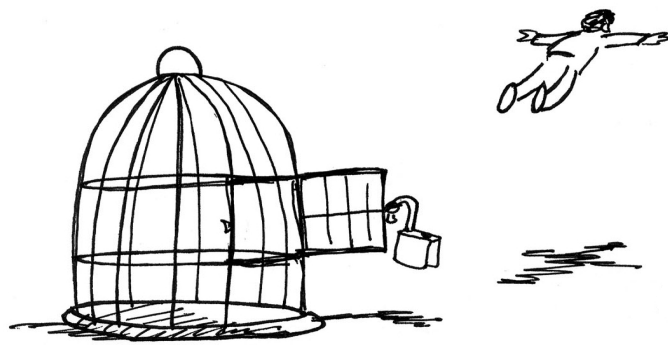


How to Get Unstuck



A Light-Hearted, Self-Hypnosis Workbook

**Take Charge of your Life, Health & Career
by practicing QUANTUM FOCUSING skills**

“Relax into Focus...Get Alert...Live in the Moment”
Step-by-Step Guide to the Mental Martial Arts

By Michael Ellner, D.D., MSH, CHt and Alan Barsky, CHt, MH

Edition 123009

\$37.97

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