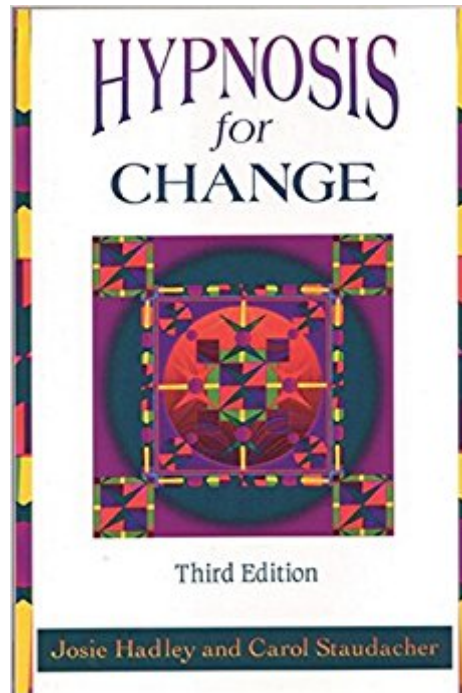




The book was found

Hypnosis For Change



Synopsis

This book is for professionals and general readers looking for ways to harness and focus their natural abilities to relax, ease pain, prepare for and recover from surgery, heal, overcome depression, and change themselves. The book includes inductions for sleep, anxiety and panic, weight loss, nonsmoking, recovering from illness, self-esteem, motivation, enhancing creativity, improving learning, healing the adult survivor of child abuse, natural childbirth, and loss and separation.

Book Information

Paperback: 296 pages

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Average Customer Review: 4.6 out of 5 stars 27 customer reviews

Best Sellers Rank: #737,053 in Books (See Top 100 in Books) #63 in Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy #375 in Books > Self-Help > Hypnosis #21158 in Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

Are you one of the millions of people searching for natural ways to improve yourself and eliminate bad habits? Hypnosis is a highly effective tool for behavior modification-and this practical and inspiring handbook will show you how to begin today to use hypnosis to change your life. Hypnosis For Change provides simple, step-by-step details to help you harness the power of your own mind. You'll learn about the different trance states, the effective use of treatment scripts for either self-hypnosis or the hypnosis of others, and the best use of these techniques to bring you success.

--This text refers to an out of print or unavailable edition of this title.

This is a really good book for those who are new to self hypnosis or those who are looking for better results. I recorded some of the scripts into my voice recorder, then lie on the bed and listen to them. Excellent results. So far I've used the Stress Reduction and Self Esteem scripts (these two are worth the price of the book). I'm always looking for a good hypnosis book to give me new ideas and this

one is great!

Those who are familiar with hypnosis and hypnotherapy know that one of most important steps is to spot the client's problem. This book offers a general overview of hypnosis in the first few chapters. Then, the authors offer a clear and comprehensive overview of various problems (e.g. weight loss, depression, smoking cessation, self-esteem and motivation,...) and dig into the reasons which might have caused these problems, proposing an easy-to-read and understand theoretical framework added with several examples, case studies, and teaching how to structure inductions and suggestions, depending on the problem itself. This is the kind of book one might well treat as a little manual to gain some new insights with ref. to various problems a client would like to solve. I'd recommend it to those who are interested in hypnotherapy and aim for a better understanding of these processes and for a positive change. CiaoFF

A huge help to anyone studying hypnosis. Many scripts to chose from and expert advice.

This book lays down the basics and then goes even further into analysis and practical methods for suggestion and scripting.

I have used this book myself for over thirty years and am able to put myself into my special place and relieve stress. This book was purchased for a young friend who is in great need.

I had this book in the early 2000's...was certified at Southwest School of the Healing Arts. I purchased because all my books was lost in the move from Arizona. Get starter/refresher book!

product as described and expected

Great book for beginning hypnotists. It is somewhat outdated now but everything is there. There have been many changes in the profession since this book was written but it still holds up.

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