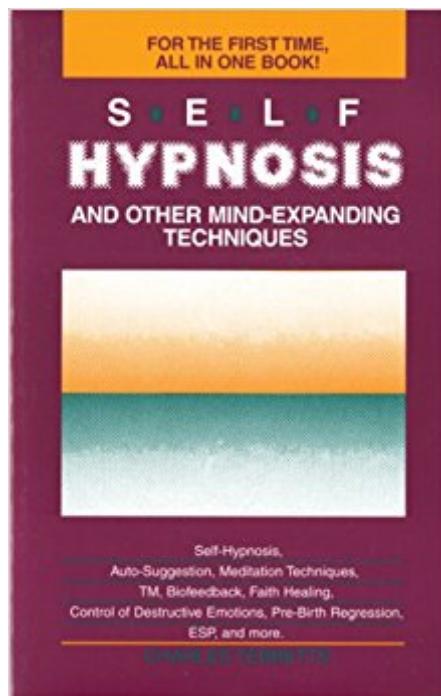


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# Self-Hypnosis And Other Mind Expanding Techniques



## **Synopsis**

This 250,000-copy bestseller can make a wonderful difference in your life - as it has already done in the lives of thousands of others. Through its simple, easy-to-understand instructions, you will quickly learn the positive art of auto-suggestion. As a result, you'll find growing happiness and fulfillment. In addition, you'll learn the unique benefits of other mind-expanding techniques such as transcendental meditation, biofeedback, faith healing, pre-birth regression, and ESP.

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A classic by Charles Tebbetts. As a professional Hypnotist, I tell my clients that want to know more about Hypnosis to read Charles Tebbetts "Self Hypnosis". Well done Charles Tebbetts you left a classic for generations to read!

Small book with a lot of material coverage. The author has passed away, but the book explained in great detail how to use self-hypnosis.

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