# Self-Hypnosis 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



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