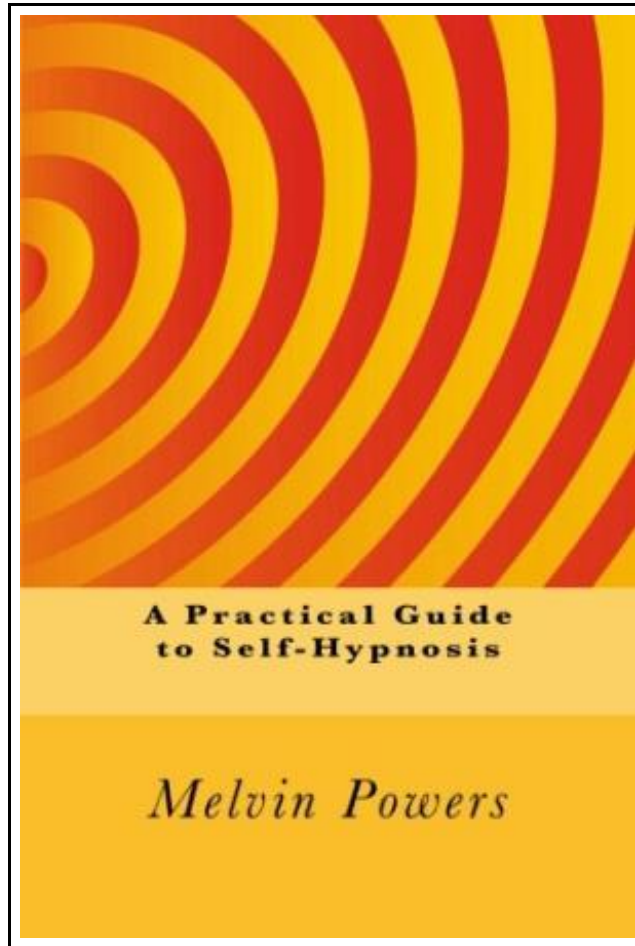


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A PRACTICAL GUIDE TO SELF-HYPNOSIS

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