



# Overcoming Math Anxiety: Self-Hypnosis with Binaural Beats and Subliminal Messages

*Zhanna Hamilton*

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Math is one of those subjects that, if not explained correctly from an early age, can cause anxiety and even boredom for many of its learners. Without the right mindset about its usefulness, a positive attitude and a willingness to try, students quickly feel disconnected from this important field of study. This guide intends to provide any math learner the mental tools they need to successfully tackle any mathematical challenge.

The script is most effective accompanied with the audio book available at major online retailers. As you listen to the affirmations, the audio will take you through three different hypnosis techniques.

The first section of the audio book focuses on self-hypnosis in a meditative state. The binaural beats induce a relaxed state, helped along by other soothing melodies. The combination of sounds and vibrations help to seep the information into your subconscious mind as you take in each affirmation.

The second section is meant for listening before bed. Since information consumed before going to sleep has been shown as easier to recall and digest, the affirmations in the second section are best listened to before or during sleep. They are specifically designed to be tranquil and more mellow than the daytime version.

The third section can be listened to either during the day or at night, as they contain subliminal affirmations, binaural beats that stimulate the subconscious and relaxing music. Each section is designed to help you change your current thinking patterns into thoughts that help you overcome math anxiety.

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