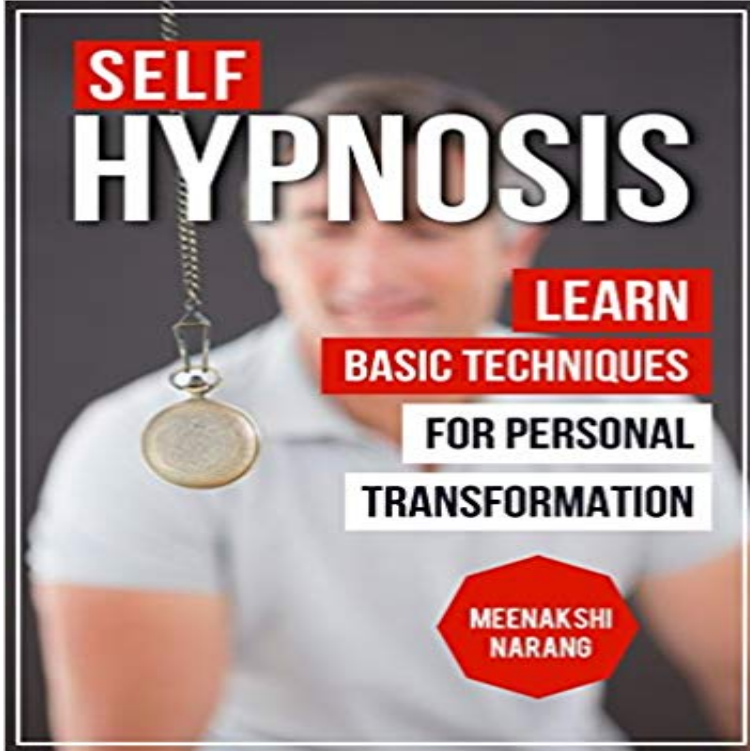


## Self-Hypnosis: Learn Basic Techniques for Personal Transformation



This informative e-book will act as a practical guide for you to understand the concept of hypnosis and self-hypnosis. Our mystical mind holds immense power to solve and resolve many of our complexes that tend to make our lives stressful. Hypnosis is all about putting our minds to deep sleep and taming it of its knots. Hypnosis, if effectively applied and practiced, can help in making our minds clearly focused. This e-book titled, Secrets for Hypnosis for Beginners: Self Hypnosis Techniques that will transform you forever includes some useful and effective techniques. Self-hypnosis has been explained in a simple and clear language so that a layman can understand them without hassles and apply the same. Those who are new to hypnosis and self-hypnosis will be able to learn about them in the simplest way. Just follow the step wise instructions and get rewarding results from them. Happy Reading!

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