



## The Chi of Change: How Hypnotherapy Can Help You Heal and Turn Your Life Around - Regardless of Your Past

By Peter Field

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Chi of Change: How Hypnotherapy Can Help You Heal and Turn Your Life Around - Regardless of Your Past, Peter Field, Is there a way out of anxiety, depression, overeating, fear, phobias, addiction, insomnia, trauma, and low self-esteem - without taking pills? Is there really an alternative to Prozac and anti-depressants? Can you really recapture the simple joy of living? The answer to all these questions is Yes! This book will show you: How your subconscious mind has been programmed to make you feel the way you feel. How these programs can be rapidly changed through the right kind of hypnotherapy. How even your most difficult feelings and emotions can help you change your life for the better. How you can live a balanced, meaningful life and move forward in confidence and harmony with yourself and your world.



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