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Lire des ebooks Hypnothérapie Pour les Nuls Mike Bryant & Peter Mabbutt PDF, ePub, mobi, Pour vous l'hypnose, c'est un tour de magie ? Une pratique mystérieuse qui ne vous paraît pas très sérieuse ? Détrompez-vous ! L'hypnose, ça marche et ce livre va vous démontrer comment. Que vous souhaitiez combattre vos angoisses, votre déprime, améliorer vos performances physiques et intellectuelles, perdre du poids, arrêter la cigarette ou encore combattre vos addictions... l'hypnothérapie peut vraiment vous aider et vous permettre d'atteindre vos objectifs : vous allez franchir les barrières de votre inconscient et régler bon nombres de problèmes corporels et psychosomatiques.

Avec L'Hypnothérapie pour les Nuls, découvrez l'hypnose ericksonnienne, l'hypno-analyse, le rêve éveillé et toute une somme d'autres techniques de suggestion. Mais aussi comment se déroule une séance d'hypnothérapie, comment choisir les stratégies adaptées à vos besoins et pratiquer, pourquoi pas, l'auto-hypnose.

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