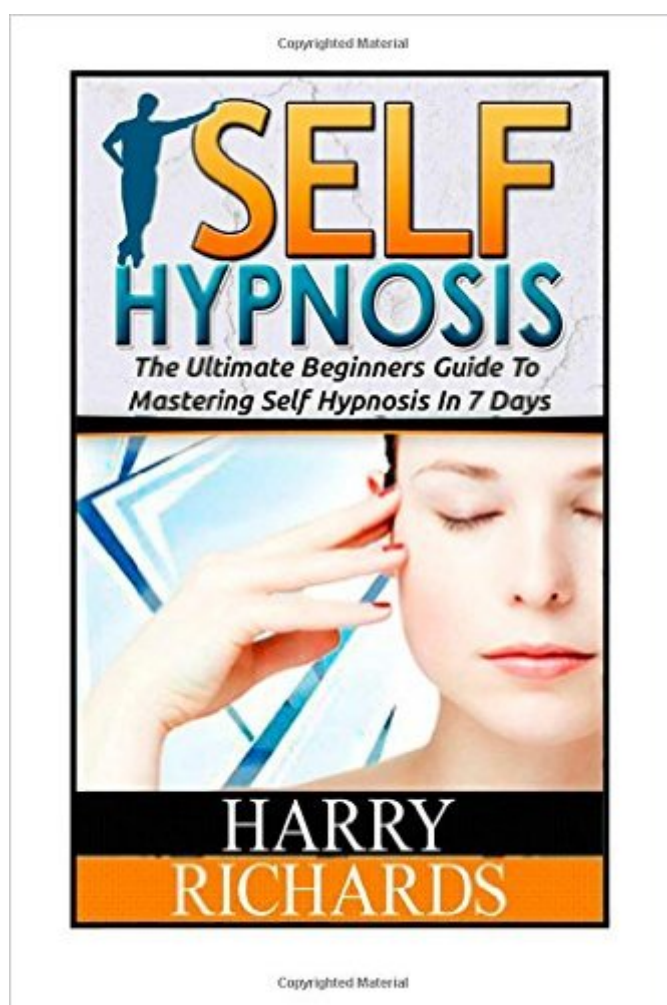


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# Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self Hypnosis, Self Hypnosis Diet, Self Hypnosis For Dummies)



## Synopsis

Self Hypnosis The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days My skepticism, doubt and incredible success are what inspired me to write this book. I knew that there were many people facing the same challenges I had overcome. I became a true believer in how self-hypnosis can transform your life. I wrote this with you in mind, to ease any doubts you may have, and to teach you this amazing art that liberated me. In this book, I am going to teach you the ins and outs of what hypnosis is and the benefits of performing it on yourself. This book will help you master the art in only seven days. You will also learn why it is so powerful and why it works. We will also take a look at some challenges associated with self-hypnosis and examine what you need to know to make your journey a success. This Book Will Cover the Following: What is Hypnosis? Self-Hypnosis Entering Self-Hypnosis In Hypnosis Tips and Reminders And much, much more! Tags: self hypnosis scripts, self hypnosis as you read, self hypnosis for dummies, self hypnosis for a better life, self hypnosis kindle, self hypnosis revolution, self hypnosis revolution, self hypnosis mp3, self hypnosis free kindle book, self hypnosis diet

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## Customer Reviews

Well truly speaking I haven't tried self hypnosis before, but after some research I found the concept of Self Hypnosis very interesting that's why I bought this book. After reading this book I came to know about many of its benefits. I appreciate author's effort that he not only explained self hypnosis benefits but also revealed its limitations. I would highly recommend this book to somebody starting

out in this venture.

Very well written. I have many books on hypnosis, but this one by Richards had some new insights that I found fascinating. Hypnosis is an important key to becoming the person you want to be and having the things you want to have. Get this book and apply it to your situation. Amaze yourself.

Very generalized and lighth, with little real knowledge presented

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