



Powerful Mind Through Self-Hypnosis: A Practical Guide to Complete Self-Mastery

Cathal O'Briain

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Powerful Mind Through Self-Hypnosis is a practical, easy to follow guide to harnessing the power of your subconscious mind for better health. This book will literally change the way you think, feel, act and behave...forever. Clinical Hypnotherapist and Psychotherapist Cathal O'Briain will help you overcome emotional and psychological difficulties through self-hypnotic trance. Symptoms will become a thing of the past as your life transforms, taking you beyond the comfort zone into a world of inner peace and freedom, happiness and success.

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