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A Practical Guide to Self-Hypnosis by Melvin Powers used to be one of the most sought after books by those wishing to know more about the topic. I downloaded this book while doing research for a book I am writing with elements of the same topic. While some of my knowledge was validated in this book, it didn ' t offer me anything I didn ' t know.

Practical Guide to Self-hypnosis: Amazon.co.uk: Powers ...

In the specific context of self-management support, this guide covers the following practical elements of the House of Care:

Commissioning and planning that embeds self-management support within services and ensures that people have access to a range of support that complements their medical care (the floor or foundations of the House of Care).

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This guide provides an overview of self-management support and the key components for effective implementation. It explains what self-management support is and why it is important, then looks at various aspects of putting it into practice, including planning and commissioning, building knowledge, skills and confidence, and measurement and evaluation.

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A practical guide to self-management support is published by the Health Foundation, 90 Long Acre, London WC2E 9RA ISBN 978-1-906461-74-4 © 2015 The Health Foundation Written by Anya de longh, Petrea Fagan, Julie Fenner and Lisa Kidd. With

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