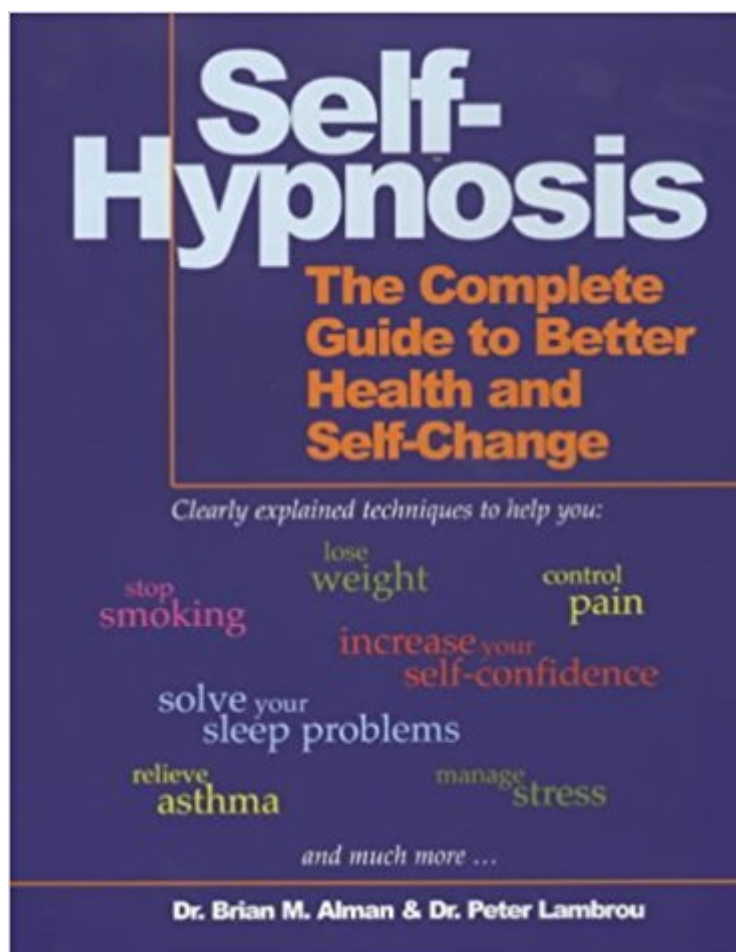


The book was found

Self-Hypnosis: The Complete Guide To Better Health And Self-change



Synopsis

Self-Hypnosis: The Complete Manual for Health and Self-Change, 2nd ed offers a step-by step guide to using hypnosis to better well-being and stronger self-control. For over two decades renowned therapist and author Brian Alman showed thousands of individuals how to use self-inductive techniques for relief from pain, stress, and discomfort. Self-hypnosis assists in meditation and fosters positive self-regard. The exercises in Self-Hypnosis are clear, concise and easily attainable. As an effective therapy in alleviating the pain of childbirth, medical and dental surgery, burns, and accidental injuries, hypnosis is practiced widely. Hypnosis in pain relief is a noninvasive and natural healing process. Self-Hypnosis makes this healing technique available to the lay reader.

Book Information

Paperback: 304 pages

Publisher: Souvenir Press Ltd; 2nd edition edition (May 1, 1993)

Language: English

ISBN-10: 0285631365

ISBN-13: 978-0285631366

Product Dimensions: 9.3 x 0.9 x 7.4 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.0 out of 5 stars 26 customer reviews

Best Sellers Rank: #704,466 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy](#) #357 in [Books > Self-Help > Hypnosis](#) #53089 in [Books > Medical Books](#)

Customer Reviews

The book is fine. I guess I 'm not as crazy about the class as I thought I would be

Easy to read, practical and very easy to follow. It is practical and useful! I have used this book for many years!! It has helped me focus better, and over and over again it has helped me thru anxiety, fear, pain and stress. It taught me to visualizing the things I wanted and see its outcome! It has made me and my son more confident and at ease thru life's ups and downs. A great tool for parents, relationships and life in general!

It gives inductions, fundamentals and also does a nice job of leading the lay person into some very

advanced hypnotic techniques. I'd never done self hypnosis before. After only a couple of chapters I tried a nonsensical test...while in a self induced trance state I managed to make one hand ice cold and the other burning hot. It's a fantastic primer for studying Bandler and Grinders' work in NLP as well; it brings self hypnosis home.

I was seeing a hypnotherapist who is good but expensive, so I looked for books that might help me on my own. I found this book and am very pleased with it. Some of the techniques my therapist used are offered in this book, so I would say it was a good find.

Quick shipping all as expected.

excellent and good coverage of the topic. skilled teacher and practitioner. solid knowledge of hypnosis.

a very informative book

This is an excellent resource on self-hypnosis. The authors have done their homework and it shows. Their experience comes through on every page. You get the sense that they know what they are talking about and can be of help. I highly recommend this as one of the better books available on self-hypnosis.

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