

Self-Hypnosis: The Complete Guide To Better Health And Self-change By Brian M. Alman;Peter T. Lambrou

By Brian M. Alman;Peter T. Lambrou

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<http://www.wikihow.com/Perform-Self-Hypnosis>

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http://www.hypnotherapyforhealth.com/?section=hypnosis_books

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<http://www.amazon.ca/Self-Hypnosis-Complete-Manual-Self-Change-Edition/dp/0876306504>

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and he is the co-author of Self-Hypnosis: The Complete Manual, The Complete Manual for Health and Self-Change, by Dr. Brian M. Alman, Dr. Peter Lambrou

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