



How To Hypnotize Yourself - Practical Guide To Self-Hypnosis (annotated). Easy and Fast Techniques to Getting Stunning Results With Self-Hypnosis

Melvin Powers

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This book is based on the old classic "practical guide to self-hypnosis" by Melvin Powers. This classic gem was written in the early 1960's and as the field of self hypnosis has not changed much since, it's still relevant today, and maybe even more then ever.

This title contain forward, chapter summaries, conclusion and additional pictures to make it more of an "up-to-date" book.

Self hypnosis is one of the fastest, easiest and most effective ways of improving human performance in almost any field. Weather you are suffering from anxiety or stress, trying to lose weight or stop smoking, want to be more confident or seeking to improve your sports performance, you can use this wonderful tool to your advantage.

Use the guidance in this book to make positive auto-suggestions to your subconscious mind, and as you practice more of the affirmations you will change the negative patterns you wish to get rid of. You will also build stronger and healthier habits and behavior.

The only things you need in order to get stellar results is good guidance and a little bit of self-discipline, to consistently practice and implement what you learn. This book will provide you with the first. The second is up to you. Are you ready to change your life?

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