

# Autohypnotherapy for a happy life

## For personality development & successful life

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(An '\*' sign has been placed alongside important points)

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### Preface

Under this heading are included brief case histories, where hypnotherapy was used successfully. Whereas, the other articles in this volume go into the depth of one particular aspect of a subject, the case histories under this heading are intended to show how hypnotherapy can be used successfully, to overcome symptomatically patients' some problems in a few sessions.

The purpose of this article is to acquaint the newcomers to the field about the uses of hypnotherapy by examples rather than by merely listing them.

The cases reported here are by doctors, who started using hypnotherapy successfully in their practice, after attending the training courses conducted by the Society. - **Compiler**