



Self-Hypnosis: Reach Your Full Potential Using All of Your Mind (Hay House Basics)

Valerie Austin

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This book will give you the skills to train yourself into deep hypnotic trances, ridding yourself of negative thoughts and behaviors, and improving any aspects of your life you want to change.

Discover:

- easy to follow, step-by-step techniques that you can use to hypnotize yourself
- practical exercises to help you deepen your trance
- how hypnosis can help you stop smoking, eliminate phobias, reduce weight, sleep better – and more!
- how hypnosis can help when you have a major illness.

Hay House Basics is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, *Hay House Basics* guarantees practical, targeted wisdom that will give you results!

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