



Overcoming Shy Bladder (for Men): Use the Power of Hypnosis to Overcome Shy Bladder Syndrome

Maggie Staiger

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Hypnosis has been used extensively to treat shy bladder (paruresis). In this relaxing hypnosis download, hypnotist Maggie Staiger weaves images of a calm, flowing river with suggestions for being able to urinate easily and freely. Common blocks to being able to urinate in a public restroom are also addressed.

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