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The Science of Self-Hypnosis: The Evidence Based Way To Hypnotise Yourself is a book written for anyone wanting to learn about self-hypnosis and how to use it. This book is ideal for anyone; ranging from beginners who are new to the field of self-hypnosis, to experienced clinicians hoping to teach patients how to use self-hypnosis for therapeutic gain.

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Hypnosis, special psychological state with certain physiological attributes, resembling sleep only superficially and marked by a functioning of the individual at a level of awareness other than the

ordinary conscious state. Learn more about hypnosis in this article.

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