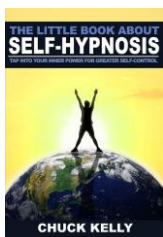


THE LITTLE BOOK ABOUT **SELF-HYPNOSIS**

TAP INTO YOUR INNER POWER FOR GREATER SELF-CONTROL



CHUCK KELLY



"In essence this little book is a quick reference offering simple techniques through self-hypnosis to help you find a resolution to some of your problems and make you a healthy and happier person. This little book is the spirit, the very core of some of my hypnotherapy sessions. Included is informative text plus self-hypnosis procedures for anyone seeking a positive life change."

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