



Hypnotherapy for a Better Life: A Teach Yourself Guide (Teach Yourself: General Reference)

Tig Calvert

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Self-hypnosis and specific techniques to help readers become happier and more fulfilled

Hypnotherapy for a Better Life offers you a way to perform better at work, in relationships, at sport, or creatively. This book gives you everything you need to gain a thorough understanding of hypnosis and, more important, to use practical and safe self-hypnosis techniques to overcome problems and improve all aspects of your life.

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