

Self-Hypnosis

The Complete
Guide to Better
Health and
Self-Change

Discover important techniques to help you:

change
your thinking

lose
weight

relieve
pain

improve your
self-confidence

solve your
sleep problems

relieve
asthma

and much more

and much more

Dr. Helen M. Adams & Dr. Peter Lombard

Self Hypnosis The Complete Guide To Better Health And Self Change

Leigh Fortson



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