



## A Practical Guide to Self-Hypnosis

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By Mr Melvin Powers

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 140 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. All of us like to think that our actions and reactions are a result of logical thought processes, but the fact is that suggestion influences our thinking a great deal more than logic. Consciously or unconsciously, our feelings about almost everything are largely molded by ready-made opinions and attitudes fostered by our mass methods of communication. We cannot buy a bar of soap or a filtered cigarette without paying tribute to the impact of suggestion. Right or wrong, most of us place more confidence in what they say than we do in our own powers of reason. This is the basic reason why psychiatrists are in short supply. We distrust our own mental processes and want an expert to tell us what to think and feel. Despite this tendency to adopt our attitudes from others, man has always been dimly aware that he can influence his own destiny by directing his thoughts and actions into constructive channels. He has always, to some extent, known that his mind exerts a powerful influence on his body, and that thoughts can...



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