



The Instruction Manual For The Mind

Barry Jones

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Barry Jones is a Hypnotherapist, NLP practitioner and Life Coach based in the worlds medical centre of excellence, Harley Street in London. His simple but effective techniques have inspired thousands to change their lives for the better. The Instruction Manual For The Mind has been written with simplicity in mind so that anyone can understand how their mind works and make permanent changes. Whether your issue is fear, phobias, panic attacks, weight, smoking and more, this book explains, in everyday terms, what is going on and how you can resolve it.

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