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Complete Guide  
To Better Health  
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That's something  
that will lead  
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Guide**

Self-hypnosis  
can also be used  
by women in  
labor to prepare  
for natural  
child birth.

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Self-hypnosis

can also be used  
to treat chronic  
pain and

irritable bowel  
syndrome. The

main technique  
used to treat  
all the problems  
mentioned above  
is inducing  
relaxation and  
suggesting to  
one self that

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the problem at  
hand is not as  
bad as believed.  
Another

important  
technique used  
in hypnosis is  
deep breathing.  
Deep breathing  
increases the  
amount of oxygen  
sent to the  
brain which  
helps the

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Change, 2 nd ed  
offers a step-by-  
step guide to  
using hypnosis

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stronger self-  
control. For  
over two decades  
renowned  
therapist and  
author Brian  
Alman showed  
thousands of  
individuals how  
to use self-  
inductive  
techniques for

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relief from  
pain, stress,  
and discomfort.  
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transform his  
thoughts into  
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and make his  
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for all aspects  
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Our minds and  
And Self  
bodies are in a  
Change  
very tight  
connection. When  
the mind becomes  
unhappy, the  
body follows and  
falls ill. You  
will find a list  
of emotional  
reasons that can  
trigger physical

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illnesses along  
with easy  
instructions on  
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book is a little  
dated and sounds  
sexist at times,  
but most of the  
information  
presented is  
still very  
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act as your own  
guide, narrowing  
down your focus  
of attention and  
turning it  
inwards for

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auto-hypnosis  
(as distinct  
from hetero-  
hypnosis) is a  
form, a process,  
or the result of



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a self-induced hypnotic state..  
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techniques and  
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be used here to  
help you achieve  
your goal. Once  
this is  
complete, you  
will be  
gradually  
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your trance. At

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the end you can

ask any more

questions you  
may have, chat

through a

summary of the  
session and  
progress made so  
far.

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Change  
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is the practice  
of auto-

suggestion. It

is proven to be

able to treat

several ills and

habits ranging

from smoking to

impotence. This

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hypnotise  
themselves and  
others, or use  
it as a tool to  
resolve physical  
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thought, and  
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into a state of  
trance. Once  
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we can then give  
our subconscious  
certain thoughts  
through the  
process known as  
autosuggestion.

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