



# **Hypnosis for Beginners: Reach New Levels of Awareness & Achievement (For Beginners (Llewellyn's))**

*William W. Hewitt*

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This friendly introductory guide to hypnosis will show you how to achieve your dreams using hypnosis and self-hypnosis. Completely relaxing and natural, hypnosis is a highly effective way to reach personal goals, overcome phobias and fears, eliminate bad habits, improve memory—the possibilities are nearly endless! Using the easy step-by-step instructions in this book, you will quickly be able to hypnotize yourself or others.

- Lose weight
- Quit smoking
- Gain confidence
- Overcome fears and phobias
- Heal more quickly
- Improve money management skills
- Release stress
- Increase creativity
- Discover your past lives

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