

Self-Hypnosis

The Complete Guide to Better Health and Self-Change

Clearly explained techniques to help you:

stop smoking lose weight control pain
increase your self-confidence
solve your sleep problems
relieve asthma manage stress

and much more ...

Dr. Brian M. Alman & Dr. Peter Lambrou

Self Hypnosis A Complete Manual

Jianjun Gao



Self Hypnosis A Complete Manual:

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Hypnosis: Understanding the Power of the Mind and How to Use It (Discover the Secret Hypnotic Techniques and Language Patterns to Hypnotize) Jeffrey Oakley, 101-01-01 Along the way there are instructions and exercises All you have to do is read the instructions follow the exercises and then make some notes somewhere convenient such as in a notebook or in a document on your phone I've provided questions for you to answer that will guide your thinking with the aim that you can become a hypnotist as quickly as possible This book been designed so that you can start at the beginning even if you know nothing about hypnosis at all and within a short amount of time gain the skills necessary to hypnotize others Here's what's in store for you Understanding hypnosis Direct suggestion hypnosis Conversational hypnosis 4 basic hypnosis Progressive relaxation induction Hypnosis using the eyes and visualization hypnotherapy gIn this book you'll learn everything

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Annual Review of Addictions and Offender Counseling II Stephen Southern, Katherine L. Hilton, 2015-04-10 Supported by the International Association of Addictions and Offender Counselors

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