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# SELF HYPNOTISM:

*The Technique and its  
Use in Daily Living*

*by*

**LESLIE M. LECRON**

*Clinical Psychologist and Author of  
Techniques of Hypnotherapy*

A UNIQUE METHOD OF SELF-ANALYSIS THAT HELPS  
YOU GET TO THE ROOT OF YOUR PROBLEMS AND  
CORRECT THEM WITH THE SIMPLE, SAFE, SCIENTIFIC  
TECHNIQUES OF SELF HYPNOTISM

# Self Hypnotism The Technique Its Use

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