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# Better Health With Self-Hypnosis



## Book Information

Paperback: 191 pages

Publisher: Parker Publishing Company (July 1985)

Language: English

ISBN-10: 0130718467

ISBN-13: 978-0130718464

Product Dimensions: 0.5 x 6.2 x 9.2 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

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Discover how to use self-hypnosis to enrich every aspect of your life - whether you want to eliminate stress... improve your performance in a particular sport... overcome sexual inadequacies... develop the willpower you need to stick to a diet or exercise program. In this dynamic handbook, Dr. Frank Caprio - a specialist in Hypnotherapy - reveals easy-to-apply self-hypnosis techniques you can master in a matter of minutes. You'll discover many fascinating case histories, and see how some championship athletes and famous celebrities achieved tremendous success using the same self-hypnosis methods outlined in this dynamic guide. --- from book's back cover.

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