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By William W. Hewitt



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This friendly introductory guide to hypnosis will show you how to achieve your dreams using hypnosis and self-hypnosis. Completely relaxing and natural, hypnosis is a highly effective way to reach personal goals, overcome phobias and fears, eliminate bad habits, improve memory?the possibilities are nearly endless! Using the easy step-by-step instructions in this book, you will quickly be able to hypnotize yourself or others.

- Lose weight
- Quit smoking
- Gain confidence
- Overcome fears and phobias
- Heal more quickly
- Improve money management skills
- Release stress
- Increase creativity
- Discover your past lives



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Editorial Review

About the Author

William W. Hewitt was a freelance writer, the author of eight books and several hypnosis audio tapes published by Llewellyn. He spent more than thirty years as a professional writer and editor in the computer, nuclear power and mining industries. He was a certified clinical hypnotherapist and frequently lectured on hypnosis, mind power, self-improvement, metaphysics, and related subjects.

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