



How to Hypnotize Anyone Effectively: Unlocking the Secrets of Mind Control and Hypnosis

William Michael

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Hypnosis is a very old technique and a very useful one, it allows you to put a person into a highly suggestive state, or yourself into a highly suggestive state. Hypnosis is widely used to help people with self-improvement issues such as low self-esteem, gaining confidence, losing weight, etc. It is also used to help people overcome bad habits that they want to break and have not been able to break on their own, such as smoking, drinking, overeating or nail biting, just to name a few. The other aspect of hypnosis is the entertainment factor, from giving shows to street hypnotists, hypnosis is a crowd pleaser and has a certain wow factor. This book will help you with all of the above, we will go over the basics of hypnosis, how to induce the hypnotic trance in your subjects, or even yourself, and how to use hypnotic suggestions. Anybody with an interest in hypnosis will find this book to be extremely useful.

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