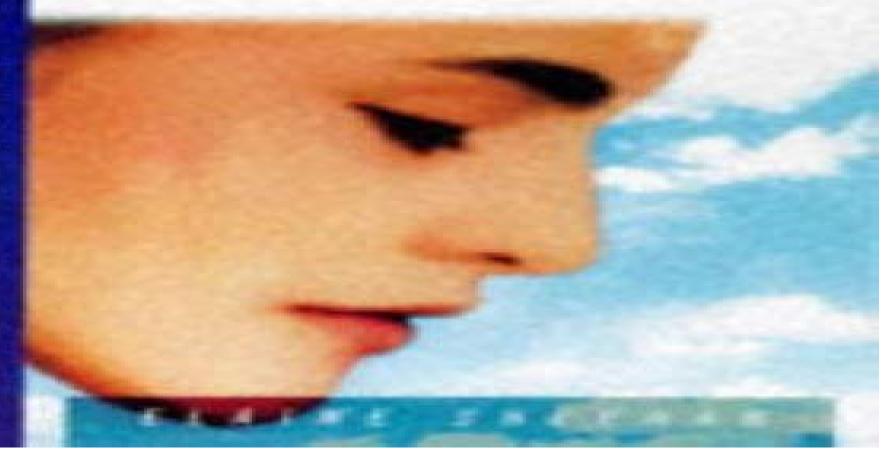
# Self-Hypnosis

TECHNIQUES FUR EVERTOUS PROBLEMS



# **Selfhypnosis Effective Techniques For Everyday Problems**

**Elaine Sheehan** 

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