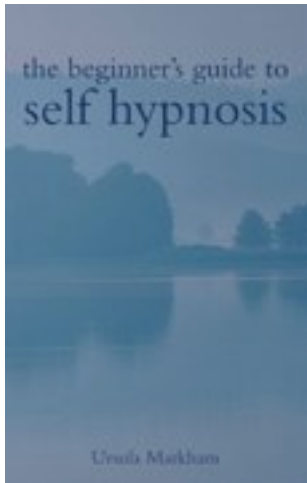


The beginner's guide to self-hypnosis



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Anyone can become a skilled practitioner of self-hypnosis with these basic, effective techniques. Getting started is easy with sample "scripts" that can help bring about the deep relaxation necessary to affect a real transformation in the subconscious mind; you'll also find instructions for writing scripts addressing specific conditions that need improvement. The deep breathing and full-body relaxation exercises shown can help control allergies and asthma, restore or improve sexual function, and even lower high blood pressure.

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