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**HYPN**



**NE**

hypnosis



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high performance

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# HYPNOSIS WORKS!!!

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I offer **non-therapeutic hypnotism** to induce:  
**positive thinking**, create **commitment to change** to produce **self-control** over physical experiences and **emotional awareness**.

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The methods of hypnosis include  
relaxation | breath work | creative visualization  
positive affirmation | self-awareness development