



The Complete Idiot's Guide to Hypnosis, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback))

Roberta Temes

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"Want to kick a habit or a field goal? The secrets in this book will improve your game and your life." - Bob Reese, Peak Performance Specialist

From treating cigarette addictions to losing weight, from setting career goals to getting a good night's sleep, this updated second edition by noted psychologist and hypnotherapist Roberta Temes shows how to use hypnosis responsibly to improve one's quality of life. Includes updated step-by-step instructions for self-hypnosis, plus clear explanations of what hypnosis is and how it works, tips for finding a reputable hypnotherapist, tips on solving problems in one's love life, career, health, and more.

- First edition is the bestselling book on hypnosis on the market
- Revised and updated with more thorough step-by-step instructions for self-hypnosis
- Author websites: www.drroberta.com and www.hypnosisbyphone.com

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Tom Baptist:

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