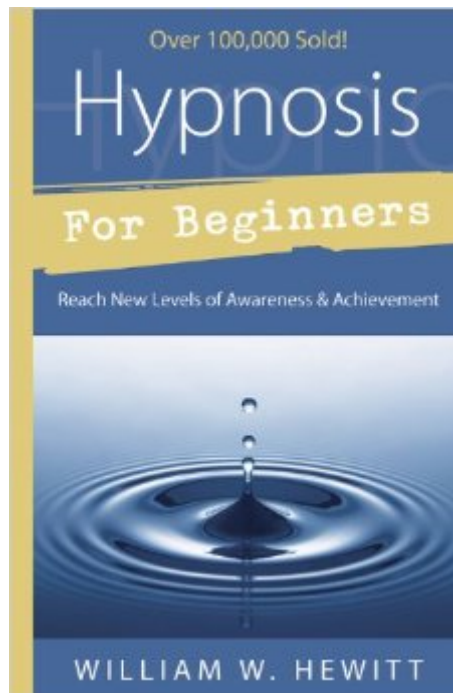


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# Hypnosis For Beginners: Reach New Levels Of Awareness & Achievement (For Beginners (Llewellyn's))



## Synopsis

This friendly introductory guide to hypnosis will show you how to achieve your dreams using hypnosis and self-hypnosis. Completely relaxing and natural, hypnosis is a highly effective way to reach personal goals, overcome phobias and fears, eliminate bad habits, improve memoryâthe possibilities are nearly endless! Using the easy step-by-step instructions in this book, you will quickly be able to hypnotize yourself or others. Lose weight Quit smoking Gain confidence Overcome fears and phobias Heal more quickly Improve money management skills Release stress Increase creativity Discover your past lives

## Book Information

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## Customer Reviews

Please read update at bottom of review...Original review:I understand the variety of many reviewers on here but felt compelled to share my experience with this book.First of all, for any "beginner" as the title indicates, this is in my opinion a helpful, positive selection. This book was the first I ever purchased on the subject and I am pleased that it was. Had I read any other book on this subject, prior to this one, I almost certainly would have been discouraged from pursuing hypnosis/hypnotherapy further.I found this book easy and fun to read, while also instilling confidence from the beginning. The majority of books I have since read on the subject are fairly dry and often take some understanding of specific terminology to grasp. But none the less contain often times necessary information for any true seeker.As far as hypnotizing, I personally read Hewitt's scripts directly from this book, within my first week of reading it, and had success with my first

subject. With only the minor issue of having to repeat the induction (due to my own lack of confidence and the sitters skepticism), but ultimately resulting in a deep "trance state". I have since moved on but still use many of his tips and techniques in my own personal scripts. Due to its low purchase price, ease of reading, and the fact that it covers several areas of interest to a "beginner", I feel this book is a worthwhile purchase and recommend it to anyone who is just starting out or even has a curiosity with the topic. On the other hand, if you are a more serious seeker, or have some knowledge and background in this area; thus looking for more serious instructions and information on this topic there are more appropriate choices out there.

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