the problem, a cause which exists in your mind. Change your mind, eliminate the cause, and its symptom is eliminated, too.

Stomach Problems - 122

When your stomach hurts, it really hurts! You get it checked and what do you hear? "Relax, it's all in your mind." You are left with no alternative but to suffer - until now.

Lowering Cholesterol - 158

You can lower your cholesterol in three easy steps. One, begin an exercise program. Two, change your diet. Three, relax. This program is designed to promote changes in you that will make exercise, diet and relaxation an automatic part of your life.

Love and Relationships

Rediscover lost feelings in your heart with our Programs for Love and Relationships.

How to Attract Love - 059

Expand your “love awareness” and you will automatically draw to you the love you desire. **SCII**

Relationship Reprogramming - 107

We always seem to hurt those closest to us, or are hurt by them Take this situation in hand - with or without the other person. Use this program to reframe your relationships.

I am Jealous - 066

Free your mind from jealousy. You can accept the other person in your life without jealous feelings.

Get More Joy Out of Sex - Male - 050 Female - 049

A robust sex life is a beautiful facet of a fulfilling life. Learn to enjoy giving and receiving sexual pleasure.

Rekindle the Romance - 106

Any relationship can become monotonous. Rekindle the fires of passion in your life.

Divorce, Yes - 029

If you seek the divorce, this program can help free you from the other person.

Divorce, No - 028

If you don't want a divorce, yet have no choice, quiet your fears and regain the confidence to live and love again.

I Free You from Jealousy - 068

This program can be played by you, and will free the other person who is experiencing jealousy.

Infidelity Issues (Sex-Within and without the marriage)

The three programs below are a series, designed to heal the separation and transform the relationship of the listener.

My Love is Wandering - 087

I Am Wandering, My Love - 067

The Third Person - 135

Personal Triumph

Loss and grief can hold you in bondage. Your thinking can hold you back. Let Barrie Konicov guide you to break free with one or more of these programs.

Fear of Success - 040

Why does a person with incredible talents go just so far, and then fall flat? What is the problem? You can overcome barriers to success. **SCII**

Fear of Failure - 037

Do you have the desire to succeed, yet hold yourself back for fear of failure? With this program you can become bold, adventurous, and confident of your success.

So, You're Out of a Job? - 121

Barrie shares his experience on how he handled this situation.

Loss of a Loved One - 081

On this program you'll learn how to handle the pain, heal the hurt, and put the pieces back together.

Successful Retirement - 130

Many people look forward to their retirement years, only to find them empty. It does not have to be that way! This program can recalibrate your thinking, and rekindle your reason for enjoying life.

Co-dependency to Self-Discovery - 162

By Melody Beattie's definition, a co-dependent person is one who has let another person's behavior affect him or her, and who is obsessed with controlling that person's behavior. If you find

yourself in this situation and are ready to take a journey to self-discovery, this is the program for you. **SCII**

Death and Dying - 025

We are educated in so many areas! Yet when it comes to death and dying, only recently have people begun to speak openly on the subject. By using this program, you can better understand the process.

Loneliness - 080

It hurts so badly you could cry. Sometimes you do. Loneliness is overpowering you. Snap out of it now and make a change.

Twelve Steps to Freedom - 160

This program is based upon the twelve steps of the most widely used and effective program dealing with the disease of drinking alcohol. Combining these steps with self-hypnosis and subliminal techniques, benefits are immediately available. **SCII**

Recapture Youthful Vigor- 105

Jack Benny looked, acted, and believed he was 39. He repeated his age so often, he had his audiences convinced he was 39. Thus, he was able to tap the fountain of youth within his own consciousness. You can do the same thing, if you choose, with this program.

Worry, anger and resentment rob your life of peace and serenity. You have the power to be happy. Barrie Konicov will teach you how to “let go” of negative emotions and find peace in your heart.

Relaxation - 108

Learning to relax can eliminate high blood pressure, headaches, and stomach problems. You can reduce the effects of stress. Enjoy peace, tranquility, and deep relaxation with this program. **SCII**

Relieve Stress and Anxiety - 110

Test results show that stress, illness, and disease are all interrelated. For a happier, healthier life, you must learn to control your feelings. Barrie Konicov can teach you how. **SCII**

Up from Depression - 139

Do you feel that hopelessness and despair have taken over your life? Do you just want to quit? If so, insert this program into your player. Start to feel renewed, refreshed and revitalized.

I Want to Be Happy - 075

You have within you the power to be happy. This program will guide you to concentrate on harmonious, prosperous thoughts and bring you the happiness you earnestly seek. **SCII**

Stop Being Angry - 124

When you feel angry, people respond to you in a similar manner. There is a better way. Learn how to let go of angry thoughts. **SCII**

Peace of Mind - 098

How many times have you cried out in anguish, “I would give anything for a little peace of mind!” This program can bring the peace you’re seeking.

Freedom from Worry - 047

Worry is unproductive and quite unnecessary. This program will teach you how to turn your mind toward peaceful, harmonious thoughts.

Abuse Healed Through Forgiveness - 163

Forgiveness is a quiet, inner action. It requires courage and a willingness on your part to take the first step. This program is gentle and loving in its approach and will lead you to the peace that you seek. **SCII**

Sports

*You have the ability to excel at the sport of your choice.
Merge your mind with your body, to attain excellence.*

How to Be a Great Golfer - 060

The principles of relaxation, coordination, and concentration detailed in this program ensure a superb game of golf.

Be a Better Bowler - 010

Relax. Concentrate. Take a breath and throw a strike; then another and another. You can add 10, 20, 30 pins to your score. It is amazing!

Skiing with the Wind - 120

The wind cracks, the sounds cascade across an ocean of snow. You are one with your skis, in harmony with the day.

Running/Jogging - 112

Scientists have discovered that after running 45 minutes or more, the brain releases a chemical that stimulates creativity, logical thinking, and brings on a natural high. Using this program, you can learn how to mentally release the chemical into your brain. Not into running? After listening, you may be!

Baseball - Catching - 007

Baseball - Hitting - 008

Baseball - Pitching - 009

These programs are designed to enhance your concentration and improve your ability. All programs cover fielding, batting, and running, and specialize in one area.

Better Tennis - 013

A good tennis player is physically fit, mentally alert, and psychologically “in tune” with their game. You can improve your game to a significant degree by working with this program.

Martial Arts - 154

It is an inner dance that you seek as you move upon your path to master the martial art of your choice. To experience the freedom of mastery, use this program.

Racquetball - 104

Barrie’s first experience with this game was to lose to his son, Gary. Afterwards, he went home and wrote this program. Guess what happened the next time they played!

Better Table Tennis - 012

Played by an amateur, you call the game *ping pong*. Played in competition, you call it *table tennis*. It is one of the fastest games around. With this program, you could be a contender!

Body Image and Exercise

You have the ability to mentally fashion a new body for yourself. To see exercise as adventure, not drudgery. Merge your mind with your body, to attain excellence.

I Love My Body ~ Female -069 Male - 070

In working with thousands of people around the world, Barrie found that if we do not feel good about our bodies, we often do not like our life. Change your beliefs about your body and you will change your entire world.

Weight Gain - 144

If you have wanted to gain weight but could not, even by overeating, try this program. Gaining weight is simply a reversal of the techniques used to lose weight. This program could help dissolve the limitations you impose on your body size and allow you to add weight in the places you desire.

Body Building - 016

Close your eyes and imagine the perfect body. *Your* perfect body! With your determination and this program, you can have the physique you dream of. **SCII**

Joy of Exercise - 077

Even with the best intentions, many people need a push to make exercise a routine part of their lives. This program will give you that push. Play it at bedtime and you will awaken with a desire to exercise. **SCII**

Walk - Don't Jog - 143

Taking brisk walks turns out to be good exercise and provides a time to be together with someone special. This program was developed to help you acquire the discipline necessary to walk on a regular basis.

Weight Loss - 145

By now you are tired of diets that don't last. This program provides natural, lasting techniques to help you lose weight - guaranteed. **SCII**

Metaphysical Reflection

Now is the proper time to pause and meditate: alone, with friends, or with a loved one. Let Barrie Konicov guide you to put the past in perspective and bring the future you desire to reality.

Develop Your Psychic Abilities - 027

Each of us possesses some degree of E.S.P. You can develop it far beyond your present capabilities. **SCII**

Talents and Abilities from Past Lives - 132

Bring to your conscious awareness the knowledge of your past talents and abilities. They will enable you to discover your life's real purpose.

Chakra Meditation - 019

By balancing and harmonizing the energies of your chakras, unleash incredible cosmic and psychic powers that benefit all humankind. **SCII**

Past Life Regression - 095

Fascinated by your past? Have you lived before? If so, where? What time? Who were you? Man or woman? The techniques on this program have effectively guided many people into their past lives. **SCII**

Psychic Protection - 103

When you open your psychic self, you become exposed to certain negative influences. Learn techniques to safeguard your mind. **SCII**

Past Life Regression with Mate or Lover - 096

Have you lived a former life with your present mate or lover? We tend to return to life surrounded by those people who will afford us the greatest opportunity for spiritual growth. Explore your past life

relationship(s) with your mate or lover and add meaning and understanding to your present experience.

Channeling Your Higher Self - 161

On this program Barrie guides you step-by-step to consciously make contact with your Higher Self. **SCII**

Natural Birth Control - 014

It is possible to influence every cell of your body by thought and this includes the reproductive system. There are certain, little known, visualization and self-hypnosis techniques that could provide effective birth control. This program utilizes those techniques.

Healing Abuse - A Past Life Approach - 164

If you are a student of metaphysics and willing to take responsibility for everything in your life (and this includes the abuse you have suffered), use this program. This program guides you to search your past lives for the event or events that culminated in abuse in this lifetime. Accepting responsibility for your reactions to the event provides you the freedom to forgive. Forgiveness leads to self-love, self-respect and peace of mind.

Astral Projection - 006

Join the increasing number of people who are having out-of-body experiences.

World Peace - 149

Earth is wounded. For too long she has endured our barbaric behavior, insensitivity, and lack of awareness. You can make a difference. Return the planet to a garden where love, light, and life abound.

Psychic Healing - 102

Your thoughts, actions, and beliefs have a profound effect upon people around you who suffer from illness. Become a positive influence for them.

Visualization - Aura Reading - 142

One of the keys to creating your own reality is learning the art of visualization. As an additional benefit, you'll gain the ability to see and read auras.

Past Life Therapy - Cause and Effect - 097

The experiences that we plant in our past lives are harvested in the future. Is it possible to reconstruct your present life by releasing yourself of all the negativity of the past?

Parallel Lives/Separate Selves - 094

Could you be experiencing life in more than one time and place at this very moment? Why not? The only limitations are the ones you accept.

Remote Viewing - 137

Time Traveler

Now you can experience Atlantis, open the secret passageway in the Sphinx and enter into the treasure room. Other journeys also await you.

Subliminal Teachings of Jesus - 159

After Barrie wrote and recorded this program, he sent it to the people who had suggested it, for their review. They listened to it and passed it on to several ministers. When asked if he felt inspired as he wrote and recorded this program, he smiled and nodded, yes. It is his hope that you will be inspired by it also. **SCII**

The Feminine Side

Listen to the program of your choice below for 30 days or more and you may learn how to heal or attain what you want, effortlessly.

Premenstrual Syndrome (PMS) - 100

Many studies point to the fact that chemical changes in a woman's body during her cycle make her more prone to anger, accidents and extreme mood swings. Begin using this program five days before the menstrual cycle begins.

Conception - 021

The suggestions on this program are designed for those couples who wish to have a child but who are experiencing difficulty in consummating the pregnancy.

Natural Bust Enlargement - 089

In the Journal of Clinical Hypnosis, Vol. 19, there are two articles dealing with bust enlargement through hypnosis. Both report very favorable results. This program is based directly on the methods used by the researchers who conducted those studies.

Natural Birth Control - 014 *(See pg. 14)*

Having a Baby - 055

More parents are becoming aware of the effects a traumatic delivery can have on the future physical, mental and emotional health of their child. This program is designed to condition the mother, to make the delivery as pleasant as possible.

Miscarriage: The Aftereffects - 085

The miscarriage you experienced needs to be addressed physically, mentally and emotionally. Failure to do so may put future pregnancies in jeopardy. This program creates an atmosphere for healing and guides you to the cause of the miscarriage.

Get More Joy Out of Sex ***Female - 049 (See next page)***

I Love My Body ***Female - 069 (See pg. 12)***

Abortion - The Aftereffects - 001

Aftereffects of abortion can show up years later. They must be dealt with now or they will dominate your life. This program is designed to help you heal.

The Masculine Side

Play these programs while you work or while you sleep. They will go directly to your subconscious. Conscious listening is NOT required! We do recommend that you listen to the self-hypnosis format once or twice while awake and aware, so you know what's being said.

Virility - 072 (See next page)

I Love My Body - Male - 070 (See pg. 22)

Get More Joy Out of Sex - Male - 050 ***(See next page)***

Sex and Sexuality

Direct your thoughts to what you really want. These programs act as your teachers. Then you make the changes.

Freedom from Sexual Guilt - 046

Until you stop tormenting yourself for past sexual conduct you will not allow yourself to enjoy the pleasures of the moment. Let go of the past and move on with your life.

Virility - 072

This program allows the listener to experience increased physical desire and to address those emotional patterns that cause impotence.

Gay and Unhappy - 152

Whether you are having thoughts of homosexuality, have experienced it, or are living that life-style now, your sexuality is a creative thought process. This program will enable you to restructure those thought processes and reorient your sexuality, if that is what you want. This program is clearly not appropriate for all; trust your heart.

Get More Joy Out of Sex~ Male - 050 Female - 049

It is amazing. In this society we are bombarded with more mixed messages concerning sex, pleasure, and our bodies than most of us can handle. By the time we complete all the requirements and stop looking over our shoulders, many of us are so uptight and confused that we cannot fully and freely enjoy the giving and receiving of sexual pleasure. A healthy and robust sex life is a beautiful facet of a fulfilling life. You deserve all the pleasure you can get. When ordering, specify either male or female.

I Love My Body – Male - 070 Female - 069 (See pg. 12)

Mastery of Self

You are the master of yourself. Take charge! Play the program for a month or more and watch what you can do.

Jet Lag - 076

There is no reason to suffer jet lag. You can use this program during your flight or after you arrive at your destination. This program teaches you to reset your internal clock. Close your eyes and arrive at your destination rested, refreshed, and alert.

Housekeeping with Love - 153

Spend twenty minutes with this program and you will find yourself motivated and activated. Housekeeping will become an act of love.

Stop Stuttering - 128

There are two times when you do not stutter: when you sing and under hypnosis. Posthypnotic suggestions can keep speech clear.

Stop Loss of Hair - 125

Barrie often wished he had learned this technique years ago. It could have helped him then, too. Purchase this program now, before it is too late for you.

Operation - 091

Before and After

This program serves two purposes: first, to help remove the fear of impending surgery; second, to help speed your recovery after the operation.

Hypnosis for Hypnotists - 065

To become a truly outstanding hypnotist, you must take on the consciousness of a professional. This program is available to anyone interested in hypnosis as a profession.

Birth Separation - 015

Try this test: inhale deeply and hold your breath. If you pull in your stomach when you inhale, your body mechanism is backwards, probably due to birth trauma. The trauma could be the source of asthma, headaches, depression, and body aches. Release the negative feelings that surrounded your birth.

Family & Relationships

Yes, we seemingly have titles for everything! Train your mind with our self-hypnosis programs and you may achieve what you seek.

Stop Bed Wetting - 123

If you have tried everything else and nothing seems to work, relax. If there is no physical reason for incontinence, this is the program for which you have been looking. This matter often takes care of itself quickly!

Thumb Sucking - 136

Like nail biting, thumb sucking may respond to hypnotic suggestions. With proper motivation, the suggestions on this program, and your encouragement, the problem can be solved.

Hyperactive Children - 064

Barrie has letters on file from parents stating that their children, after listening to this program, showed significant improvement in disposition.

You and Your Child - 150

It can happen in any family. Your child can fall in with the wrong crowd. You try everything, yet it appears the more you try, the worse the situation becomes. This

program takes a different approach. It is designed for the parent's mental process: change can then be brought about in the child's behavior.

My Parents, Myself - 088

Why is there so much animosity between parents and their children? Why do some parents hold on to their children, and why is it that some children will not break free of their parents? Use this program and set yourself free!

Where Is My Child? - 146

If you are the birth parent of a child who was adopted, this program will aid you in your search for your child.

Where Is My Parent? - 147

If you are an adopted child, this program will aid you in your search for your natural parents.

Self-Renewal

Many people become “stuck” in life, confused, unable to move forward. The programs for Self-Renewal are designed to loosen the cement around your feet and allow you freedom to move again — toward your unlimited potential.

How to Be Popular - 061

With this program you can make new friends, develop charm and charisma and be at ease wherever you go.

Develop Enthusiasm - 026

Start an inner fire! Approach everything you do with enthusiasm and you will always do it better!

Creative Thinking - 023

The difference in people is not the difference in opportunity, but in the quality of their thoughts. Raise the quality of your thoughts, and you will raise the quality of your life! **SCII**

Be Positive - 011

All successful people are able to retreat within themselves when assaulted by the negativity of others. This program teaches you how to effectively shield yourself from negative assaults by others. **SCII**

Stop Drinking - 022

Drinking is one problem that most health care officials feel cannot be cured. That does not have to be the case. Drinking is a symptom, not a cause. This program could quickly get to the cause of the problem; a cause which exists in the mind. Change the mind, eliminate the cause, and its symptom could be eliminated too. It all depends on your desire.

Freedom from Drugs - 044

Hypnosis can free you from the physical, mental, and emotional dependency of drugs. There is no question about it, hypnosis could help. If you or someone you know needs help with a drug problem or habit, this is the program to use.

Veterans - 140

Barrie originally made this program to say to Vietnam Veterans, “*We care, we feel, we just do not know how to say it.*” This program was his way of saying “*let the healing begin*” and has since been used by veterans of more recent events, as well.

Freedom from Guilt - 045

Be kind and gentle to yourself. Use this program and let that guilt go!

Handling Disappointment - 054

Clear away the debris of disappointment and enable yourself to deal with life when things don't go your way. Begin to enjoy a more positive outlook.

Overcoming Fear

When fears begin to control our minds, we become a slave to them. They can grow to the point where they consume our entire lives. Each program in this Fear Series can help you unlock the chains that bind your mind. You'll enter into a deep state of relaxation and through sophisticated visualization and imagination techniques, you may systematically remove fear from your life.

Fear of Driving - 036

You'll learn to enjoy the convenience and joy of driving or being a passenger in a car.

Agoraphobia - 002

Fear of crossing or being in open spaces can be a debilitating fear. This may be the program to help you overcome it.

Fear of Closed-In Places - 033

Explore with Barrie the experience which caused these claustrophobic feelings. Find what created the situation and bring your impressions into focus to let go of this fear.

Fear of Crowds - 034

The fear of crowds is a thought in your mind, now controlling your life in most unreasonable ways. You can triumph over this fear and become completely free.

Fear of Death - 035

Allowing the fear of death to control and dominate your consciousness is certainly unnecessary. Using the suggestions on this programs can rid your mind of this fear.

Fear of Flying - 038

Fear is a learned response, and perhaps your fear of flying was placed there by well-meaning friends or relatives, or by the media. The suggestions on this program may help.

Fear of Water - 041

To let the fear of water go, just play this program at bedtime, and your subconscious will do the rest.

Fear of Heights - 039

This fear has become a part of your life, a part of your psyche. Use this program and eliminate the fear of heights.

Touch Me - 138

This fear is so prevalent in our society that Barrie believes he has only met a handful of people who do not have it. You would instantly recognize it inside yourself and others, if you knew what it is and how it appears. Face it now by ordering and using this program.

Hypnotic Sounds

Close your eyes and picture waves crashing to shore or streaks of lightning splitting the night sky forewarning the ominous rumble of thunder. Tune in to your body and feel, then hear, the sound of your heart beating. Experience the constant rhythm of a metronome, set to move you into a deep state of self-hypnosis. These programs are designed to heighten your senses and improve your experience with self-hypnosis. They can also be used as sleep programs to pleasantly block out all other noises. They do not contain ANY suggestions for change.

Brook/Rain - 155

Brook - Rushing, falling, churning - the delightful sounds of a clear-running brook swirling down a mountain side. Let the laughing brook soothe your psyche.

Rain - The soft pattering of tiny rain droplets creates a totally relaxing atmosphere of gentleness.

Crickets/Birds - 157

Crickets - Soft trilling recalls the sounds of a sweet summer evening. Relax and return to a twilight time and place.

Birds - Enter a forest of audio delights. Cheerful twittering and chirping fill the woodland air.

Ocean/Thunderstorm - 090

Ocean - The continuous rolling waves against the shore will induce you to feel as though you are one with nature.

Thunderstorm - A low rumble of distant thunder warns of an oncoming storm. Become part of the gently stirring skies.

Wind/Seagulls - 156

Wind - Blow away all cares, as rushing currents of wind carry you off to a vibrant place all your own.

Seagulls - Recall the times of sand and shore, heightened by the sounds of a true sea bird's calling - that of the sea gull

Heartbeat/Metronome - 058

Heartbeat - Return to the sounds of your beginning. Deep within the womb, you were comforted by your mother's steady, rhythmic heartbeat.

Metronome - Experience the constant rhythm of a metronome set to move you into a deep state of self-hypnosis.

No subliminal suggestions on Hypnotic Sounds.

They can be ordered on:

1 cassette \$7.98 (*one sound per side*).

1 CD \$19.98 (*one sound per track, two tracks*).

They can also be ordered on:

2 CDs, \$24.98

(*one sound per CD*)

Hypno-Astrology

*Rise above your sign with the marriage of Hypnosis and Astrology.
Your key to health, happiness, and prosperity.*

This is the concept: Each sign of the Zodiac has its positive and negative aspects. As individuals, in order to master our own destiny, we must rise above our negative traits.

Each program in this series makes you aware of your sign's strengths and weaknesses. Then, you are guided into a technique that frees you from the negatives through the alchemy of your mind. From there you're guided into a level of self-hypnosis where positive suggestions are given to you. Each suggestion is specifically designed for your sign to strengthen you from within.

It has been said that a wise person rules the stars. That has been Barrie's purpose in creating this series; to provide you with the knowledge to rise above the turbulence of your sign.

It took Barrie over two years to create these 12 tapes. He hopes you find them valuable.

Capricorn - 018
December 22 - January 19

Aquarius - 003
January 20 - February 18

Pisces - 099
February 19 - March 20

Aries - 004
March 21 - April 20

Taurus - 134
April 21 - May 20

Gemini - 048
May 21 - June 20

Cancer - 017
June 21 - July 22

Leo - 078
July 23 - August 22

Virgo - 141
August 23 - September 22

Libra - 079
September 23 - October 22

Scorpio - 114
October 23 - November 21

Sagittarius - 113
November 22 - December 21

Astral Sounds

It's a matter of personal choice. If this program sounds fascinating to you, you might just want to order it and try it at home.

Sound waves that can carry your mind and body into a new universe of pure pleasure. The future is yours...now.

This program is being praised by hundreds of thousands of people world-wide.

They report that it removes physical pain...cures insomnia...reduces stress and anxiety...provides instant and deep relaxation...provides freedom from worry...makes them happy and naturally high...creates magnificent visual imagery. And it does it all without drugs!

Yet, this recording contains no human voices or musical instruments. It is not self-hypnosis or subliminal, it is not created by Barrie. It is truly the first holistic health miracle of computer technology. Curious? Of course you are!

Read on...

WHAT IT IS

Astral Sounds, an hour-long program fully copyrighted by The American Research Team, is a truly unique recording. It is the only one of its kind in existence in the entire world. It contains no human voices, no musical instruments and no sounds of the environment such as rain, wind, or the ocean. What this program does, indeed, contain are very delicate sound waves created by a computer which was programmed by a team of psychologists. The end result is truly a miracle of computer age technology. The program contains sound waves and sound frequencies which have been arranged in a specific pattern to have

profound positive psychological effects on the mind and body of the listener.

WHO USES ASTRAL SOUNDS

Hundreds of thousands of people from all over the world use Astral Sounds and our American Research Team's files are filled with their testimonial letters praising this little miracle program. Hospitals use Astral Sounds to tranquilize their patients instead of giving them sleeping medication. Hospitals and Pain Centers use Astral Sounds to reduce or stop pain rather than use potentially dangerous pain-killing drugs. Colleges, Universities and Boards of Education, world-wide, use Astral Sounds in their psychological programs. Heads of Government, Cabinet Members and Supreme Court Justices use Astral Sounds. People from all walks of life are discovering that Astral Sounds can carry them into a state of blissful, deep, meditative rest where the body seems to float in warm fluid.

This is the ONLY program we currently carry, not produced by Barrie. See www.impactpublishinginc.com/Tape-Astralsounds.htm for more information.

Cassette - \$15.00

CD - \$25.00

Subliminal Persuasion Video / DVD

A new concept designed to help you awaken to your Unlimited Potential.

Here is a truly unique product that uses all aspects of learning: sight, sound, and repetition. We have combined our video and audio programs into a highly effective system exclusively based on positive suggestions and visualizations for change.

Our Subliminal Persuasion Video Tape enables you to enjoy the benefits of perfectly blended sight and sound while you relax and enjoy the soothing scenes of spectacular waterfalls, lush tropical foliage, and majestic waves rolling onto the magnificent Hawaiian Islands.

Visual suggestions are subliminally recorded at specific intervals within the picture in such a way that your conscious mind will be unable to perceive them. However, they will be read by your ever aware subconscious. These subliminal suggestions are presented as part of the introductory remarks on the video.

Auditory suggestions for change are masked by specially composed music, and the relaxing sounds of the ocean.

Videos are available in the

following titles:

Concentration - V020

Creative Thinking - V023

Develop Enthusiasm - V026

Good Study Habits - V053

Memory Improvement - V083

Money/Prosperity - V086

Relaxation - V108

Relieve Stress and Anxiety - V110

Self-Confidence - V115

Stop Smoking - V127

Subconscious Sales Power - V129

Weight Loss - V145

Video \$22.98

DVD \$22.98

The Jennifer Tapes

Four programs containing suggestions that stimulate the perfect functioning of all parts of the body in child development from birth to age seven.

This four-program series was developed from background material provided to Barrie Konicov by Cynthia Pike Ouelette, the mother of Jennifer. As a child, Cynthia had been taught by her own mother that “thoughts and words create our reality.” So when Jennifer was born, Cynthia took that knowledge and translated it into action - first in the hospital, and later at home. In the hospital, Cynthia was called many times to the newborn Intensive Care Unit because Jennifer was dying. Each time, Cynthia spent time touching her daughter and speaking to her gently and lovingly. She repeatedly told Jennifer that she would live and get better: she told the child to take all her love and use it for the strength to fight to live. Jennifer pulled through each crisis.

Later, when Jennifer was home, Cynthia began making tapes for her. She played the tapes night and day. And as Jennifer’s healing progressed, Cynthia changed the suggestions on the tapes to accelerate her healing.

Each program in this series deals with a different level of a child’s development. When your child’s development has equalled what is suggested on the program, it is time to move on to the next. At all times, follow your inner knowing.

Health Suggestions

Each of the four programs contain suggestions that stimulate the perfect functioning of all organs, glands, muscles, tendons, and bodily systems. They also contain a carefully-developed potpourri of suggestions that emphasize universal love, self-respect, and self-worth. These suggestions develop a loving attitude toward self and others. This is

the foundation of all four recordings.

JT 1 - Birth to age 6 months

The suggestions on this recording promote the perfect control and balance of the body, and suggest that both arms and hands, feet and legs, thumbs and fingers function perfectly.

JT 2 - 6 months to 1 1/2 years

This program is designed to promote more complex moments, such as pulling up to the knees, pulling up to a standing position, standing without support, walking, climbing onto and off such things as furniture, and talking.

JT 3 - 1 1/2 years to 3 years

The suggestions on this program emphasize walking, hopping, throwing and catching, walking up and down stairs, dressing and undressing, potty training, graceful coordinated movements, and speaking in sentences.

JT 4 - 3 years to 7 years

This program prepares the child to enter school or preschool, emphasizing the development of learning skills such as reading and writing, memory, concentration, and the ability to listen and follow directions. These skills will ensure that learning will be an enjoyable experience for the child.

The Miracle of Suggestion.

These are miracle programs. The messages on this recording are for any child, adolescent or adult. If a person is, in any way, developmentally impaired as a result of birth, accident, or illness, these programs, plus your love, may create the same type of miracle as they did for Jennifer.

Excel-lerated Language Learning

To learn anything as fast as thought itself, learning must take place on a subconscious level. Your subconscious mind keeps a perfect record of everything you've ever learned. It is your conscious mind that makes learning difficult, because it blocks the flow of information to and from your subconscious mind.

Learning while in a relaxed state gives you free access to your subconscious mind, enabling you to have full recall and retention of everything you're exposed to. This is the basis of our Excel-lerated Learning programs. Our foreign language programs will empower the student to learn from two to five times better and faster than what is currently expected.

These programs work from the inside out and, therefore, make change an effortless process - particularly when compared to more conventional teaching methods that teach from the outside in.

We offer two types of language programs to fit every learning need. These programs are designed to complement current study materials and to accelerate the learning of a language.

The Traveler's Program (1 tape or CD)

Wouldn't your next foreign vacation be more fun and exiting if you knew some of the native language?

This single program could be just the ticket! Besides proving to you that learning is easy, it will also introduce you to the Excel-lerated Learning concept.

One portion of the Traveler's Program is a sleep learning session that will saturate your subconscious with suggestions designed to accelerate your learning ability.

The other portion, a pre-study lesson,

guides you into a state of self-hypnosis where your mind will be receptive to the basics of the language you're learning. You are then brought to full consciousness so you can follow along in the workbook we've included. Ten lessons are recorded.

- 302 French***
- 303 German***
- 308 Hebrew***
- 305 Italian***
- 307 Japanese***
- 304 Portuguese***
- 306 Russian***
- 301 Spanish***

The Student's Program (2 tapes or CDs)

If you're taking a language in school, this is the program we recommend for you. This format includes the entire Traveler's program and lesson book, plus a powerful bi-lingual Subliminal Persuasion program. This program is designed to complement current study materials and to accelerate your learning of a language. Includes 2 tapes or CDs plus 1 lesson book.

- 315 French***
- 316 German***
- 317 Hebrew***
- 318 Italian***
- 319 Japanese***
- 320 Portuguese***
- 321 Russian***
- 322 Spanish***

Programs in Spanish (En Español)

Below you'll find descriptions of programs available in Spanish.

Self-Healing/Auto Curacion - 117

Esta es la cinta más increíble que ofrecemos. Nuestros clientes han manifestado cambios fabulosos en su salud, tanto mental como física. Las sugerencias de esta cinta han ofrecido respuestas favorables a muchos malestares. Compre esta cinta. Usted estará satisfecho.

Weight Loss/Bajar De Peso - 145

La dieta normal dura menos de 72 horas. Sin dedicación personal las dietas no dan resultado. El uso repetido de esta cinta puede reforzar su deseo, determinación y poder de voluntad para que pueda efectuar un cambio espectacular hoy día mismo.

Stop Drinking/Dejar De Beber - 022

El beber es un problema que no puede curarse según la mayoría de los oficiales de sanidad. No tiene que así. El beber es un síntoma, no una causa. Esta cinta puede localizar la causa del problema: una causa que existe en la mente. Alterar la mente, eliminar la causa, y pueden eliminarse también sus síntomas.

Memory Improvement/ Mejore Su Memoria - 083

Todas tenemos una buena memoria. La naturaleza de su subconsciente es recordar todo lo que usted ha oído o aprendido. Muy a menudo, sin embargo, usted limita la capacidad de su memoria con el uso repetido de autosugestiones inconscientes. Líbrase de los pensamientos negativos y de la actitud que le hace decir: "No puedo recordarme". Use esta cinta. Usted puede gozar hoy día mismo de sus habilidades de retención y memoria.

Relieve Stress and Anxiety/ Alivie Su Tension Y Ansiedad - 110

Sentimientos tristes pueden, en realidad molestarle mucho. Aprenda a ordenar a sus sentimientos cómo deben sentir en lugar de que ellos le indiquen cómo debe sentirse. Esta cinta puede enseñarle a sentirse bien todo el tiempo.

Self-Confidence/ Confianza En Si Mismo - 115

Uno de los regalos más preciosos que usted puede darse es el de confiar en usted mismo. Desarrolle la confianza necesaria para poder decir "No" sin sentirse culpable. Adquiera seguridad en sí mismo para que pueda sentirse calmo y tranquilo cuando se encuentra con gente. ¡Póngase hoy día mismo en camino hacia un YO más seguro con esta cinta tan importante!

Stop Smoking/Dejar De Fumar - 127

Esta cinta puede ayudarle a dejar su hábito de fumar, inmediatamente. Contiene las técnicas y procedimientos que han ayudado, a través de los años, a miles de personas a dejar de fumar.

Be Positive/Mentalidad Positiva - 011

Toda persona de éxito tiene la habilidad de entrar en sí mismo cuando la negatividad de los otros le acosan. Ahora usted puede aprender esta habilidad y proteger su mente. Esta cinta contiene un procedimiento sencillo que puede protegerle efectivamente de las influencias dañinas y negativas de la gente que le rodea.

Relaxation/La Relajacion - 108

Si usted pudiera relajarse su presión sanguínea podría ser normal de nuevo; sus dolores de cabeza le abandonarían

Programs in Spanish (En Español)

a igual que esa sensación de tensión que siente en su estómago. La tensión — sentir ansiedad en un mundo de tensión — es un problema grande de salud. Use esta cinta y usted podrá sentir paz, calma y la alegría de la relajación.

Subconscious Sales Power/El Poder Subconsciente En Las Ventas - 129

Use el poder creativo de su mente para llegar a ser un vendedor convincente y próspero. Atraiga a aquellas personas que desean comprar su producto. Si usted desea el poder de ventas, esta cinta puede ayudarle a encontrarlo dentro de usted mismo. ¡Esta es una de las cintas que más se ha vendido!

Money-Prosperity/ Dinero-Prosperidad - 086

Los expertos afirman que usted no puede llegar a ser rico hasta que no sea rico primero en su mente. Las personas ricas no son, necesariamente, más ricas o más trabajadoras que usted. Existe, sin embargo, una sutil diferencia en su modo de pensar y en su estimación propia que hace que todo lo que loquen se convierta en oro. La diferencia está en la “consciencia de prosperidad.” La prosperidad es 98 por ciento preparación mental y 2 por ciento acción externa. Comience a preparar su consciente ahora mismo para atraer las riquezas que se merece. ¡Despierte el genio financiero dentro de usted!

Concentration/La Concentracion 020

La mente se mueve de un pensamiento a otro. Y luego a otro y a otro. ¿Es su mente indisciplinada y confusa? ¿Pasa tan rápido de un pensamiento a otro que usted se cansa fácilmente? Usted debe aprender a concentrarse para poder disciplinar su mente y poner lógica en sus pensamien-

tos. Esta cinta puede darle la llave hacia una forma de pensar organizada y lógica — es decir la habilidad de concentrarse en pensamientos individuales y de continuar pensando en ellos hasta que usted esté

Self-Hypnosis/Autohipnotismo - 118

Esta es una cinta hipnótica que contiene todas las instrucciones para autosugestionarse como también procedimientos detallados para autohipnotizarse. Cuando la use usted será guiado a un estado de hipnotismo, con frases claves, de manera que pueda usar este nivel mental cuando usted desee. Cuando usted haya alcanzado un estado profundo de hipnotismo encontrará un espacio tranquilo en su mente donde podrá grabar sus propias sugerencias. Luego, después de un rato, se le despertará muy calmadamente. Con el uso repetido de esta cinta se convertirá en una persona que puede autohipnotizarse fácilmente.

Astral Projection/ Proyeccion Astral - 006

En las clases que he dictado sobre el estado consciente, muchas personas pudieron completar con éxito su primer viaje astral. Antes de tomar esta clase, muchas de estas personas no tenían conocimiento en absoluto de este concepto. En esta cinta, he usado la programación que sabemos ha tenido mucho éxito y he aumentado la dimensión de sonido para hacerla más efectiva. Dése dos semanas de preparación —usando esta cinta— y usted podrá también ser parte del número

continued on page 29

Programs in Spanish (En Español)

creciente de personas que gozan de experiencias “de fuera del cuerpo”.

Develop Your Psychic Abilities/Desarrolle Sus Habilidades Psíquicas - 027

Todos poseemos un cierto nivel de PES (Percepción Extra Sensorial). Es verdad que algunas personas la han desarrollado a un nivel más alto que otras. Sin embargo, yo sé, por experiencia personal, que usted puede desarrollar dicha capacidad más de lo que ahora posee. Y esto enriquecerá mucho su vida. Para mí PES es el poder que nos permite tener una vida tranquila.

How to Attract Love/Atraiga El Amor - 059

A través de los procesos mentales contenidos en esta cinta, usted puede magnetizar su estado consciente y altaer automáticamente hacia usted el amor que desea. Esto se puede realizar como un proceso totalmente natural cuando usted amplía su propia “percepción del amor”.

Insomnia/Combata El Insomnio - 074

Esta cinta fue preparada como resultado de una tremenda demanda por parte de nuestros clientes. Si tiene la motivación apropiada, esta cinta le puede ayudar a dormir, y a dormir profundamente, por toda la noche y a tener sueños apacibles. Y se podrá despertar a la hora que usted escoja. Escúchela y gozará de un sueño placentero, ¡finalmente!

Up From Depression/ Salga De La Depresión - 139

Usted siente que la inseguridad y la desesperación se han apoderado de su vida. Usted simplemente quiere darse por vencido. Cuando se pregunte a

usted mismo las razones para vivir y no pueda encontrar una razón para continuar viviendo, ponga esta cinta en su casetera. Comience a sentirse renovado, reanimado y revitalizado.

ASTROLOGY TITLES

Capricorn/Capricornio

Dec. 22-Jan. 19

Aquarius/Acuario

Jan 20-Feb 18

Pisces/Picis

Feb 19-March 20

Aries/Aries

March 21-April 20

Taurus/Tauro

April 20-May 20

Gemini/Geminis

May 21-June 20

Cancer/Cancer

June 21-July 22

Leo/Leo

July 23-Aug 22

Virgo/Virgo

Aug. 23-Sept 22

Libra/Libra

Sept. 23-Oct 22

Scorpio/Escorpion

Oct. 23-Nov 21

Sagittarius/Sagitario

Nov. 22-Dec 21

Spanish Astrology cassette - \$7.98

Subliminal Persuasion

The Subliminal portion of our programs are designed in such a manner that they can be used anywhere or at any time you choose. All suggestions for relaxation have been removed from the subliminal message. You can listen while at work, play, while you exercise, read, as you sleep, or even while driving an automobile. Let it become, simply, a pleasant background to your daily activities - a background which can provide the motivation to change you life.

The Music

Each piece of music used on our subliminal programs has been carefully composed and constructed to help increase your receptiveness to the subliminal message recorded within. These beautiful melodies make using your subliminal program a thoroughly enjoyable experience.

Self-Hypnosis

Contains a series of suggestions to bring about a pleasant state of relaxation or light hypnosis. You will then consciously hear the SAME SUGGESTIONS as were recorded on the Subliminal side. This combination helps you balance and coordinate the activities of your conscious and subconscious, creating a unity of thought and action - a component necessary to your success. When played at your regular bedtime you will most likely drift into a natural

sleep. This is desirable because your subconscious mind never sleeps. Repeated playing of this program at your bedtime will saturate your mind with suggestions designed to bring about the desired change.

Day Use of Self-Hypnosis

Playing the self-hypnosis program several times a week, in a relaxing atmosphere, is important. Using the program during the day may allow you to experience a pleasant sensation of light hypnosis - not unlike daydreaming. During these sessions, your conscious mind will be saturated with the same suggestion it has absorbed while using the subliminal program or during your evening sessions.

***WARNING: DO NOT PLAY
THE SELF-HYPNOSIS PORTION
OF ANY PROGRAM WHILE
DRIVING AN AUTOMOBILE.***

These programs are the culmination of years of careful study and development. By combining both our self-hypnosis and subliminal programs we have provided you with the most effective personal motivation and improvement tool available today. Using this program as instructed, you can make the changes and improvements you desire in your life.

I.M.P.A.C.T.

PUBLISHING INC._____

P.O. BOX 10058

BRADENTON, FL 34282



POSTMASTER: Please deliver to current resident _____