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Hypnotherapy: How to Harness the Power of Your Sub Conscious Mind

By The Healthy Reader

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover How To Harness The Power Of Your Sub Conscious Mind BONUS - Get Your Free 10,000 Word Report on the Top 12 Superfoods Learn How To Use The Impact Of Your Own Mind To Propel Your Life This book teaches you all about hypnotherapy - it explains the working of your brain and teaches you specific techniques that you can use to tap into the power of your subconscious mind. It familiarizes you with the various styles of hypnosis and tells you the mechanism that you can use to identify the style best suited for your clients. As you read through the pages, you will gain an understanding of the various ways to conduct hypnotherapy and how you can use positive affirmations to create your own reality. You will also gain an understanding of how hypnosis can be used as a powerful weight loss tool. Here is what you will get: Defining hypnotherapy and understanding the human mind Differentiating between imagination and reality Understanding the rules that your mind follows Understanding brain waves Understanding the various ways...



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