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"If you want to look before you leap, the hypnotherapy edition of the sensible Dummies range gives an excellent roundup of the issues, possibilities, dos and don'ts." (Sunday Times, Sunday 26th August 2007)

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An easy-to-follow, reassuring and responsible guide that shows how you can use hypnotherapy to identify and overcome unhealthy modes of thinking, deal with emotional issues, improve performance, and banish bad habits. Whether you're seeking to overcome anxiety or depression, improve your performance professionally or personally, lose

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Work Description. An easy-to-follow, reassuring and responsible guide that shows how you can use hypnotherapy to identify and overcome unhealthy modes of thinking, deal with emotional issues, improve performance, and banish bad habits. Whether you're seeking to overcome anxiety or depression, improve your performance professionally or personally, lose weight or beat an addiction, hypnotherapy can help you make the changes you want.

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Self-Hypnosis For Dummies is a hands-on guide to achieving your goals using hypnosis. Whether you want to lose weight, overcome anxiety or phobias, cure insomnia, stop smoking, or simply stop biting your nails, this guide has it covered!

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Personal Development All-In-One For Dummies by Rhena ...
This book is very misleading since most for dummies books are there to help instruct you on how to actually do the subject in question. I thought this book would give me a basic ability to conduct hypnotherapy on others but in reality it is just a description of what hypnotherapy is, a generalization of it. What a misleading waste :P

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Dummies

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You start with their toes and move up their body, one part at a time. Up the front, over the top, down the back, and repeat. This is one of the most crucial steps when learning how to place someone in a deep trance as it helps the subject to relax but also takes their mind off the fact that they're being hypnotized.

How To Hypnotize Someone A Beginners Guide – Mindrise Hypnosis

Hypnotherapy For Dummies is written for people who want to work with a hypnotherapist to help them solve their goals. If you want to learn how to be a hypnotherapist, this isn't the book for you. It's a great reference for hypnotherapists, however, as it spends a lot of time talking about typical problems clients will bring you to solve and how to solve them.

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Whether you're seeking to overcome anxiety or depression, improve your performance professionally or personally, lose weight or beat an addiction, hypnotherapy can help you make the changes you want.

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