Book Topics and Questions

Title: Restora Hypnosis: A Faith Based Journey

For Spiritual Wholeness

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Intro: The book Restora Hypnosis: A Faith Based Journey For Spiritual Wholeness is about aligning your life with divine purpose. The book mentions seven pillars or seven things that you need to do in order to practice good "spiritual self-care". According to the book participating in these seven things will lead to a successful and fulfilling life.

Can you tell us a little bit about this concept?

The book uses Hypnosis tools and you label them "Restora Hypnosis". Can you tell us what is unique about this type of hypnosis?

Can you share with us an example of how a reader could use this book to empower themselves?

Who do you think would benefit from reading your book?

How can our audience learn more about your work?