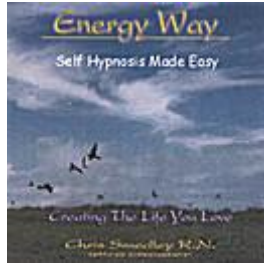


# Mp3 Chris Smedley - Self Hypnosis Made Easy



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An audio program that does just what its name states. It makes self-hypnosis easy. 7 MP3 Songs NEW AGE: Healing, SPOKEN WORD: Instructional Details: Chris Smedley is a Registered Nurse and Certified Hypnotherapist. As a medical professional for over 30 years she has seen the value of Traditional Medicine, and Alternative Therapies. Her interest is in those processes which are simple to use and have no side effects. Chris brings her unique healing knowledge and talents together, to create self help programs. Founder of Energy Way, whose motto is "Creating the Life You Love", Chris has created a unique series of audio programs that help you to create a life you can truly love. Self Hypnosis Made Easy An audio program that does just what its name states. It makes Self-hypnosis easy. Through self-hypnosis, you can enhance every aspect of your life. In a simple and practical way, you are guided through short processes that teach you to become proficient in this art quickly, so you can begin to use this valuable tool, to reach your goals, thus: Creating the life you love.

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