

Danna Pycher - Emotional Mastery

A four week, transformative, program designed to help you take full control of your emotions.

Welcome to Emotional Mastery: a 30-day transformative course that will reprogram your mind and emotions. Whether you've been struggling with depression, anxiety, anger management, or simply want to experience more happiness, this powerful hypnosis program will get to root of all these issues and transform your life.

You see, our minds and bodies already know how to heal. They just need a bit of guidance. Every aspect of our lives are a product of past beliefs and programming. We've all had experiences that shape the way we think, behave, and feel the way we do. All it takes is some redirection to overcome any unconscious beliefs that have been affecting your well-being.

This program has been carefully designed to help you dissolve all of the unproductive patterns that have been controlling your life.

Each week, you will receive a new hypnosis audio along with multiple emails a week with resources, tips, check-ins.

"This was awesome, thank you so much for this! I did [the stress relief audio] on my lunch break and already feel less stressed going into my afternoon! :)" – Linda, Emotional Mastery Participant

The audios you will receive:

Anxiety
Anger Management

Stress Relief
Depression

Frequently Asked Questions

When does the course start?

Right now! As soon as you enroll, you'll get an email from me and receive access to the program immediately. Keep in mind that the hypnosis audios are emailed each week to ensure that you master each one.

How do I access the course?

We recommend downloading the Teachable app straight to your iPhone, iPad, or Android. You can listen to your audios straight from the app. Or simply login to Teachable.com on your computer with the username and password you created to enroll in the course. If you have questions, feel free to contact us.

What if I don't love the course?

We really believe in the programs we offer and have seen incredible results; so we rarely hear any complaints. Because we believe in them so much, we offer a money back guarantee. If you do not love the course, you can get a full refund. No strings attached.

Do I have to be good at hypnosis?

There's no such thing as being or not being "good" at hypnosis. Most people go in a light trance but even if it takes some time at first, know that your mind is listening to and

recording everything I am saying and therefore, is reprogramming your behaviors. Your subconscious mind hears it all, even if your conscious mind is “distracted.”

Is hypnosis permanent?

Yes. Hypnosis works with your unconscious patterns. So once those patterns are resolved, it creates permanent change. Once those patterns are shifted, they are shifted for good. And you have these MP3's forever if you need a little refresh.

Get immediately download **Danna Pycher – Emotional Mastery**

How often do I listen to the hypnosis audio?

Ideally, twice a day. Once a day is also very effective.

How is hypnosis different than meditation?

Hypnosis and meditation are actually very similar. Hypnosis uses a meditative trance (a relaxed state of mind). While you're in that state of mind, the language is highly relevant to resolving any issue that is being focused on. I like to say that hypnosis is purpose-oriented meditation: we use the relaxed state to resolve deep-rooted patterns.

Is hypnosis scary?

No, hypnosis is definitely not scary! It is, however, an incredibly effective tool for tapping into the deep-rooted patterns of the unconscious mind. You might be in a light trance but you have full control of your mind and are conscious of the suggestions being inputted. In general, if there is anything said in hypnosis that is against your moral code, your mind will reject it. It is a safe, soothing, and incredible experience.

How long will the course be open?

Forever! This course is yours. You can download the audios and listen to them at your convenience and on your device of choice.

Any questions?

Please email me!

Get started now!

Meet Danna

Danna Pycher
Danna Pycher

I'm Danna Pycher, a hypnotherapist specializing in chronic illness, trauma, and weight loss. I work with people from around the world to help them overcome underlying emotional issues that have created or aggravated physical distress.

I'm here to help YOU get to the root of whatever you may be facing. It doesn't matter how long you've been struggling... your healing journey starts NOW.

Here's What You'll Get in Danna Pycher – Emotional Mastery

 1. Emotional Mastery Program		23 thg 4, 2021	—
 2. Depression Audio		23 thg 4, 2021	—
 3. Are you willing to change		23 thg 4, 2021	—
 4. Journal Entry		23 thg 4, 2021	—
 5. You don't have to be good at hypnosis		23 thg 4, 2021	—
 6. Change doesn't need to be hard		23 thg 4, 2021	—
 7. Overwhelm _ Stress Hypnosis Audio		23 thg 4, 2021	—
 8. Overwhelm Visualization		23 thg 4, 2021	—
 9. Tips for Overwhelm		23 thg 4, 2021	—
 10. Feel better FAST		23 thg 4, 2021	—
 11. Anger Hypnosis Audio		23 thg 4, 2021	—
 12. How to release anger		23 thg 4, 2021	—
 13. Is it okay to breakdown		23 thg 4, 2021	—
 14. Becoming stronger		23 thg 4, 2021	—
 15. Watch Your Thoughts		23 thg 4, 2021	—