

Self-Hypnosis and Other Mind Expanding Techniques

By Charles Tebbetts



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This 250,000-copy bestseller can make a wonderful difference in your life - as it has already done in the lives of thousands of others. Through its simple, easy-to-understand instructions, you will quickly learn the positive art of auto-suggestion. As a result, you'll find growing happiness and fulfillment. In addition, you'll learn the unique benefits of other mind-expanding techniques such as transcendental meditation, biofeedback, faith healing, pre-birth regression, and ESP.



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