



# Self-Hypnosis Demystified: New Tools for Deep and Lasting Transformation

*Adam Burke*

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**Self-Hypnosis Demystified: New Tools for Deep and Lasting Transformation** Adam Burke

Self-hypnosis can be a simple yet powerful tool for self-transformation. In this comprehensive guide to making sense of the mysteries of your mind, research psychologist Adam Burke explores how to integrate self-hypnosis into your daily life for a newly engaged outlook with heightened control of your mind and destiny.

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