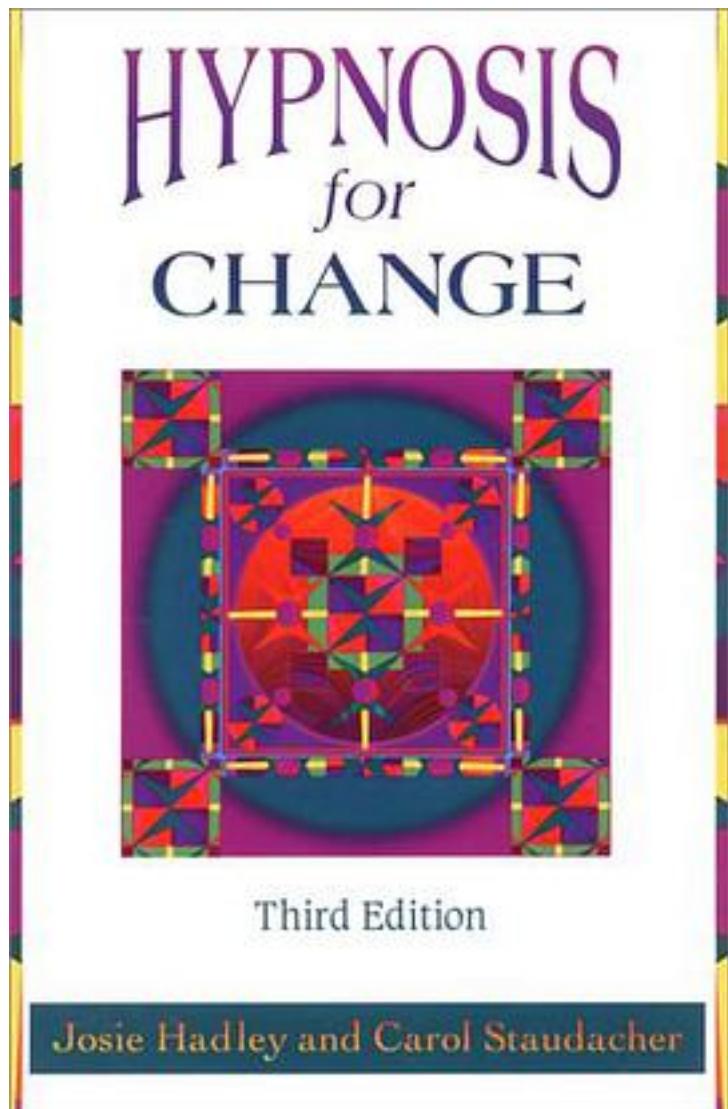


Hypnosis for Change



[Hypnosis for Change 下载链接1](#)

著者:Staudacher, Carol

出版者:NEW HARBINGER PUBN

出版时间:1996-10

装帧:平装

isbn:9781572240575

This book is for professionals and general readers looking for ways to harness and focus their natural abilities to relax, ease pain, prepare for and recover from surgery, heal, overcome depression, and change themselves. The book includes inductions for sleep, anxiety and panic, weight loss, nonsmoking, recovering from illness, self-esteem, motivation, enhancing creativity, improving learning, healing the adult survivor of child abuse, natural childbirth, and loss and separation.

作者介绍:

目录:

[Hypnosis for Change 下载链接1](#)

标签

评论

[Hypnosis for Change 下载链接1](#)

书评

[Hypnosis for Change 下载链接1](#)