

A reassuring and responsible guide to  
transform your thinking to tackle any situation

# Hypnotherapy

## FOR DUMMIES<sup>®</sup>



**Mike Bryant**

Qualified hypnotherapist and counsellor

**Peter Mabbutt**

Fellow of the British Society of Clinical Hypnosis

***A Reference for the Rest of Us!***



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**Hypnotherapy for Dummies by Mike Bryant**

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Mike Bryant

An easy-to-follow, reassuring and Hypnotherapy for Dummies liable consultant that indicates how one can use hypnotherapy to spot and conquer dangerous modes of thinking, take care of emotional issues, increase performance, and banish undesirable habits. no matter if you are looking to conquer nervousness or depression, enhance your functionality professionally or personally, shed weight or beat an addiction, hypnotherapy will help make the alterations you want.

Hypnotherapy For Dummies is written for those who are looking to paintings with a hypnotherapist to assist them remedy their goals. in order to be a hypnotherapist, this is not the booklet for you. it is a nice reference for hypnotherapists, however, because it spends loads of time conversing approximately commonplace difficulties consumers will convey you to resolve and the way to resolve them. It emphasises professionalism: within the education you obtain to turn into a hypnotherapist and within the manner you're employed with clients.

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