



# The Secret Language of Hypnotherapy

*John Smale*

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## **The Secret Language of Hypnotherapy** John Smale

Parts of our minds seem to be laws unto themselves. They refuse to do what we want. It is as if they speak a different language, an ancient dialect. The Secret Language of Hypnotherapy shows you how to make contact with those seemingly distant parts of your mind to enable you to rid yourself of problems. The secret and hidden language you need is contained in this book. You learn how to relax, hypnotise yourself and other people. You will discover how to overcome some of the major fears, phobias and personal problems of modern life. Hypnosis and hypnotic techniques go back to the early dawns of time. A lot of what happens today was relevant to the survival of our ancestors but, today those primeval drives often mess up modern living. When we learn how to talk with our unconscious minds then we can start living successful and fulfilling lives. Acclaimed by other hypnotherapists, The Secret Language of Hypnotherapy will change your life for the better.

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