



## Build a Better You with Self-Hypnosis: Applying the Power of Your Mind to Change Your Life

By MR Peter Richard Hall

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What would YOU like to change today? The human mind is miraculous and powerful, but very few of us use more than a tiny fraction of its potential for both healing and self-development. For many people, the key to unlock the potential of their minds and to reprogram negative and limiting behaviours, lies in mental exercises done in hypnosis. As a hypnotherapist, I have been privileged to see people transform their lives before my eyes using hypnosis. I have myself experienced the life changing effects that can be made using the right techniques and mind set. Hypnosis can be used to help with many psychological and physical health problems. Now I have written this book so that everyone has the opportunity to experience the amazing benefits of hypnotherapy. This book, together with the accompanying audio downloads and links to relevant videos, provides everything needed to become a great self-hypnotist. Almost anyone can become proficient at hypnosis and, when you are, you can make astounding positive changes to your life. Within this book you will find: > Background...



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