

## Autogestions For Magical Success

Offers comprehensive coverage of the history of magic rituals and practices throughout the world, presenting information on voodoo, ancient Egyptian and Hebrew magic, palm reading, secret symbols, astrology, exorcism and spells to overcome enemies and obtain wealth

TOWARD THE HEIGHTS OF SUCCESSSES (The happiness formula)Lulu.com

"One of the greatest inspirational and motivational books ever written." —Norman Vincent Peale In this bestselling self-help book, a successful businessman reveals the secrets behind harnessing the unlimited energies of the subconscious. Millions of readers have benefited from these visualization techniques, which show you how to turn your thoughts and dreams into actions that can lead to enhanced income, happier relationships, increased effectiveness, heightened influence, and improved peace of mind. World War I veteran Claude M. Bristol (1891–1951) wrote The Magic of Believing to help former soldiers adjust to civilian life. A pioneer of the New Thought movement and a popular motivational speaker, Bristol addressed those in all walks of life, from politicians and leaders to performers and salespeople. His timeless message of the powers of focused thinking and self-affirmation remains a vital source of inspiration and a practical path to achievement.

Two Classics in One: Self-Mastery Through Conscious Autoguggestion by Emile Coué PLUS The Practice of Autoguggestion by C. Harry BrooksSelf Mastery Through Conscious Autoguggestion: Emile Coué was a French psychologist and pharmacist who introduced a new method of healing and self-improvement using the influence and power of autoguggestion. The application of his mantra-like conscious autoguggestion, "Every day, in every way, I'm getting better and better." Coué's method focuses on a routine repetition of this particular expression according to a specified ritual, in a given physical state, and in the absence of any sort of allied mental imagery, at the beginning and at the end of each day.Self Mastery fully details his method and explains how the concept of auto-suggestion works to bring about a desired circumstance. Although stressing that he was not primarily a healer but one who taught others to heal themselves, Coué claimed to have effected organic changes through autoguggestion."A work of real and unique value."The Practice of Autoguggestion by the Method of Emile Coué, by C. Harry BrooksFrom the Foreword: "The method of M. Coué is in no sense opposed to the ordinary practice of medicine. It is not intended to supplant it but to supplement it. It is a new ally, bringing valuable reinforcements to the common crusade against disease and unhappiness.Induced Autoguggestion does not involve, as several busy critics have assumed, an attack upon the Will. It simply teaches that during the actual formulation of suggestions, that is for a few minutes daily, the Will should be quiescent. At other times the exercise of the Will is encouraged; indeed we are shown how to use it properly, that is without friction or waste of energy."

Creating Personal Symbols for Success

EMILE COUÉ: Self Mastery Through Conscious Autogestion & The Practice of Autoguggestion (Including the Study of the Emile Coué's Method & Biography)

The Method and Practice of Autoguggestion

The Law of Success (Condensed Classics)

Your Step-By-Step Plan to Wealth and Winning

**Learn How to Attain Your Most Cherished Desires in this Compact Edition of the Immortal Laws of Achievement! In The Law of Success, the legendary motivational master Napoleon Hill (Think and Grow Rich) makes his fullest, most in-depth exploration of the fifteen principles that lead you to prosperity, purpose, and mastery. This brief yet immensely powerful condensation of Napoleon Hill's lesson plan allows you to put his ideas to work right now. Here is all the insight and subtlety of Napoleon Hill's treasured keys, offered to you in in the space of a lunch hour or commute. This short volume can revolutionize your life. Discover:**

- **The incredible power of a Definite Chief Aim.**
- **How to transform your subconscious into a receiving station for insights, intuitions, and breakthrough ideas.**
- **Why the Golden Rule is your secret path to power and prosperity.**
- **How to profit from failure.**
- **How your sincere enthusiasm influences clients, customers, and backers.**

Abridged and introduced by PEN Award-winning historian Mitch Horowitz, this compact edition of The Law of Success is more than just a blueprint to success. It is your guide to a new life of effectiveness, purpose, and progress.

**Suggestion, or rather Autoguggestion, is quite a new subject, and yet at the same time it is as old as the world. It is new in the sense that until now it has been wrongly studied and in consequence wrongly understood; it is old because it dates from the appearance of man on the Earth. In fact, autoguggestion is an instrument that we possess at birth and in this instrument, or rather in this force, resides a marvellous and incalculable power, which according to circumstances produces the best or the worst results. Knowledge of this force is useful to each one of us, but it is peculiarly indispensable to doctors, magistrates, lawyers, and to those engaged in the work of education. By knowing how to practice it consciously it is possible in the first place to avoid provoking in others bad auto-suggestions which may have disastrous consequences, and secondly, consciously to provoke good ones instead, thus bringing physical health to**

**the sick, and moral health to the neurotic and the erring, the unconscious victims of anterior autogestions, and to guide into the right path those who had a tendency to take the wrong one.**

Examining the intersection of occult spirituality, text, and gender, this book provides a compelling analysis of the occult revival in literature from the 1890s through the course of the twentieth century. Bestselling novels such as The Da Vinci Code play with magic and the fascination of hidden knowledge, while occult and esoteric subjects have become very visible in literature during the twentieth century. This study analyses literature by women occultists such as Alice Bailey, Dion Fortune, and Starhawk, and revisits texts with occult motifs by canonical authors such as Sylvia Townsend Warner, Leonora Carrington, and Angela Carter. This material, which has never been analysed in a literary context, covers influential movements such as Theosophy, Spiritualism, Golden Dawn, Wicca, and Goddess spirituality. Wallraven engages with the question of how literature functions as the medium for creating occult worlds and powerful identities, particularly the female Lucifer, witch, priestess, and Goddess. Based on the concept of ancient wisdom, the occult in literature also incorporates topical discourses of the twentieth century, including psychoanalysis, feminism, pacifism, and ecology. Hence, as an ever-evolving discursive universe, it presents alternatives to religious truth claims that often lead to various forms of fundamentalism that we encounter today. This book offers a ground-breaking approach to interpreting the forms and functions of occult texts for scholars and students of literary and cultural studies, religious studies, sociology, and gender studies.

**“SUCCESS, POWER, HEALTH, WEALTH, FAME, ... AND EVERYTHING ELSE THAT YOU DESIRE FOR, IS HIDDEN WITHIN YOUR MAGICAL INSTINCT! HAVE YOU DISCOVERED IT YET?”** Life has many folds. Each fold contains numerous dreams, expectations, perceptions and experiences. Dreams prompt us to do something great for the attainment of a greater life. Expectations incite us to embrace related heaps of various emotions. Emotions raise critical influences on somatic and autonomic process within our body and brain. If those emotions, generated within us are upright, they excite our body and brain to work intelligently, thoughtfully and consciously. But, when you allow your life to be driven by the patterns of your sub-conscious living, your contemporary paradigm over powers your potential wisdom. The result is a steady struggle for basic survival. **B4 Success... The Revolution Within, is the deepest dive into your Inner-self. It will unfold the greatest magical instinct, hidden within the layers, of your subconscious living. When you discover, develop and raise your magical instinct, you become the owner of endless powers of your mind. That’s the stage when conscious living becomes your habit, and habitual success**

The Secret of Mental Magic

Reflections for Personal Growth

Success Through Positive Thinking

Magic Seeds for Success: Reflections for Personal Growth

The New Success

TOWARD THE HEIGHTS OF SUCCESSSES (The happiness formula)

This lost classic of motivational thinking reveals the simple but profound secrets to self-mastery, a magnetic personality, and attaining your dreams—all in the space of an hour. The Million Dollar Secret Hidden in Your Mind is one of the most extraordinary books of mental mastery ever written—yet it has been largely forgotten since it first appeared in 1963. Now, acclaimed historian and New York Times bestselling author Mitch Horowitz introduces this special condensed edition, which directs you to the book's most powerful secrets. In less than an hour of reading, this compact, dynamic volume explodes old ways of thinking and shows you:

- How to win the aid of important people.
- How to make your personality instantly attractive.
- The best strategies for using your mind's visualizing power throughout history.
- How to heighten and use the tools of your subconscious.
- How to identify who in life will help you and who will hinder you in your striving toward success.
- Simple methods to tap the creative powers of Universal Creative Intelligence.
- How to improve your thinking, appearance, and charisma.
- How to transform and transmute your own self and thus to become more than you were, not merely to accelerate normal human evolution but to actually move beyond and be a co-creator.
- And to finally answer those questions: "Who am I? Where did I come from? Where am I going?"

High Magic is an active program for self-discovery and Self-Realization. This book by a famed contemporary German magician self-instructs the student through a series of basic exercises and real magical practices that train the magician through a consistent program combined with examples and explanations. Each step is thorough without extravagance; the program is effective and entirely self-directed (as must be all real learning); the book is encyclopedic in depth and inclusive even of chaos and cyber magic. Tables and Charts simplify the learning process. The system starts with immediate immersion in ritual practice starting with the Kabbalistic Cross and Lesser Banishing Ritual of the Pentagram and moves through beginning to advanced levels of Practical Sigil Magic, Ritual Magic, Elemental Magic, the Greater Ritual of the Pentagram, Planetary Magic, the Hexagram Ritual, Mantra Meditation, the Magical Gaze, Magical Travel, the Pan Ritual, Money Magic, Talisman Magic, Moon Magic, Chaos Magic and Cyber Magic. In each case, practice is used to instruct – nothing is presented as "theory only." You will find everything analyzed, explained and justified with refreshing and truly uncommon common sense! The author fully dispels the myths and subterfuges of archaic magical orders and explores the role of the Unconscious Mind, the issues of Religion and Mysticism, the nature of High and Low Magic, the Function of Myth and the role of Drama in Ritual, the Magical Nature of Reality and Magical Perception, the ritual use of Symbols and Gestures, the power of Words, the Magician's Universe, the magical pronunciation of Hebrew Letters, the Magician's Tools, Mantric Sigils, the IAO formula, andmuch more. High Magic is as central to Western culture as are science, technology, the rule of law, democracy and the

entrepreneurial economy. Its practice and application should be part of your daily life starting now. This book provides you with the practical know-how to manifest whatever it is you choose in your life, whether that is financial freedom, better relationships, your dream home, better health, loving friendships, a successful business or a healthy, happy family. The power is in your hands. After a very low point in my life I decided enough was enough. I had to take charge and get my life back on track. Using everything I had learned about the law of attraction, I compiled a selection of practical exercises for my own personal use and challenged myself to regularly use them for 60 days. In this book you are being offered some insightful lessons on :- How to use law of attraction for 100% manifestation success Tips for accelerating your manifestations Pitfalls and mistakes that you must avoid while manifesting How feelings affect your manifestations How to attract wealth and abundance Role of faith and gratitude in manifestations When we place our attention on being overweight, we usually experience a disempowering emotion such as guilt, shame, hopelessness, or anger. This most subtle and seemingly innocent act of placing our attention on being overweight and feeling negative emotions activates the law of attraction to manifest all the conditions that are consistent with the energy level of that emotion. Get the book today!!

**Most Influential Collection to Inner Healing & Success (Collection of 3 Books) The Best Combo Collection of All Time Bestseller Books of the An Anthology Contains: Mind Power: The Secret of Mental Magic/ Thought-Force in Business and Everyday Life. The Art and Science of Personal Magnetism. The Secret of Mental Magic & The Inner Consciousness (Collection of 2 Books) The Best Combo Collection of All Time Bestseller Books of the An Anthology Contains: One Thousand Secrets of Wise and Rich Men Revealed. The Inner Consciousness.**

Three Great Books on Magic

The Mental Magic to Creating Wealth

Self-Mastery Through Conscious Autoguggestion

The Lost Classic on How to Control Your oughs for Wealth, Power, and Mastery

BK – Rajayog, Robin Sharma Magic Mantra for Success and Health

A Course of Instruction of Theory & Practice of Magic: Magical Evocation + Magical Words

For the genuine spiritual seeker: Collection of universal spiritual topics, techniques, questions & answers in seven books derived from more than 16 years of spiritual practice. Book VII - table of contents: Gods and spheres / Divine virtues - about abundance / Astral bodybuilding / About Bardón / The principle of will / The use of Akasha / Self-influence / Spiritual training - time and structure / The divine light / Energy exchange / The cosmic dimension of the human nature / Quabbalistic healing / Forgiveness - healing karma / Wishing factors / Self-defense with love energies / Asceticism / Prayers / And much more.... This carefully crafted ebook: "EMILE COUÉ: Self Mastery Through Conscious Autogestion & The Practice of Autoguggestion (Including the Study of the Emile Coué's Method & Biography)" is formatted for your eBook reader with a functional and detailed table of contents. Table of Contents: Work: Self Mastery Through Conscious Autoguggestion Thoughts and Precepts Observations on What Autogestion Can Do Education As It Ought To Be Tribute: The Practice of Autogestion by the Method of Emile Coué by C. Harry Brooks Emile Coué. The Man and His Work by Hugh Macnaghen Emile Coué (1857-1926) was a French psychologist and pharmacist who introduced a popular method of psychotherapy and self-improvement based on optimistic autogestion.Working as an apothecary Coué quickly discovered what later came to be known as the placebo effect. He became known for reassuring his clients by praising each remedy's efficiency and leaving a small positive notice with each given medication. The application of his mantra-like conscious autogestion, "Every day, in every way, I'm getting better and better" is called Couéism or the Coué method.In some American translations it was quoted differently, "Day by day, in every way, I'm getting better and better." The Coué method centered on a routine repetition of this particular expression according to a specified ritual—preferably as much as twenty times a day, and especially at the beginning and at the end of each day. Unlike a commonly held belief that a strong conscious will constitutes the best path to success, Coué maintained that curing some of our troubles requires a change in our unconscious thought, which can be achieved only by using our imagination.Although his teachings were, during his lifetime, more popular in Europe, many Americans who adopted his ideas and methods became famous by spreading his words.

This is a simple book about the art of success. This that to be easy reading and understanding for the persons that does not know psychology and doesn't have time (or desire) to study it. A book with information and clear rules together with many useful examples for life. A book for you to learn at least few rules that are applicable in your field, any field would be that one. A book to reach to the last village, schools and universities, small entrepreneurs, and retirement's people who could still be active but they do not know how. In this book, we will talk only about rules and sure information that will help you to climb toward the heights of success. I guarantee that each person who learns this book will obtain successes in one or more than one fields, according to his training and his mobilization, and also according to political-economic and social situation from the country. Everybody is able to succeed in a field or another one.

This volume contains three books of Franz Bardón. 1. Initiation into Hermeticism 2. The Practice of Magical Evocation 3. The True Key to the Quabbalah In reality, magic is a sacred science. It is, in the very true sense the sum of all knowledge because it teaches how to know and utilize the sovereign rules. There is no difference between magic and mysticism or any other conception of the name. Wherever authentic initiation is at stake, one has to proceed on the same basis, according to the same rules, irrespective of the name given by this or that creed. Considering the universal polarity rules of good and evil, active and passive, light and shadow, each science can serve good as well as bad purposes. Let us take the example of a knife, an object that virtually ought to be used for cutting bread only, which, however, can become a dangerous weapon in the hands of a murderer. All depends on the character of the individual. This principle goes just as well for all the spheres of the occult sciences. In my book I have chosen the term of "magician" for all of my disciples, it being a symbol of the deepest initiation and the highest wisdom.

Female Lucifers, Priestesses, and Witches

Marden's Magazine

The Complete Book of Spells, Ceremonies, and Magic

The Lost Prosperity Secrets of Napoleon Hill

A Course of Seven Lessons

Develop Your Magical Instinct

Suggestion, or rather Autoguggestion, is quite a new subject, and yet at the same time it is as old as the world. It is new in the sense that until now it has been wrongly studied and in consequence wrongly understood; it is old because it dates from the appearance of man on the earth. In fact autoguggestion is an instrument that we possess at birth, and in this instrument, or rather in this force, resides a marvelous and incalculable power, which according to circumstances produces the best or the worst results. Knowledge of this force is useful to each one of us, but it is peculiarly indispensable to doctors, magistrates, lawyers, and to those engaged in the work of education...

You Can Become A Magnet To All Good Through: The Magic Of Affirmation Power "We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world." – The Buddha The Buddha taught this over two and a half thousand years ago, so it's not such a big secret. With our thoughts, we create the world. This book shows you how to transform your mindset, raise your consciousness, and how to attract a fulfilling, positive, happy, successful life. It teaches you the fastest way to plant new, positive thoughts into the treasury of your magical mind. In this ebook, you will also receive links to over \$60 of free success products.

This volume contains all three books of theoretical and practical use by Franz Bardón. Franz Bardón needs no introduction in the field of Magic, Evocation, occultism, practical use of the first three tarot cards, use of magical words and letters. A Course of Instruction of Theory & Practice of Magic+ Magical Evocation + Magical Words Anyone who should believe to find in this work nothing else but a collection of recipes, with the aid of which he can easily and without any effort attain to honor and glory, riches and power and aim at the annihilation of his enemies, might be told from the very inception, that he will put aside this book, being very disappointed. Numerous sects and religions do not understand the expression of "magic" otherwise than black art, witchcraft or conspiracy with evil powers. It is therefore not astonishing that many people are frightened by a certain horror, whenever the word "magic" is pronounced. Jugglers, conjurers, and charlatans have discredited this term and, considering this circumstance, there is no surprise that magic knowledge has always been looked upon with a slight disregard. Even in the remotest times the MAGUS has been regarded as one of the highest adepts and it might be of interest to learn that, as a matter of fact, the word "magic" is derived from this word. The so called "sorcerers" are by no means initiates but only imitators o the mysteries, who counting partly on the ignorance and partly on the credulity of the individuality or a whole nation in order to reach their selfish aims, by lies and fraud. The true magician will always despise such practices. In reality, magic is a sacred science, it is, in the very true sense the sum of all knowledge because it teaches how to know and utilize the sovereign rules. There is no difference between magic and mystic or any other conception of the name. Wherever authentic initiation is at stake, one has to proceed on the same basis, according to the same rules, irrespective of the name given by this or that creed. Considering the universal polarity rules of good and evil, active and passive, light and shadow, each science can serve good as well as bad purposes. Let us take the example of a knife, an object that virtually ought to be used for cutting bread only, which, however, can become a dangerous weapon in the hands of a murderer. All depends on the character of the individual. This principle goes just as well for all the spheres of the occult sciences. In my book I have chosen the term of "magician" for all of my disciples, it being a symbol of the deepest initiation and the highest wisdom. Many of the readers will know, of course, that the word "tarot" does not mean a game of cards, serving manifold purposes, but a symbolic book of initiation which contains the greatest secrets in a symbolic form. The first table of this book introduces the magician representing him as the master of the elements and offering the key to the first Arcanum, the secret of the ineffable name of Tetragrammaton, the quabbalistic Yod-He-Vau-He. Here we will, therefore, find the gate to the magician's initiation. The reader will easily realize, how significant and how manifold the application of this table is. Not one of the books published up to date does describe the true sense of the first Tarot card so distinctly as I have done in my book. It is – let it be noted – born from the own practice and destined for the practical use of a lot of other people, and all my disciples have found it to be the best and most serviceable system. "Tetragrammaton literally means "the four-letter word". It was a subterfuge to avoid the sin of uttering the sacred name YHVH (Yahveh) or Jehova as it later became when the vowels of another word were combined with the consonants of YHVH. But I would never dare to say that my book describes or deals with all the magic or mystic problems.

Create and use powerful symbols of Will Practical Sigil Magic is widely regarded as the definitive guide to the topic. Unavailable for a number of years and long sought-after by magicians, this classic work is now available once again. Sigil magic is one of the most efficient and economical of magical disciplines. It can be performed without complicated rituals or paraphernalia, is independent of philosophical and dogmatic premises, and can be learned easily and quickly. Most important, it will give even beginning magicians the chance to work with the power of the Will and enhance their own abilities. This classic reference work will provide magicians—from novice to adept—with instruction that will empower and advance their magical practice. Praise: "Frater U D writes from a background of extensive practical achievement and theoretical knowledge to present a book of magical techniques for those who dare to use them."—Peter J. Carroll, author of Liber Null & Psychonaut

Observations on What Autoguggestion Can Do, Education As It Ought To Be, Thoughts and Precepts & Emile Coué - The Man and His Work

High Magic

The Secret of Mental Magic & The Inner Consciousness (Collection of 2 Books) One Thousand Secrets of Wise and Rich Men Revealed/ The Inner Consciousness

What is (Qatum) Melanin Physics?

Revival: Self Mastery Through Conscious Autogestion (1922)

Newly Discovered Advice for Success in Tough Times from the Renowned Author of Think and Grow Rich

Robin Sharma's book entitled " Leaders without title[LWTI]" tells that each one of us has an inner giant waiting to be awakened. This awakening shall bring out the best that is hidden deep inside us. The wonderful tips given by Robin Sharma may fail to bring the awakening unless supported by exceptional self-determination, self-discipline and self-dedication. This self remains unknown as it is never disclosed. BK-Rajayoga practice gives an insight into this amazing Self called as Atman. Mind is a manifestation of consciousness inherent in this Atman. Mind is a virtual screen on which thoughts form as transient images. Repeated thoughts of same kind for 21 days sows them deep in our psyche as seeds. Under appropriate circumstances the seeds sprout and give us a shield that protect us from adverse event or a person. There is the magical transformation in aberrant Vrutti [ Nature] due to positive inscription. In BK-Rajayoga the process of Neuro-Linguistic Programming [NLP]of psyche depends of appropriate auto-suggestions and visualization which are two very powerful techniques for mind empowerment in Psychotherapy. BK Rajayoga could be called as SACBT Spiritually Augmented Cognitive Behavioural Therapy for health, success and performance enhancement. It calms down the doubting Tom called Scientist's Mind and this inner silence then makes the powerful Spiritualist's Mind to take over the reigns of operation. The decision making then becomes instantaneous and most accurate. Health improves and impossible cures happen because of rejuvenating Neuro-hormones secreted during mindfulness. BK-Rajayoga is the God sent and God prescribed panacea for all the ills affecting the modern man. Proof of pudding lies in tasting it.

HERE IS THE LADDER TO YOUR DREAMS— TAKE THE FIRST STEP! In 1930, the legendary Napoleon Hill gathered his principles of achievement into The Magic Ladder to Success, the first digest of his life-changing ideas. Now, historian and New Thought scholar Mitch Horowitz refines Hill's seventeen techniques to their absolute essentials so that you can experience the success master's full range of ideas within the space of a single lunch hour or commute. This is your golden opportunity to experience the wealth-building program that transforms mediocrity into excellence, and stagnation into wealth. Along with Mitch's insightful new introduction, you will discover:

- How the sexual urge can be transformed into success.
- Why you must possess a singular aim in life.
- The hidden dimensions of the Golden Rule.
- Why enthusiasm—tempered with self-control—is the elixir of achievement.
- How to create and sustain power in your life.

This Condensed Classics edition of The Magic Ladder to Success is a perfect introduction to Hill's work for the newcomer, and an outstanding refresher for the veteran. You will discover something new each time you visit it.

Your success, health, happiness, and wealth depend on how you make up your mind! One side of your mind has positive mental attitude and the other side has negative mental attitude. A positive attitude will naturally attract the good and the beautiful. The negative attitude will rob you of all that makes life worth living. By helping you recognize the important person that you are and making you believe that you can change your world, this book helps you discover and unleash the power of your mental attitude

Atkinson's work is widely considered as one of the best among the New Thought publications. All his lessons are funneling into one big aim: how mind can conquer matter. Learn how to train and improve your mind and to train your new powers. Contents: Foreword. Chapter I. The Mental-Dynamo Chapter II. The Nature Of Mind-Power Chapter III. Mentative Induction Chapter IV. Mental Magic In Animal Life Chapter V. Mental Magic In Human Life Chapter VI. The Mentative Poles Chapter VII. Desire And Will In Fable Chapter VIII. Mind-Power In Action Chapter IX. Personal Magnetism Chapter X. Examples Of Dynamic Mentation Chapter XI. Dynamic Individuality Chapter XII. Mental Atmosphere Chapter XIII. Channels Of Influence Chapter XIV. Instruments Of Expression Chapter XV. Using The Mentative Instruments Chapter XVI. Mental Suggestion Chapter XVII. Four Kinds Of Suggestion Chapter XVIII. How Suggestion Is Used Chapter XIX. Induced Imagination Chapter XX. Induced Imagination In India Chapter XXI. The Ocean Of Mind-Power Chapter XXII. A Glimpse Of The Occult World Chapter XXIII. Self Protection Chapter XXV. Mental Therapeutics Chapter XXVI. Mental Healing Methods Chapter XXVII. Mental Architecture Chapter XXVIII. Making Over Oneself Chapter XXIX. Mind-Building

The Magical Personality

Mind-Power: The Secret Of Mental Magic

Women Writers and the Occult in Literature and Culture

Light on the path to spiritual perfection - Book VII

The Practice of Autoguggestion by the Method of Emile Coué