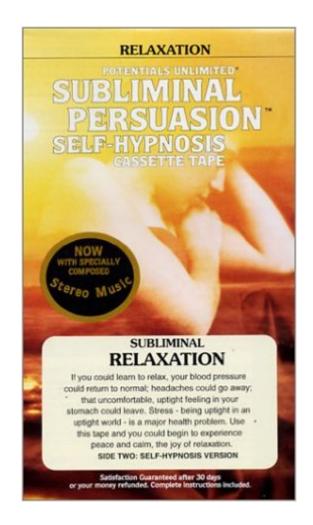
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Synopsis

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Book Information

Audio Cassette Publisher: Potentials Unlimited Audio (November 1985) Language: English ISBN-10: 0870823574 ISBN-13: 978-0870823572 Product Dimensions: 0.8 x 4.2 x 7.2 inches Shipping Weight: 11.2 ounces Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #9,290,082 in Books (See Top 100 in Books) #87 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #3202 in Books > Self-Help > Hypnosis #11436 in Books > Self-Help > Stress Management

Customer Reviews

I first purchased this audio cassette in 1985 and found it to be the best investment I could have made. I have misplaced that first tape and am so pleased to have found it again. I used the night version mostly as my corporate position was very stressful. I highly recommend this fabulous audio cassette.

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