



## Through the Open Door: Secrets of Self-Hypnosis (Paperback)

By Kevin Hogan

Pelican Publishing Company, 2012. Paperback. Condition: New. Reprint. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Utilizing well-researched techniques of self-hypnosis, you can overcome your fears, lose weight or stop smoking, raise your self-esteem, significantly lessen the pain of childbirth, and strengthen your most important relationships. Through the Open Door: Secrets of Self-Hypnosis shows you how to use self-hypnosis to make big and lasting changes in your life by unlocking the secrets of your unconscious mind. Following the simple guidelines described in this book, you will learn to: \*Attain the balance you want and need in your life \*Dissolve self-sabotaging fears and be rid of unwanted habits--forever! \*Make better decisions-and stick with them \*Develop unshakable self-confidence \*Interpret your dreams.

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