

The Complete Idiot S Guide To Hypnosis 2nd Edition

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from treating cigarette addictions to losing weight from setting career goals to getting a good night s sleep this updated second edition by noted psychologist and hypnotherapist roberta temes shows how to use hypnosis responsibly to improve one s quality of life includes updated step by step instructions for self hypnosis plus clear explanations of what hypnosis is and how it works tips for finding a reputable hypnotherapist tips on solving problems in one s love life career health and more first edition is the bestselling book on hypnosis on the market revised and updated with more thorough step by step instructions for self hypnosis author websites drroberta com and hypnosisbyphone com want to kick a habit or a field goal the secrets in this book will improve your game and your life bob reese peak performance specialist

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medical hypnosis a practitioner s guide to clinical hypnotherapy is a very comprehensive informative and clinically useful book for professionals as well as students each chapter starts with an index of contents so that one can directly go to one s topic of interest it is supported by a large number of references which makes this book evidence based most interesting is the chapter on case vignettes with session wise per verbatim descriptions of interactions with patients i congratulate both the authors for their hard work in bringing out this masterpiece and for their untiring contribution in this field of hypnosis dr prof Nilesh Shah professor head department of psychiatry I t m medical college and sion hospital mumbai

this book sets out in a concise clear and logical sequence various hypnotic techniques for you to practise to help you regain control of the various symptoms of stress and anxiety bringing about a lasting therapeutic change within yourself you do not have to be suffering from these symptoms to benefit from the wisdom contained in this book read and practise the techniques described and experience and observe the progressive change it makes to your life

the handbook of eyewitness psychology presents a survey of research and legal opinions from international experts on the rapidly expanding scientific literature addressing the accuracy and limitations of eyewitnesses as a source of evidence for the

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this unique new resource presents abundant specific ways in which hypnosis can be incorporated into medical specialty practices it explores the history of clinical hypnosis as well as todays cutting edge applications grounded in solid scientific research well respected world class practitioners explain how they apply this non invasive non pharmacological technique to dentistry nursing psychotherapy surgery oncology emergency medicine pediatrics and other specialties organized by specialty area for quick reference to relevant information discusses how hypnosis makes patient management easier relieving claustrophobia during an mri and relaxing the child or emergency room patient shows how hypnosis aids pain management patient compliance to medical regimens reduces nausea in pregnancy and prepares mothers for childbirth considers the special needs of the asthmatic patient and what the hypnotist should avoid saying provides case studies of situations well suited for hypnosis reports on the latest research in mind body studies including psychoimmunology and intentional immunomodulation explains the many benefits of pre surgical hypnosis such as faster recovery times and less post surgical medication

examining the nature of ufo evidence the authors present a primer for scholars skeptics and others uneasy about investigating the field of ufos the volume also brings together three bestselling authors david m jacobs budd hopkins and pulitzer prize winner john mack widely known for their writings on the controversial alien abduction phenomenon

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