



Self-Hypnosis: Easy Ways to Hypnotize Your Problems Away

Dr. Bruce Goldberg

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Self-Hypnosis shows you how to make your own recordings to reprogram your subconscious and attain your goals. The effect of these techniques is to put the self back in self-help, and to eliminate the many dependencies and co-dependencies that complicate and take the joy out of life. This book presents a revolutionary approach to help you overcome habits, phobias, chronic pain, and other self-defeating sequences through easy-to-use techniques of self-hypnosis and accessing your Higher Self.

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