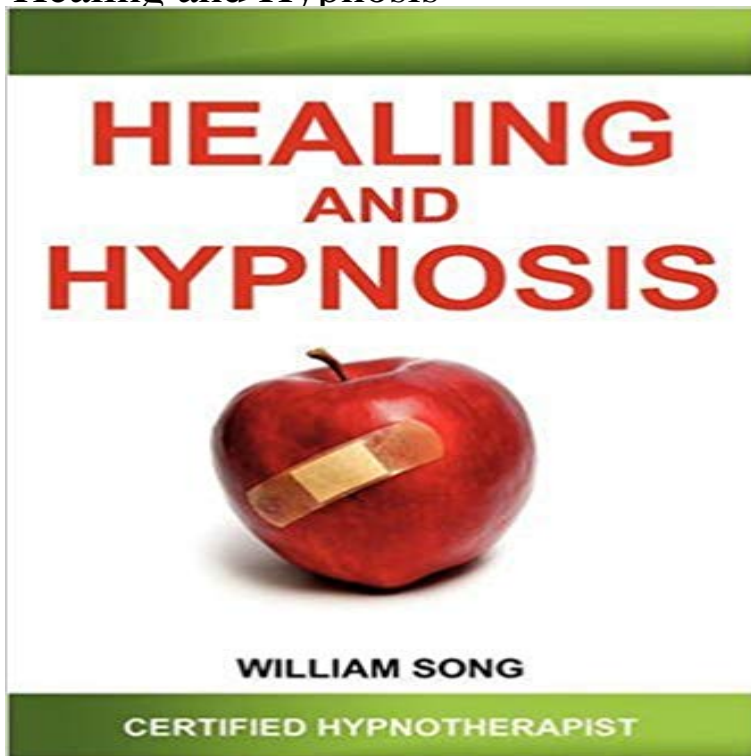


Healing and Hypnosis



Research shows that the body and mind affect each other. Self-hypnosis lets you affect the body. Thousands have used hypnosis to change habits and recover faster from health problems. Its not a magic wand, but it is a useful tool. By giving yourself hypnotic suggestions, you influence your body to respond! Your body can heal faster than expected. Whats in this book? And why is it so brief? Dont let its size fool you! Youll learn the basics of hypnosis. - What is hypnosis? - How does hypnosis work? - Simple hypnosis techniques to improve your life. - How to write a hypnosis script to heal faster. Learning self-hypnosis takes work, but its easier than most expect. If youre suffering, frustrated, yet motivated to succeed, then this book might be exactly what you need!

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