

Making Everything Easier!™

Self-Hypnosis FOR **DUMMIES®**

Learn to:

- **Unlock the power of your mind**
- **Enter a hypnotic trance and direct your subconscious**
- **Use hypnosis to lose weight, quit smoking, overcome anxiety, beat insomnia and more**

Mike Bryant

Hypnotherapist and counsellor

Peter Mabbutt

Director of the London College of Clinical Hypnosis



Self Hypnosis For Dummies

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