

Stop Smoking at Quit With Ease

Quit With Ease

Mind and Hypnosis DVD

£29.95

This program has been produced specially for those who are about to enter into hypnotherapy or who wish to gain and benefit from an understanding of how their own mind works.

Knowledge of why we think and behave the way we do is the most valuable and useful knowledge a person can possess.

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To some people, hypnosis represents a fearsome form of mind control, a state in which they are completely under the power of the hypnotist, and lose all power of free will.

Others believe that the state of hypnosis is entirely dependent upon their own faith in it.

Actually, the state of hypnosis is something most of us have already experienced unknowingly.

That is why it is so vitally important to understand what hypnosis is, to experience it firsthand and to understand how it can be used by you instead of on you.

[Vendor Information](#)

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