



# How To Hypnotize Yourself

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## **How To Hypnotize Yourself** Rez Evolution

Self-hypnosis, on the other hand, is the act of hypnosis without a second-party hypnotist. Or rather, the subject is the hypnotist itself. His goal is to effectively make himself/herself experience heightened imaginative states similar to non-self-hypnotic procedures.

Due to its very subjective nature, what the subjects actually experiences during hypnosis vary greatly. Similarly, the approaches of achieving a hypnotic state differs from subject to subject, and depends mainly on the goals of doing the hypnosis, such as therapeutic or relaxation purposes.

Do not try this before you have a very clear understanding of the subject. This book is for entertainment purposes only.

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