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Better Health With Self-Hypnosis



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Discover how to use self-hypnosis to enrich every aspect of your life - whether you want to eliminate stress... improve your performance in a particular sport... overcome sexual inadequacies... develop the willpower you need to stick to a diet or exercise program. In this dynamic handbook, Dr. Frank Caprio - a specialist in Hypnotherapy - reveals easy-to-apply self-hypnosis techniques you can master in a matter of minutes. You'll discover many fascinating case histories, and see how some championship athletes and famous celebrities achieved tremendous success using the same self-hypnosis methods outlined in this dynamic guide. --- from book's back cover.

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