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GUIDE™** TO

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—Bob Reese, former head trainer,  
New York Jets; president, Reese  
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- ♦ **Mesmerizing facts** about using hypnosis for mind and body health
- ♦ **Easy methods** for using hypnosis to reach your goals
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Roberta Temes, Ph.D.



# Complete Idiots Guide To Hypnosis

**SJ Ball**



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