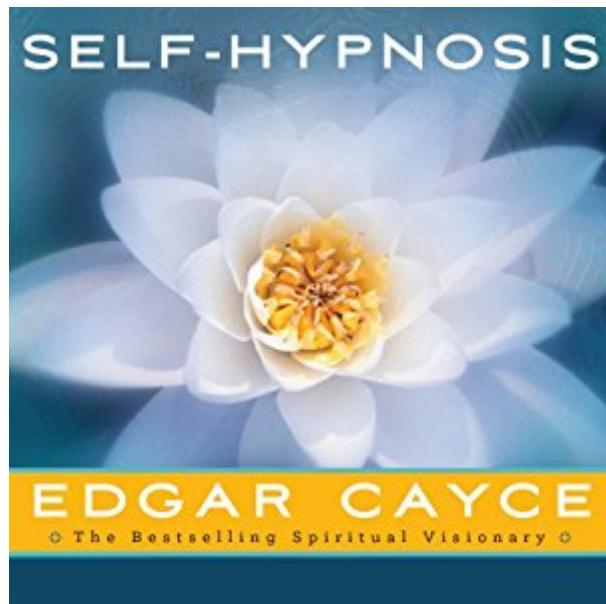


The book was found

# Self-Hypnosis



## **Synopsis**

This program based on the readings of Edgar Cayce, the best-known and best-documented psychic in American history, teaches you a completely natural method of self-hypnosis designed to enlist the powers of your subconscious mind to help you become your personal best. Self-Hypnosis offers you a powerful resource for transformation that will help you remodel your life. Now, you can learn to control or eliminate unwanted habits, create a positive new identity for yourself, and develop your latent talents and abilities. Now, you can become the master of your own destiny.

## **Book Information**

Audible Audio Edition

Listening Length: 30 minutes

Program Type: Audiobook

Version: Abridged

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Audible.com Release Date: June 13, 2000

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ASIN: B0000544V6

Best Sellers Rank: #117 in [Books](#) > Self-Help > Hypnosis #1007 in [Books](#) > Audible Audiobooks > Religion & Spirituality > New Age & Occult #1606 in [Books](#) > Health, Fitness & Dieting > Alternative Medicine > Meditation

## **Customer Reviews**

good book

I'm enjoying listening to this disc.

It is a good introduction to self hypnosis

This product gives the user information on how to bring about personal change that at one time would seem to be impossible without outside help. It does require a true interest to bring about personal change. It is, however, not as difficult as one would believe.

This product is worth it's money. Certainly it's not going to impose hypnosis on the person using it, rather it's a good vehicle to begin your ride to self discovery. There's nothing mystical about it, so

don't expect magic. I do recommend it.

i would recamend this others, i found this to be every inlighting.edgar cayce is a great . i look forword to buying more of his products.

Okay, I paid up front and waited several days for my order, I got it, why should I have to say anything here. When I go to the store I do have to do this! It's kind of irritating getting these emails asking for positive feedback.

I am a certified Hypnosis therapist. While taking the course no one was able to hypnotize me, that included my instructor. I am a social worker, and use guided imagery for my clients. I am telling all that to let you know that I use hypnosis and guided imagery quite often. The guy in the tape has an awesome voice. I have no idea what he says because I use it at night and wake up next morning. Me and my son always laughed that we have no clue what the tape says because we go under hypnosis very early. You have to remember that everyone is going to have different experience because it depends on if you find the person's voice soothing. Every person in my class including instructor tried to hypnotize me, but I found their voice irritating. You need to listen to the sample and see if you find the voice soothing. If so, buy the CD otherwise look for some other CD.

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