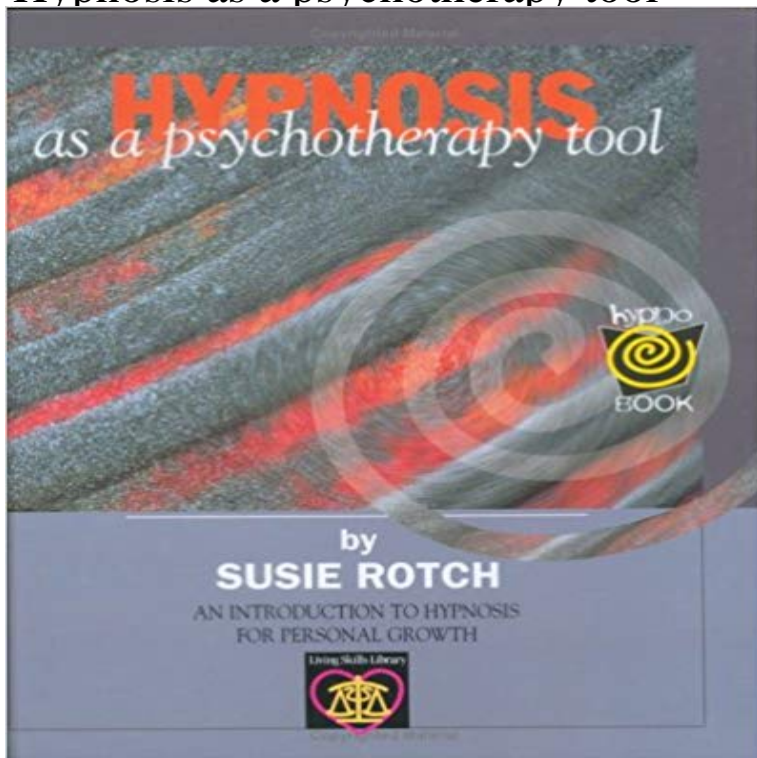


# Hypnosis as a psychotherapy tool



An introduction to hypnosis for personal growth. This book introduces the reader to hypnosis and some allied techniques for personal growth and psychotherapy. It is intended for the curious person who wishes to understand more about self-hypnosis and by the professional who is administering the HypnoBooks self-help/self-hypnosis programs to clients or patients.

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