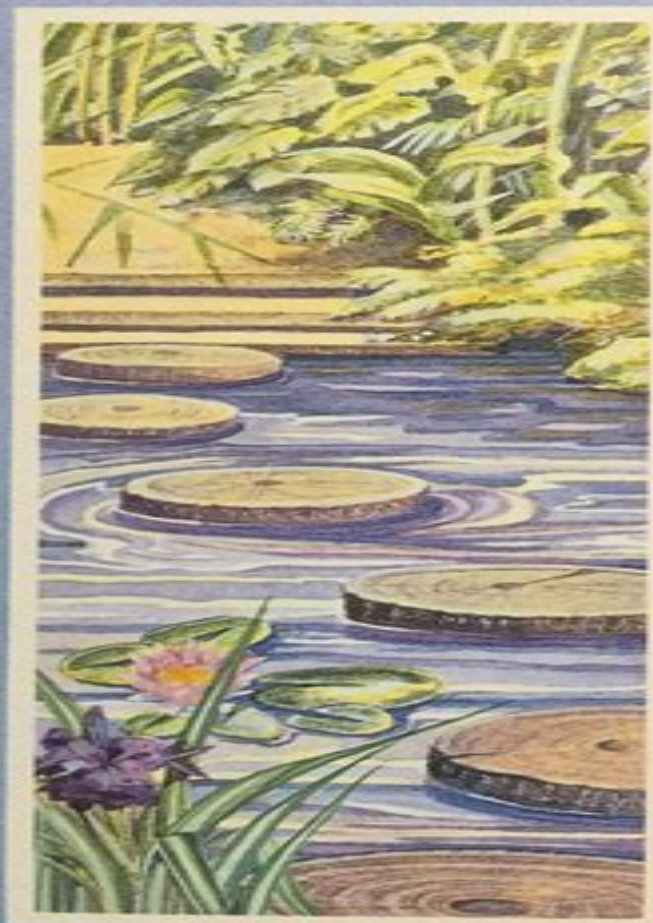


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THROUGH
SELF-
HYPNOSIS



Dr Arthur Jackson

Foreword by Bob Willis, MBE

Stress Control Through Self Hypnosis

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