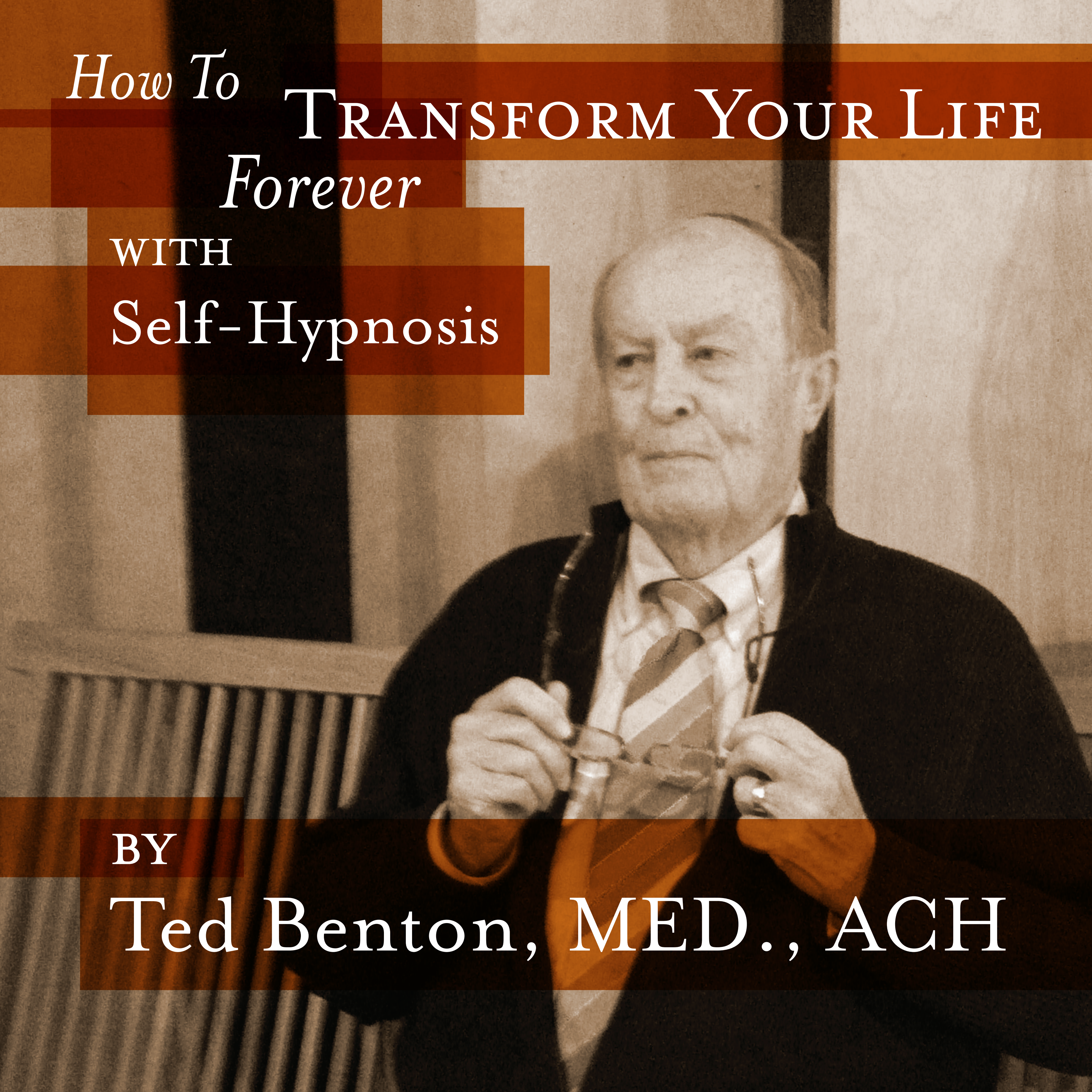


*How To* **TRANSFORM YOUR LIFE**  
*Forever*

WITH  
Self-Hypnosis

BY

Ted Benton, M.D., ACH





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WRITTEN BY

Ted Benton, MED., ACH

GUIDE FOR THE USE OF THIS RECORDING

It is recommended that you listen to the Introduction and then move to the area of special interest; listen to the application and then go directly to the hypnotic session to experience self-hypnosis. For subsequent uses for reinforcement, just listen to the self-hypnotic section as needed. I am confident that you will rapidly experience your desired changes.

*Please do not drive or operate machinery while listening to the hypnosis sections.*

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