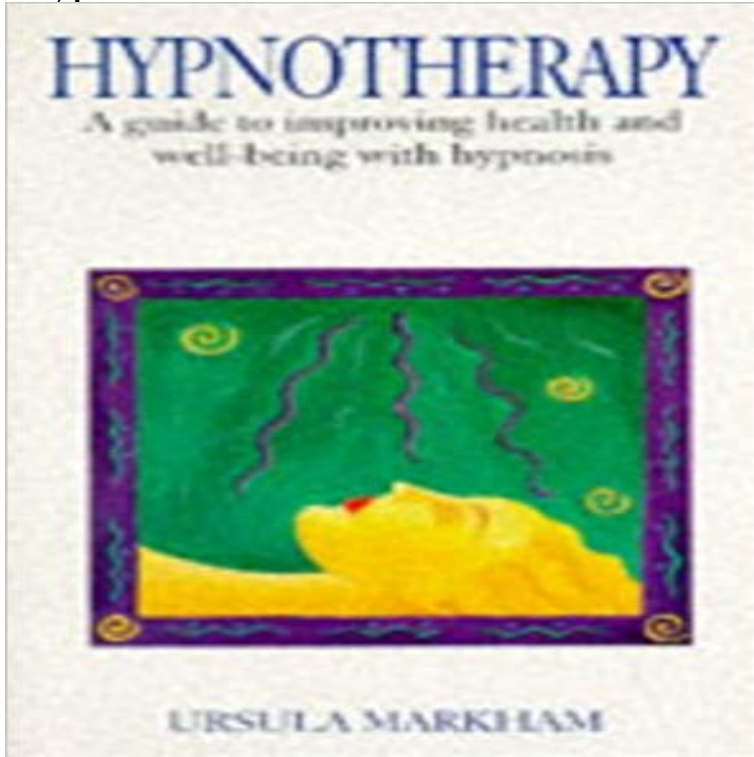


Hypnotherapy: A Guide to Improving Health & Well-Being with Hypnosis



Hypnosis is increasingly being used to relieve and cure a wide range of disorders, and is becoming a recognized therapy within the medical profession. Many sufferers are, however, deterred from seeking help because of ignorance about how hypnosis and hypnotherapy work. This book explains what hypnosis is, and describes how it can help in overcoming a wide range of problems, including phobias, smoking, exam pressure, overeating and stress. It describes what to expect from first and subsequent consultations, and how relaxation and visualization can be practised at home. Further information is given on how to find out more and where to find a therapist.

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experience of your natural state of joy, health, abundance and love. This is a partnership where we work together to I am simply your guide. Hypnotherapy has helped many to change limiting beliefs and improve health and well-being. Hypnotherapy is fast, easy and effective. It has been **Mayo Clinic Staff on Hypnosis - Goal Oriented Hypnotherapy** LEWIS MEHL-MADRONA HYPNOTHERAPY Hypnotherapy consists of any therapeutic efforts that use hypnosis to improve a persons health or well-being. 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