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"Grace has a gift of helping others harness their own power to achieve what they really want. If you've been hitting a wall in your life, it's time to turn to Grace for a breakthrough." (Jessica Ortner, New York Times best-selling author of *The Tapping Solution for Weight Loss & Body Confidence*) Forget what you think you know about hypnosis and learn why it is the hottest "new" technique for personal development. More and more studies are showing that hypnosis can help ease everyday stress and anxiety, as well as promote powerful healing, from our worst habits to our deepest fears. Now, Grace Smith shares her groundbreaking self-hypnosis techniques that she uses to great success with her clients to help them practice "meditation with a goal". You'll learn how the deeply relaxed state of hypnosis will allow you to access old patterns of behavior in order to transform them once and for all. You'll discover: What hypnosis is - and what it's not The real power of your subconscious mind Simple practices to help ease anxiety, boost self-confidence, quit procrastinating, overcome emotional eating, and more

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