



Maximize Your Self Discipline: Scripts Instructions for Self Hypnosis (Paperback)

By Brian E Birchmeierm

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These processes use the two most powerful tools available to affect change quickly: Hypnotherapy and Mindfulness

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to create wonderful works to suit your needs. The Maximum Performance 4 x 4 Series Provide effective and structured

solutions to behavioral modification problems, ensuring that as long as you follow the steps of each program, that your life

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