



Self-Hypnosis and Positive Affirmations: The Art of Self Therapy

Josephine Spire

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Hypnosis is the gentle healer: no chemicals, no side effects and it puts the patient in a state that holds great potential for healing by giving the patient access to the subconscious mind. Self- Hypnosis and Positive Affirmations is a book about how hypnosis combined with positive affirmations can be powerful in treating a number of physical, psychological, stress related disorders, phobias and promoting sporting performance among others. This book is original and practical, and will benefit anyone who wishes to investigate further.

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