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And self-hypnosis, a self-induced form of hypnosis that makes use of self-suggestion, is a way of changing deeply rooted behavior patterns. Written by two experienced hypnotherapists, Self-Hypnosis For Dummies is a hands-on guide to achieving specific goals through hypnosis.

### Amazon.com: self hypnosis for dummies

Written in a breathless style suitable for dummies or sub-literate high school kids, it features lots of bad jokes and utterly unnecessary exclamation marks (to make it awesome! exciting! edgy!...etc.). Their writing style alone made me sleepy... very sleepy.

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