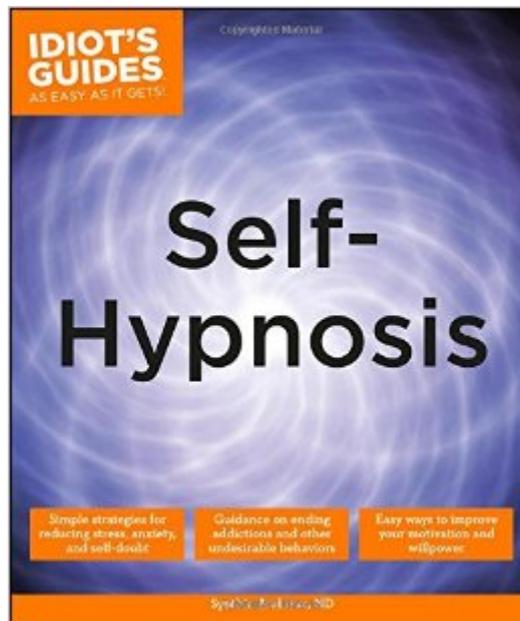


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# Idiot's Guides: Self-Hypnosis



## Synopsis

With an online library of self-hypnosis audio tracks, *Idiot's Guides: Self-Hypnosis* offers easy-to-follow steps and techniques for anyone who wants to relieve stress, anxiety, self-doubt, addictions, and bad behavior. An exploration of past-life regression and sample hypnosis scripts are also included.

## Book Information

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