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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-09-22 Pages: 176 Publisher: Overseas Chinese Press title: hypnotic 10 minutes. The intoxicated Shuidaotianliang (with hypnotic suggestion the phrase. hypnotic music CD) List Price: 32.00 yuan: Tai Kai Yeung Press : Chinese Overseas Publishing Date: September 22. 2012 ISBN: 9.787.511.328.168 words: Pages: 176 Edition: 1st Edition Binding: Paperback: Weight: 358 g edit the recommended 10 minutes. hypnosis intoxicated Shuidaotianliang We recognize that hypnosis seem mysterious. is actually very simple. especially self-hypnosis. everyone has mental potential. Once you master a few simple techniques of self-hypnosis. can make the annoying sleepless nights will never be away from you. Executive summary '10 minutes of hypnosis. Intoxicated Shuidaotianliang tells us that the use of self-hypnosis. a good night's sleep is a very easy thing. the book describes the the relaxation handshake method. gaze law. the language law some small way to be able to let you fast people sleep. Hypnosis for 10 minutes. Intoxicated self hypnosis Shuidaotianliang refers to induce yourself into a trance-like state of consciousness. using certainly implies promote subconscious activities. in order to achieve cure disease. regulation of body and mind the purpose of a psychology applied technology. Contents Preface: humans can not sleep. drugging. first symptomatic to: Dialysis insomnia symptoms. Understand insomnia truth self-test: your insomnia. and to what extent. Accurate description of your insomnia symptoms. Self-examination : find the cause of your insomnia. improvement goals: step-by-step to get rid of insomnia Second. sleep well. is very simple: Everyone has the instinct of self-hypnosis. approached the mystery of hypnosis self-hypnosis. you need the appropriate place and time. mentality and motivation. decided to hypnotic effect graphic self-test: Are you easy to be hypnotized you? Setting goals. self-reward...



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