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Here's a short answer: Research suggests that hypnosis is a powerful tool for self-improvement. And there's a fairly simple explanation. Hypnotherapy works by empowering people to change and update subconscious beliefs.

The Science of Self-Hypnosis is the culmination of his love for self-hypnosis that he has had since the early 1990s. He lives by the English seaside with his family. In his spare time he runs marathons, studies and maintains his cottage garden --This text refers to the paperback edition.

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Hypnosis can last anywhere between a few seconds to over half an hour and depends on the 'hypnotisability' of the participant. A fifth of people are likely to get hypnotized, the same proportion completely resistant to it, while the remainder experience it in some form. How hypnosis works Indeed once the basics of the Self-Hypnosis techniques are learnt then you can indeed go straight to the sections that covers phobias, self-confidence, etc. This is a book that can be used again and again and produce the results that you want to occur!

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Self-Hypnosis is a way to enhance your control of these things and create your own reality. This practical, ground breaking, evidence based programme shows you structured and easy to follow methods to take yourself into hypnosis and how to use it.

Since then and as of today, I have authored a great many published articles on the subject, recorded audio programmes that sell globally and written one of the bestselling books on the subject, "The Science of Self-Hypnosis: The Evidence Based Way to Hypnotise Yourself" which details aspects of the foundations of this seminar. As a result, this seminar is based solidly on evidence-based principles and sits on a foundation of research studies to support what is taught.

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