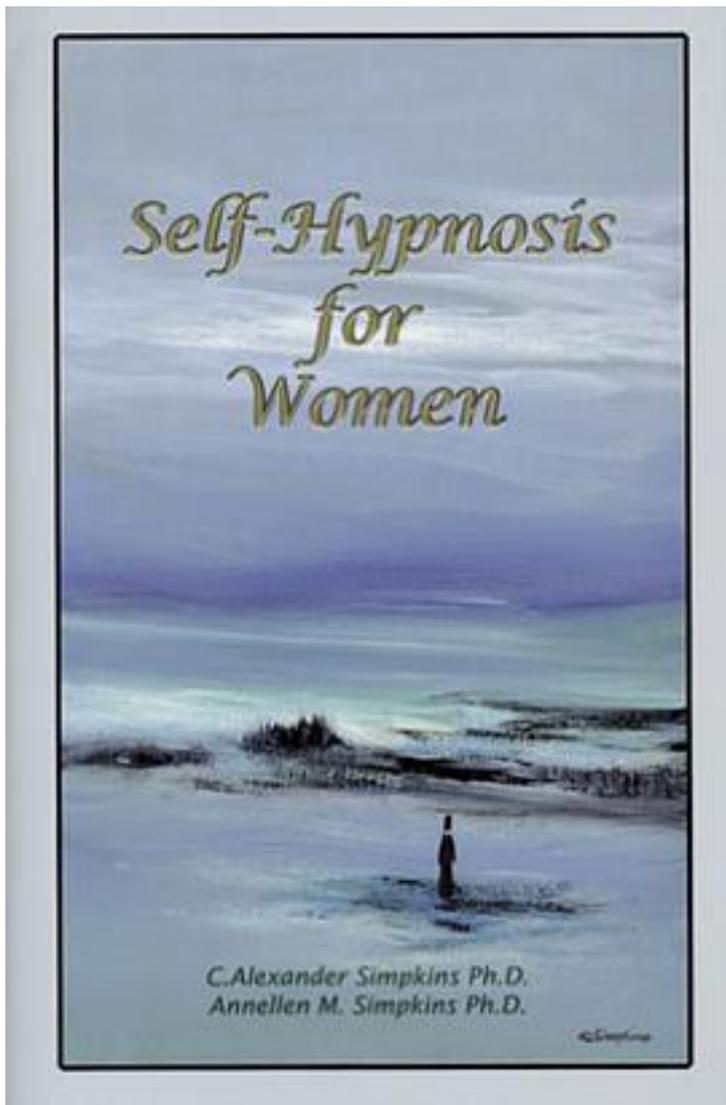


Self-Hypnosis for Women



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This book-CD set empowers women with an effective method of self-hypnosis. Answers common questions, gives history, teaches suggestion, trance, and applications to personal development, weight, menstruation, childbirth, menopause, moods, fears, and anxieties. CD gently guides listeners into trance and helps apply the techniques for pain, stress, and moods.

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目录:

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