



5 Ways to Cope with Money Stress

Get Hypnotized

By Nancy Palmer



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For years people have turned to hypnosis for help quitting smoking and losing weight, but the technique is also becoming popular among business types desperate to overcome financial stress, according to a November report in *The Wall Street Journal*. Generally, in hypnosis, a therapist uses verbal cues to put clients into a deeply relaxed state, where they become absorbed in their inner thoughts, then offers suggestions to shift an attitude so they can better tackle a problem. In this case, the suggestions might be "Money is energy that comes and goes" or "Your net worth doesn't equal your personal worth," to deflect the paralysis and insecurity that financial panic can cause. Ideally, clients learn the process on their own.

"Hypnosis is very similar to meditation," explains Dwight Damon, president of the National Guild of Hypnotists, who recommends trying a professional session before using the method on yourself. "While it won't make you richer, it will help you handle, and feel better about, the money you do have."

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