



My new book, “Defeat the Enemy Within” is now available. Details can be found on my website. [www.drskillas.com](http://www.drskillas.com)

This book chronicles my problems, which led to the creation of the methodology that helped me and that I use with my clients. It also details the technology of this hypnotherapy healing system and provides some rules for positive living. Published articles regarding hypnotherapy and healings in my practice are also provided.

This book maybe purchased for \$26.00 including shipping and handling in the USA. Just contact:

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