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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.

Self-hypnosis for dummies (eBook, 2010) [WorldCat.org]
Self-Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) by Harry Richards (2015-03-15) Jan 1, 1612. 2.7 out of 5 stars 5. Paperback Currently unavailable. NLP and HYPNOSIS For Dummies.

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