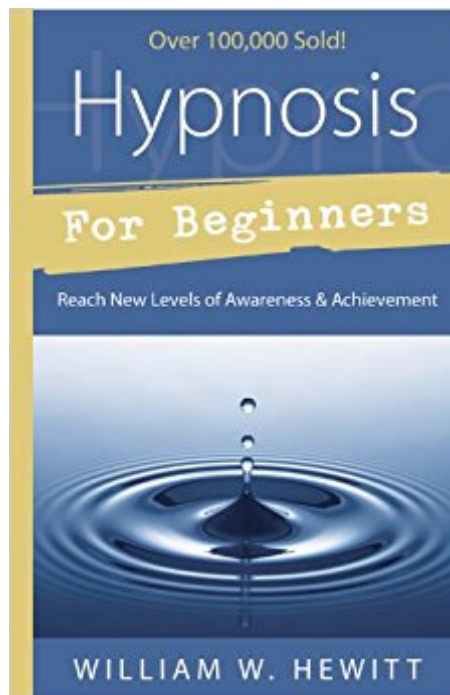




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# Hypnosis For Beginners: Reach New Levels Of Awareness & Achievement (For Beginners (Llewellyn's))



## Synopsis

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 memoryâ€”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

## Book Information

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Hypnosis #222 inÂ Books > Religion & Spirituality > New Age & Spirituality > Reincarnation

#10492 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling

## Customer Reviews

William W. Hewitt was a freelance writer, the author of eight books and several hypnosis audio tapes published by Llewellyn. Â He spent more than thirty years as a professional writer and editor in the computer, nuclear power and mining industries. Â He was a certified clinical hypnotherapist and frequently lectured on hypnosis, mind power, self-improvement, metaphysics, and related subjects.

This is my first book about Hypnosis, I bought my first copy sometime around 2001. It was easy to read and it taught me a lot. William is a very thoughtful person and always stresses the fact that Hypnosis should be used with care and for the help and wellbeing of others. Back then, when I tried to reach the author to express my gratitude, his friend replied telling me that William (Bill) passed

away a few days ago. Highly recommended book: \* Lots of scripts: stop smoking, weight loss, etc, etc... \* Self-Hypnosis scripts and tips \* Cover hypnosis for kids \* Lots of case studies to help you in your Hypnosis study pursuit

This book has been almost magical for me! I can now relax myself completely, at any time! I can now fall asleep within just a couple of minutes, instead of hours! Even if you are just curious about the subject, this book is the one that I would recommend to anyone!

I can usually tell after the first few chapters if a book will be worth my time or not and I can say this one has a lot of great, practical information on hypnosis. I'm currently studying on this topic and in school for it and I think it's better than the book we use for class. Much easier to understand. I would highly recommend.

I enjoy all the books by William.

A great book. User friendly for those interested in becoming Hypnotherapists. Tons of great tips and examples! I kept taking this out of the library, but found I needed my own copy to refer back to repeatedly. Worth the cost.

Great and informative. This book will take you step by step including scripts for self hypnosis and using it to help others.

very old school take on hypnosis. Breaks some ethical rules, as well.

This book was bought now take it off my list

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