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### About Us

The Site is operated and wholly owned by HypnoSteps.com. Contact information: [contact@hypnosteps.com](mailto:contact@hypnosteps.com)

We specialize in the provision of self-hypnosis resources online and offline to assist people in improving their lives. The technique of self-hypnosis is designed to help people achieve self-improvement and personal development by inducing self-hypnosis and offering positive suggestions which allow the client to increase potential for positive changes in habits of thought, feeling and behavior.

We do not provide therapy or counseling, nor provide medical diagnosis. We do not recommend the discontinuance of medically prescribed treatments. We encourage anyone with a medical condition to consult their medical practitioner.

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The Site is intended to help you to benefit from the positive effects of hypnosis to help you in your quest for optimum health and happiness. While hypnosis is known to have achieved exceptional and consistently successful results, it should not be used as a substitute for your doctor's role in monitoring your health. Nothing offered in the Site is intended to diagnose, cure or prevent any disease or disorder of any kind. If you are in any doubt over a health or emotional issue, you should seek the advice of your doctor or professional advisor or therapist. [You must be 18 years of age or have parental consent before using this website, or any of our affiliates' products or services.]

You must always follow all guidelines listed on the Site. When listening to downloaded hypnosis sessions, you must be in a place where you can safely relax and sleep. Never listen to hypnosis sessions while driving or operating machinery, or doing other tasks.

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#### Return Policy

We are confident that you will achieve positive benefits by using the hypnosis audio recordings that you purchase when following directions for usage. If you are not satisfied for any reason, you may return an Audio CD within 30 days for a full refund (shipping not included). Due to the nature of fraud on the internet, in relation to music and audio downloads, the purchase of MP3 download recordings may not be refunded. If you are unsure of your purchase we recommend you purchase an Audio CD first to take full advantage of the money back return policy.

#### Directions for Usage:

Please listen to your Hypnosis Audio every day for 3 weeks. Listen in a quiet, comfortable setting, where you will not be disturbed, and can give the recording your full attention. Do not use while driving, operating machinery or performing tasks that require your attention.

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Your use of the Site is at your sole risk. The Site is provided on an "as is" and "as available" basis and we do not guarantee that the Site will be suitable for your purposes and requirements. Nothing in this site or our hypnosis downloads have been audited by regulatory or governmental authorities.

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Any failure by us to exercise or enforce any provision of these terms shall not constitute a waiver of such provision.

These terms and the relationship between you and us shall be governed by the laws of the United States and any dispute will be decided by the courts of the United States.