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Me, Myself and Mind

Roberta A. Swartz



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If you are ready to create a healthier life this book is for you. Within these pages are ways to understand and acquire life skills that create and support physical health, emotional balance and healthy behaviors through evidence-based results in self-hypnosis and clinical hypnotherapy. As you read on, you'll bridge the gap between your mind and body as you naturally guide yourself towards greater health and happiness. Filled with rich case histories and more than thirty activities, Me Myself and Mind brings clarity to this often misunderstood topic with practical skills for personal success.

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