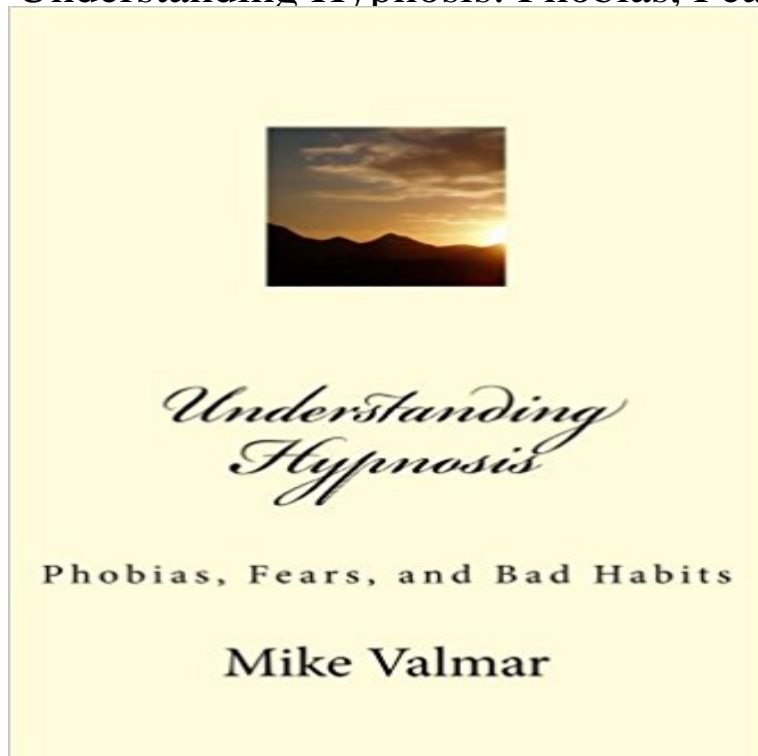


## Understanding Hypnosis: Phobias, Fears, and Bad Habits



In this book, I explain what hypnosis is, how it works, and what can be done with it. Here are some of the topics I cover: 1. Hypnotherapy Basics 2. Changing Bad Habits 3. Feeling Good 4. Physical Ailments 5. Past Life Regression 6. All About Phobias This book is in a easy to read format. You will better understand hypnosis, and learn about bad habits, issues, fears, and phobias. You will learn how to control your problems through hypnosis. You will learn how to feel better and be a better you. I have packed this book with a lot of useful information, and I know you will enjoy its content. Hypnosis is not black magic, we just give you life changing suggestions. You decide to accept them or not. We do not take over your body or mind. You are aware of everything that is said. Take charge of yourself today. Feel better, and feel healthy starting right now!

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