

Through the Open Door: Secrets of Self-Hypnosis (Paperback)

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Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me). (Myrl Hintz)

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THROUGH THE OPEN DOOR: SECRETS OF SELF-HYPNOSIS (PAPERBACK)



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Pelican Publishing Company, 2012. Paperback. Condition: New. Reprint. Language: English . Brand New Book ***** Print on Demand *****. Utilizing well-researched techniques of self-hypnosis, you can overcome your fears, lose weight or stop smoking, raise your self-esteem, significantly lessen the pain of childbirth, and strengthen your most important relationships. Through the Open Door: Secrets of Self-Hypnosis shows you how to use self-hypnosis to make big and lasting changes in your life by unlocking the secrets of your unconscious mind. Following the simple guidelines described in this book, you will learn to: *Attain the balance you want and need in your life *Dissolve self-sabotaging fears and be rid of unwanted habits--forever! *Make better decisions-and stick with them *Develop unshakable self-confidence *Interpret your dreams.

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