



Healing Yourself with Self-Hypnosis

Joseph R. Berger, Caroline Miller, Frank Caprio

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Most people have habits they want to break, behaviors they want to change, or stresses they long to eliminate. Dr. Miller reveals how hypnosis can also be practiced by individuals as an easy, inexpensive way of improving their lives and healing common health problems such as weight loss, smoking cessation, substance abuse, sleep. sex, nervous disorders, fatigue, and other habits.

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