

Advanced Ericksonian Hypnotherapy Scripts

Are you a hypnotist looking to create longer lasting results for your clients? You may have already determined that direct, outcome-based suggestion alone cannot create the deepest and most lasting changes. These scripts have been specially written to create and deepen your clients' ego strength and the characteristic of personal resilience, which is recognized by the American Psychological Association to be a fundamental personality trait in healthy and successful individuals.

Training Trances is about how to therapeutically communicate with the unconscious mind. The authors present their own unique integration of Ericksonian techniques, traditional models of hypnotherapy, and recent research in related areas. Numerous new patterns modeled from the work of Milton H. Erickson, M.D. are clearly explained and demonstrated. The use of trance in training design, to unconsciously install the skills being taught to the participants, is also covered. The book developed from transcripts of a four day workshop, and the design of the book parallels the design chosen for the training itself. Individual exercises or those done in groups of two or three are offered so that the reader may practice the techniques and learn the skills. There are numerous "live" demonstrations, inductions, and double inductions which create for the reader a real "feel" of how hypnosis is done and which are also a rich source for linguistic analysis for the advanced reader. Written with insight and humor,

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this book's most unique twist is its use of multi-level communication and hypnotic language to create a "training trance" for the readers as they journey through the text. Some hypnotic references are obvious and explicit -- those which are not obvious will create enjoyable "ah-ha!" experiences for the reader as they are discovered.

The Healing Metaphor examines the power of metaphor in therapy and provides a range of original hypnotherapy scripts covering issues from Adoption, Grief and Anxiety to Cancer, IBS and Migraine.

A collection of brand new general scripts from Lynda Hudson, author of *Scripts and Strategies in Hypnotherapy with Children* ISBN: 9781845901394. This book covers: Also included is the use of Hypnotic Language and suggestions for varying scripts for particular clients. This volume is an outstanding complement to Roger Allen's now classic *Scripts and Strategies in Hypnotherapy* ISBN: 9781904424215 and will be welcomed by beginner and experienced practitioners alike. Lynda Hudson, a former teacher, is a clinical hypnosis practitioner who specialises in working with children. She is a lecturer in clinical hypnosis at the London College of Clinical Hypnosis (LCCH) and provides master classes in using hypnosis with children. Covers: Anxiety; Panic Attacks; Phobias; Sexual problems; Breaking habits; Sporting performance; Managing dyslexia and related; Social stigma; Essential tremor; Tics and twitches; Urinary incontinence; IBS; Pain control; Preparation for and recovery from childbirth; Sleeping difficulties; Speaking in groups, meetings, conferences etc; Enhanced business

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performance; Preparation and recovery from surgery and illness; Coping with mild to moderate depression; Recovering memory (not recovering traumatic memory)

Hypnotherapy Scripts, 2nd Edition is a straightforward, practical guide for doing Ericksonian hypnotherapy. This book not only explains the rationale for every step in the hypnotherapeutic process, it also contains sample scripts for each step. This edition of Hypnotherapy Scripts guides professionals through the construction of their own hypnotherapy induction and suggestion scripts. Verbatim sample transcripts of various induction and therapeutic suggestion procedures with detailed guidelines for creating one's own hypnotherapeutic inductions and metaphors are included. Recent research and writings on the role of unconscious processes, wellness, and positive psychology have been added to this edition. Also included is a detailed review of the diagnostic trance process, a therapeutic procedure unique to this text.

The first edition of 'Advanced Ericksonian Hypnotherapy Scripts' has remained a bestseller since its release in 2011. It remains essential reading on many top hypnotherapy and NLP training courses as well as recommended reading for all those interested in self-hypnosis and creating their own hypnosis audio tracks (these hypnosis scripts can be used to make commercial audio tracks as long as credit is given to the author and the book). This new and expanded 2nd edition of 'Advanced Ericksonian Hypnotherapy Scripts' contains additional hypnotic inductions and additional therapeutic scripts. Many chapters have also been expanded with new

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helpful content to help you be as effective as possible and to help you to understand the scripts, the hypnotic language and techniques being used, and an overview of how to do hypnotherapy. This book of more than 100 Hypnotherapy scripts is based on over 20 years of experience that the author, one of the UK's leading hypnotherapists and hypnotherapy trainers, has had working with a wide range of clients and training other professionals in hypnotherapy, psychotherapy and the healing arts. There are scripts to help people stop smoking, lose weight, lift depression, calm anxiety, sooth pain, increase performance enhancement, tackle insomnia, and many more... This isn't just another hypnosis scripts book, the author hopes that readers will use these scripts as a starting point, rather than just reciting scripts verbatim. This book shares ideas and suggestions on how to run hypnotherapy sessions from gathering information to carrying out the hypnotic work, ending a session and setting tasks. It also introduces Ericksonian hypnotic language patterns and script structure so that the reader can have a deeper understanding of what is being done in the scripts and why they are written the way they are. This all round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis. Hypnotherapists in training can also read and analyse the hypnotherapy scripts and study the language, structure and multi-level communication used to further their skill and knowledge. The ultimate goal is to help hypnotherapists move beyond scripts to regularly performing script-free hypnotherapy sessions that occur in response to the client in front of the therapist. This

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hypnotherapy scripts book can help the hypnotherapist develop ideas from the scripts that can come out spontaneously once mastered. The author, Dan Jones, has had over 50,000 book purchased, over 1.5 million views of his self-hypnosis and self-help videos, and over 500,000 of his self-hypnosis and self-help mp3's downloaded. Jones has been published in magazines worldwide and appeared on UK TV and radio. He has been described in the British press as 'Remarkable', with 'Expert Insight', and 'Personal Development Guru...the UK's Leading Personal Development Coach'. Jones has also carried out extensive research into the effectiveness of using a Humanistic Solution Focused Approach with families to reduce youth crime and anti-social behaviour and has been published in the peer-reviewed journal 'Human Givens'.

This book of more than 100 Hypnotherapy scripts is based on over 20 years of experience. This book is expanded on the first edition to include more hypnotic inductions & 'quit smoking scripts & strategies' and additional description about using the scripts. This isn't just another hypnosis scripts book. It also gives the reader ideas and suggestions on how to run a Hypnotherapy session from gathering information to carrying out the hypnotic work, ending a session and setting tasks. It also introduces Ericksonian Hypnotic language patterns and script structure so that the reader can have a deeper understanding of what is being done in the scripts and why they are written the way they are. This all round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis. "A must for all hypnosis

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and NLP students" Hypnotherapists in training can read and analyse the Hypnotherapy scripts & study the language, structure & multi-level communication used.

Introduces the concept of hypnosis, describes exercises designed to teach basic techniques, and discusses regression and self-regression

Professional techniques and procedures for doing outstanding hypnotherapy using direct suggestion, convincers, covert testing, age regression and more.

This is an exciting new book for professionals who are using hypnotherapy in their work (or would like to). It is highly organized and readable, and outlines and explains some of the most powerful and reliable techniques and procedures available to the modern hypnotherapist. A treasure of over 180 Hypnotherapy Techniques and Procedures that lead to successful hypnotherapy including: how to hypnotize every client, how to show every client that he or she was hypnotized, how to make your hypnotic suggestions more powerful than ever, how to make each session 10 times more powerful than the last one, how to covertly test your clients and use convincers that cannot fail, how to expertly conduct age regression sessions that are successful, how to work with overly-analytical, resistant or nervous clients, and how to amaze your clients and receive referrals from other professionals.

As a Hypnotherapist with over 20 years of experience, Victoria Gallagher is a

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leader and visionary in the hypnosis field and the go-to expert on weight loss. Over 1/3 of Americans are classified as obese. This means hypnotherapists have access to a market of more than 160 million potential clients. If you do not already have a thriving weight-loss business, this book can help you achieve one. Ultimate Weight Loss Hypnotherapy Script Book provides a comprehensive system with well-constructed scripts and specific goals to guide the client to success from start to finish. This book outlines a unique approach to weight loss to the novice or experienced hypnotherapist. This 12-week program includes education and scripts that address: Foundational Beliefs Hunger Visualization Accessing the Cause Drinking Water Exercising Eating Healthy Metabolism Banishing Old Patterns Melting Fat Reshaping the Body Maintenance It's a simple and easy to follow model for using hypnosis to find and resolve core issues responsible for keeping the weight on. This hypnosis program teaches you how to help your clients write their own suggestions they will use which speak to their personal weight loss needs and individual goals. This program is not just about losing weight. It is about creating life-long habits. "Don't let the name fool you. Victoria Gallagher's Ultimate Weight Loss Power Hypnotherapy Script Book is much more than what the title suggests. Victoria has produced a complete weight loss program for any practicing Consulting Hypnotist or Hypnotherapist.

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Even seasoned practitioners will benefit handsomely with this program. Once again, Victoria delivers as a true professional." Tom Nicoli Board Certified Hypnotist "This book is a treasure I wish I had when I started my practice. Victoria takes the complex subject of weight loss and breaks it down into an easy, well thought out, and manageable system that ensures long-lasting results. Everything you need to be successful with your weight loss clients is in this. The result: the guesswork for weight loss hypnosis is gone and a beautiful, compassionate program is delivered!" Stephanie Conkle, Clinical Hypnotherapist Creator of the Profound Somnambulism Protocol "Victoria Gallagher provides a real-world, tested, and powerful resource to the hypnosis field. This book goes beyond scripts and is a comprehensive manual with phenomenal methods to benefit both new and seasoned hypnotists. If you want to WORK SMART in your hypnosis sessions, this book will make you a more effective weight loss hypnotist." Jason Linett Host of the Work Smart Hypnosis Podcast As you proceed through each week's session, you are helping your client to gain a deeper understanding of themselves. Some say it only takes 21 days to create a new habit. Experts now say it actually takes 90 days to create permanent habits. The heart of the program is in creating the right affirmations for your client. This is done right from the start during week one. I share my precise formula to create

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the most effective affirmations. "Victoria's years of research and depth of understanding show in this book. It is a useful collection of scripts that every practitioner in this area should have access to." Michael Watson Certified Hypnotist This book is for individuals who wish to lose weight or for hypnotherapists to use with their clients.

This is NOT just another book of scripts. This set of hypnotic inductions and therapeutic scripts are Calvin Banyan's favorites. He also gives you insider techniques that no hypnotherapy practice should be without. Plus, you will get new original scripts that you will not get anywhere else. AND, you will get the "Must Have" Universal Script that works for almost any issue that your client brings into your office! Look oinside and see what you get. This book is designed for the working professional. In the first half of the book, every technique and script is explained in detail. Each script has embedded instructions that lets you know exactly how to use it properly. Then, in the second half of the book, you get the most important scripts in larger print and double spaced so that you can easily remove it and use it in your sessions. These "working" scripts do not have the added instructions so that you can be sure that you are reading just what needs to be read to each client for each issue. You will find that you use these patter scripts again and again. And, you will love the universal script that will work

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for most client's issues. You have to use it to believe it!

Magic Words and Language Patterns is a powerful, highly useful book, the first in the SCRIPTLESS HYPNOSIS HANDBOOK series. Hypnotists of all levels of experience will be able to expand their skills to new heights to create the most effective sessions and the most profitable practices. "Magic Words teaches you how to work without scripts, spontaneously and effortlessly in hypnosis and in your life." Michael Watson, International Hypnosis and NLP Trainer and Past President Hypnosis Education Association "Any serious hypnotist or therapist MUST read this book if they want to increase their influence and help more people." Dr. William Horton, author of The Secret Psychology of Persuasion "Magic Words is a must read for anyone who wants to really motivate themselves or others." Shelley Stockwell-Nicholas, PhD President- International Hypnosis Federation "This is a wonderful handbook for all Certified Instructors to offer their hypnosis students. Karen expertly anchors skills as she teaches the concepts." Larry Garrett BCH, OB Owner Garrett Hypnosis and Wellness Center "This book is captivating! Erika Flint, CEO Cascade Hypnosis Center Karen Hand, an award-winning Board Certified Hypnotist, Educator and World-Class Communicator, has helped thousands of people take control of their lives and trained countless hypnotists to help others make a change for good. Visit www.karenhand.com.

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This work represents years of work in the field of clinical hypnosis. As a trained Hypnotic Professional, you will notice, the use of deepening techniques, truisms and confusion method techniques within these suggestion scripts to further deepen the hypnotic state while the client (patient) is hypnotized to increase impact and long-term effectiveness. These scripts and techniques are written in the style and language of this profession. All of these original suggestions, techniques and methods contained herein have proven effective and beneficial for the majority of clients (patients) utilizing them, quite often achieving beneficial results in one or just a few sessions. For many Hypnotists utilizing this work are finding clients (patients) achieving breakthroughs quite rapidly.

The first edition of 'Advanced Ericksonian Hypnotherapy Scripts' has remained a bestseller since its release in 2011. This new and expanded 2nd edition contains additional hypnotic inductions and therapeutic scripts. Many chapters have also been expanded with new helpful content to help you be as effective as possible and to help you to understand the scripts, the Ericksonian hypnotic language and techniques being used, and an overview of how to do hypnotherapy, and how to hold hypnotherapy sessions. There are scripts to help people stop smoking, lose weight, lift depression, calm anxiety, soothe pain, increase performance enhancement, tackle insomnia, and much more... This all round package makes

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this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis. Hypnotherapists in training can also read and analyse the scripts and study the language, structure and multi-level communication used to further their skill and knowledge.

This is the definitive training manual in the art of Ericksonian Psychotherapy. Accessible and elucidating, it provides a systematic approach to learning the subject.

Scripts and Strategies in Hypnotherapy Volumes 1 and 2 have been combined to create the single most comprehensive source of scripts and strategies that can be used by hypnotherapists of all levels of experience to build a successful framework for any therapy session. It covers inductions, deepeners and actual scripts for a wide range of problems from nail-biting to insomnia, sports performance to past life recall, pain management to resolving sexual problems. There is a particularly comprehensive section on smoking cessation. All scripts can be used as they stand or adapted for specific situations. "Provides an imaginative source of scripts covering the most commonly met cases. For the newly qualified therapist it is a useful addition and for the more experienced it is a source of inspiration." - European Journal of Clinical Hypnosis

This 3rd book in the Hypnotherapy Revealed series, Hypnotherapy Trance

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Scripts was previously released as 'Advanced Ericksonian Hypnotherapy Scripts'. This new and expanded 3rd edition contains 50% more content than the 2nd edition, with additional hypnotic inductions and updated therapeutic hypnosis scripts including information about the evidence for the use of hypnosis in the treatment of many of the conditions covered in this Hypnotherapy Trance Scripts book. This Hypnotherapy Trance Scripts book has been written to be as helpful as possible, there is information to help you understand the scripts, an introduction to Ericksonian hypnotic language and techniques being used, and an overview of how to do hypnotherapy, and how to hold hypnotherapy sessions. There are 88 hypnotic induction scripts, deepeners and scripts to help people stop smoking, lose weight, lift depression, calm anxiety, sooth pain, increase performance enhancement, tackle insomnia, and much more. . . This all round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis and therapy. Hypnotherapists in training can also read and analyse the scripts and study the language, structure and multi-level communication used to further their skill and knowledge. Look Into My Eyes is an autobiography of one man's life through the lens of Asperger's syndrome - a high-functioning form of autism spectrum disorder. This second edition includes a chapter written by the authors wife about what it is like

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to be in a relationship with an someone with Asperger's Syndrome, she shares both the positive aspects, and the challenges. As a small child Dan Jones knew he was different to other children, they would want to play football and interact with each other, he would want to crawl around searching for snails keeping himself to himself. Dan found his own coping strategies to manage his anxieties, discovering meditation as an eight year old, and hypnosis as a teenager. This book offers a rare insight into what it is like to live with Asperger's. Dan has a unique perspective; not only does he have Asperger's, but a large part of his professional life has been spent working with people with autism spectrum disorder and their carers.

George Gafner's Handbook of Hypnotic Inductions provided clinicians with inductions ready-made for practice. Here, in response to the overwhelming success of that book, he provides more brand-new inductions for the beginning and advanced hypnotherapist.

Designed as a practical desktop reference, this official publication of the American Society of Clinical Hypnosis is the largest collection of hypnotic suggestions and metaphors ever compiled. It provides a look at what experienced clinicians actually say to their patients during hypnotic work. A book to be savored and referred to time and again, this handbook will become a dog-

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eeded resource for the clinician using hypnosis.

Hypnotic Regression Therapy, or HRT, is a type of hypnotherapy in which, following the induction of a good trance state, specialized suggestions are given to guide the client in reviewing and emotionally reframing earlier experiences that have either caused or contributed to the client's current symptoms. HRT is considered one of the most valuable hypnotherapy techniques available today, yet it remains controversial, partly due to inadequate training of psychotherapists and hypnotherapists which has contributed to numerous cases of false memory syndrome.

Crown House is pleased to announce the publication of the third edition of *The Art of Hypnosis: Mastering Basic Techniques* by Roy Hunter. This updated third edition includes a new introduction by Conrad Adams PhD together with a revised Chapter 1. Roy Hunter is an expert in the field of hypnosis. He was specially selected to carry on the work of the 'Grand Master of Hypnotherapy', the late Charles Tebbetts, who was a master teacher and contributor to the art/science of hypnosis and hypnotherapy. This book is based upon the training course of Tebbetts, which has been updated by Roy Hunter. Tebbetts' training has formed the basis of a large number of hypnotherapy courses taught in America and Europe. *The Art of Hypnosis* is well-written and easy to read and

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understand, even for the novice. In-depth and practical information is given on how to achieve maximum results in a hypnotic session by phrasing suggestions properly and by using various techniques to determine which approach is best for each individual client.

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Spiritual Hypnotherapy Scripts provides access to the quantum field of consciousness, the spiritual realm from which all healing flows. Learn how spiritual hypnotherapy and working directly with the client's higher Self can deepen and expand the healing process. Dr. Holmes-Meredith presents her approach to teaching and working with hypnotherapy with ten Taoist precepts taught through the ancient Taoist text the Tao Te Ching. Also included are interviews with six of her hypnotherapy graduates who share how working with a spiritual approach to hypnotherapy not only supports profound transformation in their clients, but also supports their own on-going healing and evolution of consciousness. These hypnotherapy scripts include empowering and open-ended language patterns and transformational approaches for presenting issues related to the body, mind and spirit. Unlike most published hypnosis scripts, these hypnotherapy scripts use therapeutic processes that allow the hypnotherapist and client to personalize the trance experience by following the

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client in an interactive way. The client will engage in a direct relationship with his higher Self as an inner resource and guide throughout the trance experience. The fifty-two hypnotherapy scripts and a script for teaching the Emotional Freedom Technique (EFT) are proven approaches Dr. Holmes-Meredith teaches hypnotherapists at HCH Institute and uses in her private practice.

Hypnotherapy Scripts to Promote Children's Wellbeing is a collection of tried-and-tested scripts that will aid hypnotherapists in developing and implementing treatment plans for promoting the wellbeing of children. The book offers a variety of approaches solely focussed on children (aged 5 to 17 years), including: Ericksonian approaches utilising metaphors and story-telling; solution-focussed approaches; benefits approaches; parts therapy; Gestalt therapy and regression therapy. The scripts are intended to help deal with issues relevant to children such as lack of confidence; low self-esteem or self-worth; negative image; lack of motivation; anxiety (general, social and exam); learning and recalling information; fears; phobias; habits; sleep issues; bullying; abuse; bereavement and loss. Serving as a unique resource of techniques and compiled from the author's years of personal experience, this book is beneficial for students, newly qualified and experienced hypnotherapists alike.

It is the author's contention that creating an environment where the client expects change is the foundation of doing effective very brief therapy. His own private practice is one where he rarely sees clients more than one or two times. Clients know in

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advance that this is the way that he works, and so their expectation is that during this session they are going to get down to the hard stuff. This means working as if each session were the last one. So, this book is about all of the things that are designed to work in a single-session mode.

'Hypnotherapy' is the definitive text if you want to learn all you need to know about hypnotherapy, from how to do hypnosis, how to work therapeutically, how to set up and run your own practice, and how to generate alternative income streams. Hypnotherapy covers: How problems are formed, What trance is, The SET model, How to do hypnosis, What to do before and after you have hypnotised clients, Emotional needs, Innate skills and abilities, Observation skills, The RIGAAR model, Self-hypnosis, Ericksonian hypnosis, Ideo-dynamic healing, Strategies and treatment ideas for many problems hypnotherapists work with, Setting up in practice, and Alternative income streams to make additional income. There are also two annotated session transcripts so that you can see all that you will have learnt being applied and follow along to see how it all works in live sessions (One session is an improving a clients artistic abilities, the other is helping a client that feels they can't say 'no' to people)

Have you ever fumbled for the right words in a difficult or unique situation during hypnotherapy? Wouldn't it be priceless to have a resource that provided you with scripts and patten to solve many problems and unexpected events during hypnosis? Knowing the magic words to use will help you turn any difficulty into an opportunity to

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really help clients, rather than give up in despair and these patter scripts will make you a better hypnotist. This book goes beyond just a few scripts of patter. This book will actually teach you how to structure hypnosis suggestions, compounding them and making them effective. This is not a script book that gives you start to finish "scriptnosis" scripts to read, but rather teaches you the useful patter to incorporate into your own hypnotherapy sessions; actually helping you to create your own scripts and suggestions.

The Oxford Handbook of Hypnosis is the long overdue successor to Fromm and Nash's Contemporary Hypnosis Research (Guilford Press), which has been regarded as the field's authoritative scholarly reference for over 35 years. This new book is a comprehensive summary of where field has been, where it stands today, and its future directions. The volume's lucid and engaging chapters on the scientific background to the field, fully live up to this uncompromising scholarly legacy. In addition, the scope of the book includes 17 clinical chapters which comprehensively describe how hypnosis is best used with patients across a spectrum of disorders and applied settings. Authored by the world's leading practitioners these contributions are sophisticated, inspiring, and richly illustrated with case examples and session transcripts. For postgraduate students, researchers and clinicians, or anyone wanting to understand hypnosis as a form of treatment, this is the starting point. Unequaled in its breadth and quality, The Oxford Handbook of Hypnosis is the definitive reference text in the field.

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Quantum Hypnosis Scripts is a 222 page book of 26 full length, professional Hypnosis scripts, ideal for either professional use or for Self Hypnosis. As the title suggests, this book focuses exclusively on Hypnosis scripts and instructions for their best use. In addition to the 20 individual, push-button Hypnosis scripts, Quantum Hypnosis Scripts provides 2 Master Hypnosis Inductions, which are essential to the use of the provided Hypnosis scripts, if you don't already have a favorite Hypnosis induction. Also included are 2 Hypnosis Series Programs of 3 Hypnosis scripts each, for Weight Loss and Stress Reduction. Since these applications are ideally treated with a series of progressive, sequential sessions which are frequently hard to find, I think that readers will be pleased with these session scripts. Readers of Quantum Hypnosis Scripts also receive a Bonus FREE full-length audio Hypnosis session, valued at \$59, available at the book's website. Detailed information on how to access your free Hypnosis session is available in the last chapter of this book. Incidentally, if you are a user of the Instant Self Hypnosis method or a reader of Eyes Open Self Hypnosis, reading these complete and suggestion-rich scripts will work well for you. For readers of Quantum Self Hypnosis and students or graduates of NEIH, these are new scripts for you, although the now familiar script framework (the beach scene) is used in all the included scripts. There are also a few essential, duplicate Hypnosis applications featured in this book complete with new suggestions and thus different scripts from those offered in Quantum Self Hypnosis. The general approach for all of the included scripts is ego-

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strengthening and nurturing. These scripts are very helpful for professional use as well as for Self-Hypnotists. Also important, there are no scripts in this book that utilize negative programming or aversion therapy. These scripts are all positive, present tense, and affirmative in nature, thus very effective. This book was written as a stand alone text as well as a companion book to Quantum Self Hypnosis, so readers of that book will find many new and interesting scripts to use in this book. We decided at the 11th hour to include one of our well-known Stop Smoking Hypnosis scripts because it seemed wrong not to include a script for one of the most popular Hypnosis applications in this first volume of Quantum Hypnosis Scripts. Since this script is not brand new or unique, it is being included as a Bonus script and not being counted as one of the advertised 24 Hypnosis scripts included in this book. While the script isn't unique, it is very effective, so for readers looking for a good Stop Smoking script, enjoy your bonus script! This book is considered a cornerstone work by many practicing Hypnotherapy professionals. If you are looking for quality, time tested Hypnotherapy scripts, this is the book for you!

An easy-to-follow, reassuring and responsible guide that shows how you can use hypnotherapy to identify and overcome unhealthy modes of thinking, deal with emotional issues, improve performance, and banish bad habits. Whether you're seeking to overcome anxiety or depression, improve your performance professionally or personally, lose weight or beat an addiction, hypnotherapy can help you make the

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changes you want.

Unleash the power of your mind and discover your potential. Do you wish you had the power to become all that you can be? All good-intentioned programming works best when you reach a deeper state of mind. The secret is in accessing those states through easy life-changing techniques. A thin window of consciousness differentiates two states of the mind - self-hypnosis and meditation - and this book will show their similarities, and define each condition and accessibility. If you're curious enough to at least peruse this book, then the ability to learn these techniques is already a part of your consciousness, and will soon to be recognized. Lucky you! Your subconscious is prompting you to investigate. It is saying that you are capable of deeper states of mind. Many have tried to focus to learn either self-hypnosis or meditation and failed. Applied concentration and knowing what to expect once entranced may be what was missing. The instructions in this book are meant for those wishing to learn and use the techniques of self-hypnosis and/or meditation for self-improvement. Easy, yet powerful scripts are provided to produce desired changes. You can change your life today. This is the large print edition of Hypno-Scripts, with a larger font / typeface for easier reading.

This phenomenal work by the 'Dean of American Hypnotists' is the most comprehensive text ever to be published on stage hypnotism. It also has widespread therapeutic applications. "A masterwork on Stage Hypnosis" Gil Boyne, President, American Council of Hypnotist

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Examiners

Hypnosis is a proven technique that allows people to reprogram their subconscious to change unwanted behaviors. Most books on self-hypnosis require the reader to memorize or record scripts, then put the book aside while they do their hypnosis work. But Instant Self-Hypnosis is the only self-hypnosis book that allows you to hypnotize yourself as you read, with your eyes wide open, without putting down the book. The author's fail-proof method allows you to put yourself into a hypnotic state and then use that state to improve your life in myriad ways. And because the hypnotic state is induced while you read, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently, using the instructions provided.

A modern script book, with scripts based on Contextual Psychology, giving you tools for manifesting real change. These scripts are designed to draw on multiple tools such as NLP (Neuro-Linguistic Programming), ACT Therapy, Mindfulness Meditation, Direct Suggestion, Indirect suggestion and integration of hypnotic phenomena with contextual psychology. There are scripts for medical hypnosis applications, scripts for habit and lifestyle issues, and scripts to meet your clients metaphysical needs or needs for self-improvement. There are also scripts for Guided Mindfulness Meditation sessions. This incredible book contains 65 complete hypnosis scripts for professional hypnotherapy.

This book is your guide to mastering hypnotic language, direct and indirect suggestion and creating the structure for success in clinical hypnotherapy. This book contains powerful hypnotic inductions scripts, examples of complete hypnosis sessions (some from transcripts of actual client sessions), and by reading these scripts, you will be inspired to incorporate these

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ideas into your next hypnosis session. Scripts are included for medical conditions like hand tremors, and even resources for creating an abundant future. These scripts are practical, effective, and based on what we know really works.

A handbook for therapists that contains everything needed when using hypnotherapy with children and young people. In addition to providing a collection of highly usable hypnotic scripts for children from six to sixteen, it offers an easy to follow, solution - focused way to structure treatment sessions. In addition, background information, advice, contra - indications and possible pitfalls are provided on common and not so common problems that children may present.

You are holding in your hands the keys to Ericksonian approaches to hypnotherapy, they unlock how to apply the solution oriented strategies of Milton Erickson, M.D. to a modern application of his ideas. This book will teach you how to tap into the treasure trove of resources Milton Erickson left us through his writings, case studies, and books. The book provides scripts, resources, and a clear understanding of what Ericksonian hypnotherapy is all about. You will learn the language patterns that create the foundation for conversational hypnosis, indirect suggestion, and the creation of sensorial experiences. After you read this book and complete the exercises, you will be able to speak Ericksonian fluently. This book is a practical guide and an instructional manual that will lead you into success.

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