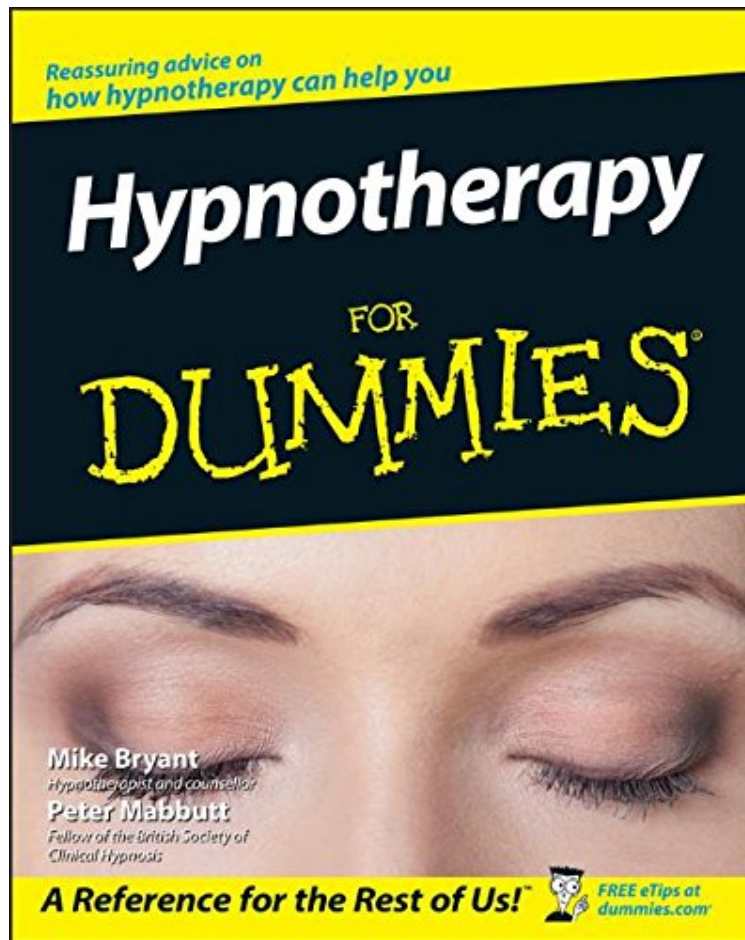


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Mike Bryant, Peter Mabbutt

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An easy-to-follow, reassuring and responsible guide that shows how you can use hypnotherapy to identify and overcome unhealthy modes of thinking, deal with emotional issues, improve performance, and banish bad habits.

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