



# A Practical Guide to Self-Hypnosis

*Melvin Powers*

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# A Practical Guide to Self-Hypnosis

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## **A Practical Guide to Self-Hypnosis** Melvin Powers

There is nothing hit or miss about hypnosis. Used intelligently, the results are the same for all those who are properly motivated. Nor are the results singular to modern hypnotists alone. In reviewing the literature going back more than 100 years, the same gratifying results were obtained. The reader would do well to scan some out-of-print books on hypnosis at the library to understand the point further.[9]This book is written in terms that are comprehensible to the layman. The step-by-step instructions should afford the reader a means of acquiring self-hypnosis. The necessary material is here. The reader need only follow the instructions as they are given. Notice: This Book is published by Historical Books Limited (www.publicdomain.org.uk) as a Public Domain Book, if you have any inquiries, requests or need any help you can just send an email to publications@publicdomain.org.uk This book is found as a public domain and free book based on various online catalogs, if you think there are any problems regard copyright issues please contact us immediately via DMCA@publicdomain.org.uk

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