



Self-Hypnosis Step By Step: The 30 Essential Techniques

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In this practical, easy-to-follow guide, a specialist in the field of hypnosis and sophrology shows how, in just a few minutes each day, you can learn techniques that will lower stress and promote relaxation; overcome anxieties and increase your coping abilities; strengthen your immune system to help you recover from illness; improve concentration and learning ability; cure problems such as insomnia, eating disorders and depression; banish fatigue and boost your energy levels; help you conquer smoking, excess drinking and other bad habits; overcome sexual problems; and improve your performance and general well-being. The 30 techniques described in the book make up a complete course in self-hypnosis. They are simple to learn, easy to practice, and can be used whenever you feel the need to boost your inner resources. A section of case histories illustrates the amazing results achievable.

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