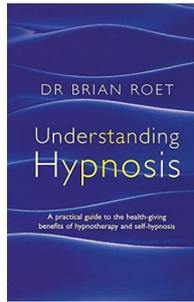


Understanding Hypnosis: A Practical Guide to the Health-Giving Benefits of Hypnotherapy and Self-Hypnosis



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