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**How to Hypnotize Yourself Without Losing Your Mind** Wayne F. Perkins,1998  
How To Hypnotize Yourself Without Losing Your Mind is a Self hypnosis and Goal Achievement Training Program The book or training manual includes complete instruction on how to induce the hypnotic trance in oneself and exercises on how to apply the self hypnosis to achieve personal goals The book also includes exercises and methods to achieve goals without the hypnosis condition present Website hyperlinks allow the reader to connect to support groups for a variety of challenges and free Internet resources for self hypnosis support

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**Self-hypnosis - proven methods and impressive results** Erik Klingenschild,2023-07-09  
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