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Self-hypnosis is a type  
of hypnosis in which  
the trance-like state is  
self-induced. It involves



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and pain. Yet the  
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struggling for  
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hypnosis (as distinct from hetero-hypnosis) is a form, a process, or the result of a self-induced hypnotic state. Frequently, self-hypnosis is used as a vehicle to enhance the efficacy of self-suggestion; and, in such cases, the subject "plays the dual role of suggester and suggestee".

**Self-hypnosis -  
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