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The Complete Idiot's Guide to Hypnosis by Roberta Temes

The Complete Idiots Guide To Hypnosis Published by Thriftbooks.com User , 19 years ago This book should have been titled everything you wanted to know about hypnosis and more.Both professionals and non professionals will find this book helpful.The material that was presented fully explains each step of the hypnosis process in an orderly and detailed manner.

The Complete Idiot's Guide to Hypnosis book by Roberta Temes

If you don't know much about hypnosis, The Complete Idiot's Guide to Hypnosis is a great introduction to self-hypnosis and choosing a hypnotist or hypnotherapist. The author dispels many common myths and provides a good historical overview.

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I am a proponent of Hypnosis and view it as a modality that is similar to meditation. Gale Glassner Twersky makes this approach easy for everyone in her new book "How to Use Hypnosis to Get What You Really Want". It is similar to the "Idiots Guides" in that it is extremely well written and easy to follow the technique.

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