



Idiot's Guides: Self-Hypnosis

Dr. Synthia Andrews ND

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With an online accompaniment of audio tracks providing self-hypnosis aids, *Idiot's Guides: Self-Hypnosis* provides easy-to-follow steps to hypnotize oneself to cure stress, anxiety, self-doubt, addictions and bad behaviors, and improve one's motivation. An exploration of past-life regression is also included. In addition to the how-to tutorial covering every aspect of self-hypnosis, the book provides sample scripts to make self-hypnosis as easy as it gets.

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