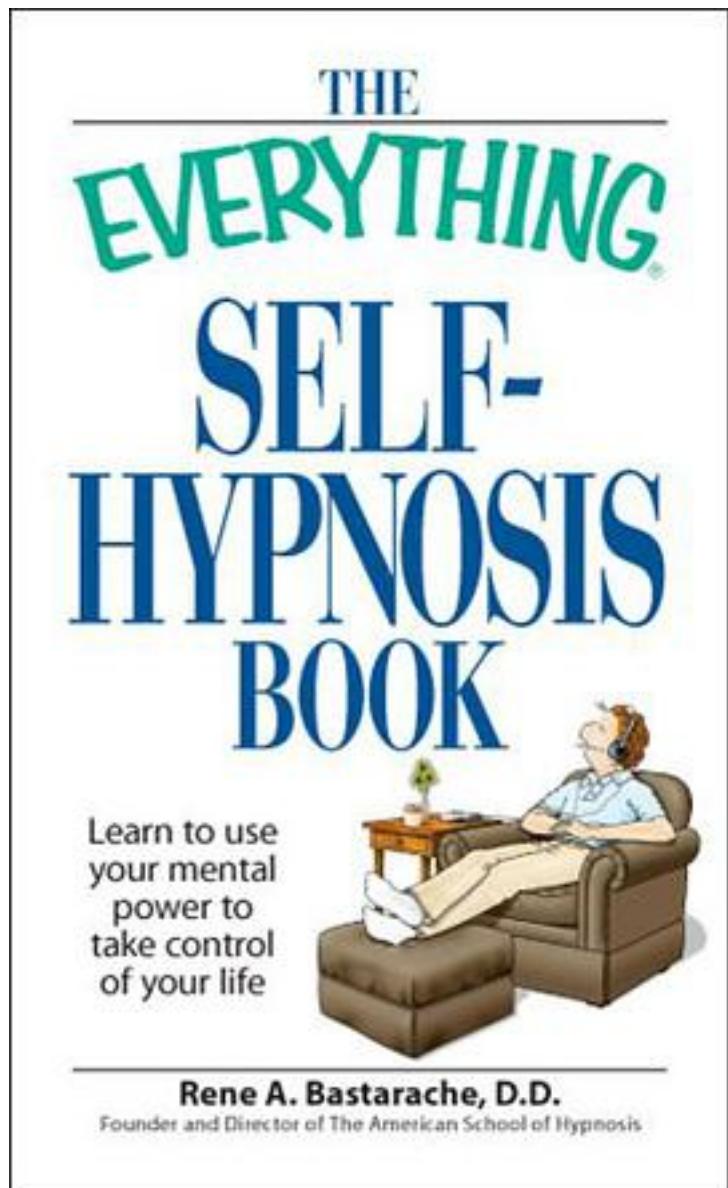


The "Everything" Self-Hypnosis Book



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Studies show that you can talk yourself into - or out of - just about anything. With "The Everything[registered] Self-Hypnosis Book", readers will learn to: break bad habits like nail biting; ease the pain of migraines or labor during childbirth; ensure success and confidence at business and personal meetings; quit smoking or improve memory retention; and, lose weight or reduce stress. Written by a board certified hypnotherapist with information about how the conscious and subconscious minds work together, this certified hypnotherapist-approved guide will help people to achieve self-hypnosis. From tearing down mental roadblocks to making permanent changes, this book helps readers create their own self-hypnosis scripts or they can use any of the dozen templates in the book to self-hypnosis success in work, school, business and their personal lives.

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