

Reassuring advice on  
how hypnotherapy can help you

# Hypnotherapy

## FOR DUMMIES®

**Mike Bryant**

*Hypnotherapist and counsellor*

**Peter Mabbutt**

*Fellow of the British Society of  
Clinical Hypnosis*

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**Mike Bryant** is a hypnotherapist, counsellor, and an expert in mental health. **Peter Mabbutt** is Director of Studies at the London College of Clinical Hypnosis.

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