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at times, but most of the information presented is still very applicable to the present. The most useful section to me was the section on self hypnosis.

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form, a process, or the result of a self-induced hypnotic state.. Frequently, self-hypnosis is used as a vehicle to enhance the efficacy of self-suggestion; and, in such cases, the subject "plays the dual role of suggester and suggestee".. The nature of the auto-suggestive practice

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Once you are in a state of hypnosis the 'change work' can begin. Various techniques and approaches will be used here to help you achieve your goal. Once this is complete, you will be gradually brought out of your trance. At the end you can ask any more questions you may have, chat through

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a summary of the session and  
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to treat several ills and habits ranging from smoking to impotence. This guide shows readers how to hypnotise themselves and others, or use it as a tool to resolve physical and emotional problems.

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