



Melvin Powers	<p>A Practical Guide to Self-Hypnosis By Melvin Powers (1922-)</p> <p>This book is written in terms that are comprehensible to the layman. The step-by-step instructions should afford the reader a means of acquiring self-hypnosis. The necessary material is here. The reader need only follow the instructions as they are given. It is the author's hope that you will, through the selective use of self-hypnosis, arrive at a more rewarding, well-adjusted, and fuller life. (Summary from <i>A Practical Guide to Self-Hypnosis</i>)</p> <p>Read by Andrea Fiore; total running time: 03:48:02.</p> <p>01 - Chapter 1 - What You Should Know About Self-Hypnosis - 00:24:42 ● 02 - Chapter 2 - What About the Dangers of Hypnosis? - 00:12:43 ● 03 - Chapter 3 - Is Hypnosis the Answer? - 00:15:17 ● 04 - Chapter 4 - How Does Self-Hypnosis Work? - 00:15:02 ● 05 - Chapter 5 - How to Arouse Yourself from the Self-Hypnotic State - 00:07:53 ● 06 - Chapter 6 - How to Attain Self-Hypnosis - 00:14:40 ● 07 - Chapter 7 - Deepening the Self-Hypnotic State - 00:21:37 ● 08 - Chapter 8 - What You Should Know About Becoming an Excellent Subject - 00:21:05 ● 09 - Chapter 9 - Techniques for Reaching the Somnambulistic State - 00:21:08 ● 10 - Chapter 10 - A New Approach to Self-Hypnosis When All Else Fails - 00:21:01 ● 11 - Chapter 11 - Psychological Aids and Their Function - 00:18:22 ● 12 - Chapter 12 - The Nature of Hypnosis - 00:11:55 ● 13 - Chapter 13 - Practical Applications of Self-Hypnosis - 00:22:37</p> <p>This recording is in the public domain and may be reproduced, distributed, or modified without permission. For more information or to volunteer, visit librivox.org. Cover image by <i>Fiestoforo (2011)</i>. http://commons.wikimedia.org/wiki/File:Motion_illusion_in_star_arrangement.png. Cover design by Janette Brown. This design is in the public domain.</p>	A Practical Guide to Self-Hypnosis
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