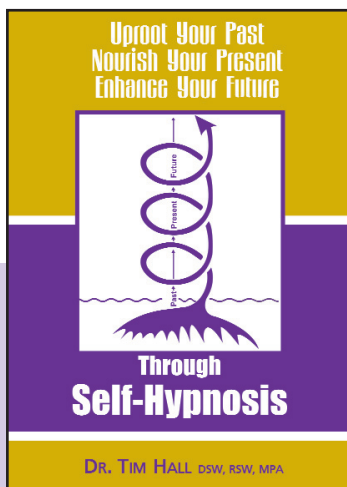


F.A.Q.

Questions:

1. What is the difference between hypnosis and self-hypnosis?
2. What are the benefits of learning self-hypnosis?
3. What kinds of problems in one's life can this fix?
4. Are the changes you make permanent? Why? Why not?
5. Can you give a very quick tip to our 'viewers/listeners/readers' to get them started on change right now?
6. Are you ever too young or too old to learn these techniques?
7. How much time does learning something like this take?



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