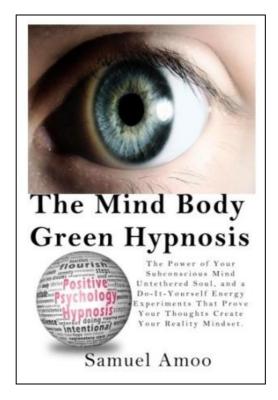
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Understand Hypnosis - What s True and What s Not; How to Do It and Do It Right; How to Use It to Have Super Confidence, Break from Bad Habits, Lose Weight, and Excel in Life and Change your Minset! The mind is the main control center of your whole body. Whatever it sets out unto itself will affect your whole system - inside and out. If you only know how to operate it and steer it to your command, the possibilities are endless! Experts - from mystics to scientists -agree that this main control center can be controlled and harnessed through meditation, visual suggestion and mind exercises done through HYPNOSIS. Hypnosis is a procedure that taps into your subconscious, putting you in a state of a trance that would bring you under extreme suggestibility. Hypnosis, you can be fed suggestions about your personality, habits, behavior, and way of thinking that can influence your life immensely Do you know that; #Psychologists use hypnosis to calm and soothe people who are in a state of trauma or are nervous. #Medical practitioners use hypnosis as anesthesia - surgeons during surgery, dentists during tooth procedures, and doctors and midwives during childbirth. #Post-surgery or post-operation, hypnosis is also used to prevent infection or unpleasant side effects. #Mental health professionals use hypnosis as part of the therapy for patients with psychological conditions. #Hypnosis is used to help both patient and doctor understand health and mental conditions, the causes and possible course of action to be taken. #Hypnosis is used to curb problem habits such as smoking, eating disorders, or unpleasant behavior. #Hypnosis is effective in dealing with psychosomatic problems or physical illness that can be rooted...

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