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About Us

The Site is operated and wholly owned by HypnoSteps.com. Contact information: contact@hypnosteps.com

We specialize in the provision of self-hypnosis resources online and offline to assist people in improving their lives. The technique of self-hypnosis is designed to help people achieve self-improvement and personal development by inducing self-hypnosis and offering positive suggestions which allow the client to increase potential for positive changes in habits of thought, feeling and behavior.

We do not provide therapy or counseling, nor provide medical diagnosis. We do not recommend the discontinuance of medically prescribed treatments. We encourage anyone with a medical condition to consult their medical practitioner.

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