

hypnotherapy and self hypnosis

Posted by Back on Track - 27 Dec 2011 05:14

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I tried hypnotherapy in the past.it was very helpful but also costly.

lately I am getting into the idea of making my own self hypnosis tapes or buying some good addiction therapy hypnotapes online.

I'd like actually to shmooze on hypnosis with anyone who has tried it or finds it interesting. I'm looking to learn more about it from anyone with experience, apart from what I find on the internet... So- hypnoGYE's let me know what u have to say...

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Re: hypnotherapy and self hypnosis

Posted by kidushashem - 22 Jan 2012 18:39

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I've never been treated with it but I've heard that it can be really good. There is a book I've seen as well, I think the author's name is Fish or something like that and it's a Jewish approach to healing from addiction and it talks alot about self hypnosis. It's called Nachas Ruach.

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Re: hypnotherapy and self hypnosis

Posted by levite - 18 Mar 2012 20:27

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Hi iv used hypnotherapy in the past with great success please pm me or reply here for more info.

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