



Self-Hypnosis: The Complete Manual for Health and Self-Change

By Brian Altman, Peter T. Lambrou



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This Self-Hypnosis book teaches you: * Increased Self-Confidence; * Pain Control Strategies; * Weight loss - A Permanent Formula; * Stress Management - Release and Relaxation Anywhere; * How To Stop Smoking; * Increased Sports Performance; * How To Improve Your Sex Life; * 9 Self-Hypnosis Techniques; * Motivation And Goal Setting; * Successful Thinking About Money and Career; * How To Solve Your Sleeping Problems; * Allergy And Asthma Relief; * Skin Problems - Eczema, Herpes, Psoriasis And Warts; * Problem Solving And Decision Making; * How To Conquer Fears And Phobias; * Self-Exploration To Be Your Own Therapist; * How To Relax Your Jaw And Stop Teeth Grinding; * Guided Imagery And Visualization Method; * New Strategies For Childbirth.

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