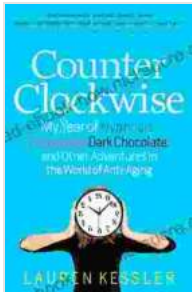


My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World



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



This past year has been one of the most transformative of my life. I've experienced hypnosis, hormone therapy, dark chocolate, and world travel. And I've learned a lot about myself and the world around me along the way.

Hypnosis

I've always been fascinated by hypnosis. I've seen it used in movies and TV shows, and I've always wondered what it would be like to experience it myself.

When I finally decided to try hypnosis, I was surprised by how it made me feel. I was relaxed and calm, and I felt like I could access a part of myself that I didn't know existed.

I've used hypnosis to help me with a variety of things, including:

- Quit smoking
- Lose weight
- Improve my sleep
- Boost my confidence

I've found hypnosis to be a powerful tool for personal growth and change. If you're interested in trying it, I highly recommend it.

Hormones

I've also been learning a lot about hormones this past year. I've been experiencing some hormonal imbalances, and I've been working with a doctor to get them under control.

Hormones play a major role in our physical and mental health. They can affect our mood, our energy levels, and our weight. When our hormones are out of balance, it can lead to a variety of problems.

I'm grateful that I'm working with a doctor who understands hormones and can help me get my levels back in balance. I've already noticed a significant improvement in my health and well-being.

Dark Chocolate

I've always loved dark chocolate, but I've only recently discovered its many health benefits. Dark chocolate is rich in antioxidants, and it's been shown to improve heart health, reduce stress, and boost cognitive function.

I've been eating dark chocolate every day for the past year, and I've noticed a number of positive changes. I have more energy, I'm less stressed, and I'm sleeping better.

If you're not a fan of dark chocolate, there are other ways to get your antioxidants. You can eat other antioxidant-rich foods, such as fruits, vegetables, and nuts. You can also take antioxidant supplements.

Travel

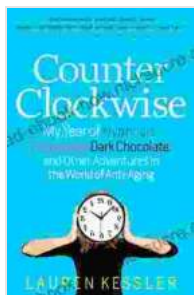
I've also been doing a lot of traveling this past year. I've visited new countries, met new people, and experienced new cultures.

Travel is a great way to learn about yourself and the world around you. It can open your mind to new possibilities and help you to grow as a person.

If you have the opportunity to travel, I highly recommend it. It's one of the most rewarding experiences you can have.

This past year has been a journey of self-discovery and transformation. I've learned a lot about myself and the world around me, and I'm grateful for all of the experiences I've had.

I'm looking forward to continuing my journey in the year to come. I'm excited to see what new adventures await me.



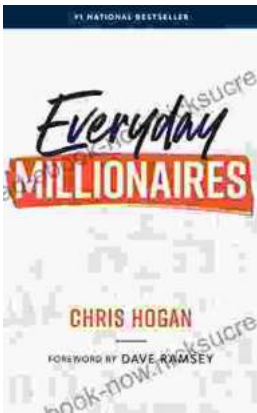
Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-Aging by Lauren Kessler

★★★★☆ 4.1 out of 5

Language : English

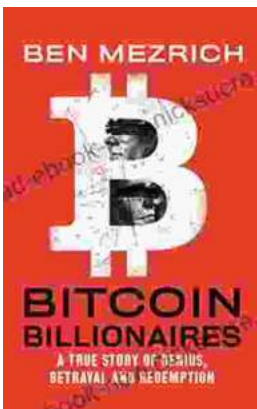
File size : 1395 KB

Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 258 pages



Chris Hogan: The Everyday Millionaire Who Shares His Secrets to Financial Success

Chris Hogan is an Everyday Millionaire who shares his secrets to financial success. He is the author of the bestselling book "Everyday Millionaires," which has sold over 1...



The True Story of Genius, Betrayal, and Redemption

In the annals of science, there are countless stories of brilliant minds whose work has changed the world. But there are also stories of...