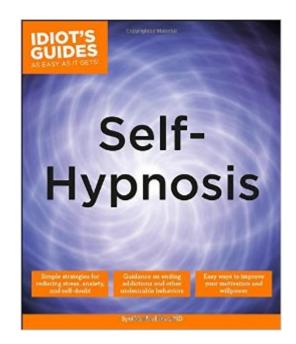
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## Idiot's Guides: Self-Hypnosis





## Synopsis

With an online library of self-hypnosis audio tracks, Idiot's Guides: Self-Hypnosis offers easy-to-follow steps and techniques for anyone who wants to relieve stress, anxiety, self-doubt, addictions, and bad behavior. An exploration of past-life regression and sample hypnosis scripts are also included.

## **Book Information**

Series: Idiot's Guides Paperback: 304 pages Publisher: Alpha (November 4, 2014) Language: English ISBN-10: 1615646302 ISBN-13: 978-1615646302 Product Dimensions: 7.6 x 0.7 x 9.2 inches Shipping Weight: 12.8 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #1,570,661 in Books (See Top 100 in Books) #170 in Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy #915 in Books > Self-Help > Hypnosis #3879 in Books > Religion & Spirituality > New Age & Spirituality > New Thought

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