

Hypnosis And Suggestion In The Treatment Of Pain A Clinical Guide Norton Professional Books

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.

The Oxford Handbook of Hypnosis is the 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. For postgraduates, researchers, and clinicians, this book is the definitive reference text in the field.

This brief Primer, assembled by top recognized hypnosis authorities, briefly presents the basic concepts of modern medical hypnosis and encourages mental health care practitioners to learn how to use hypnosis as an adjunct to standard medical care. It also lays the groundwork for the teaching and practice of hypnosis as part of the required syllabus for every medical and nursing school as well as graduate programs in clinical and counseling psychology. Medical Hypnosis Primer goes far in advancing the medical and factual aspects of this still greatly misunderstood field, and is of great value to practitioners, teachers, and students. A unique, state-of-the art, interdisciplinary resource on clinical hypnosis in psychology and medicine This is the only up-to-date, comprehensive interdisciplinary resource on clinical hypnosis research and applications in psychology and medicine. Authored by hypnosis experts worldwide, it encompasses state-of-the-art scholarship and techniques for hypnotic treatments along with hypnosis transcripts and case examples for all major psychological disorders and medical conditions. In easily understandable language, this desk reference addresses theories, neurophysiology of hypnosis, hypnotherapy screening, measurement of hypnotizability, professional issues, and ethics. Individual chapters present hypnotic inductions to treat 70 disorders including anxiety, depression, pain, sleep problems, phobias, fibromyalgia, irritable bowel syndrome, menopausal hotflashes, Parkinson's disease, palliative care, tinnitus, addictions, and a multitude other common complaints. The guide also examines the history and foundations of hypnosis, myths and misconceptions, patient screening, dealing with resistance, and precautions to the use of hypnosis. It examines a variety of hypnotherapy systems ranging from hypnotic relaxation therapy to hypnoanalysis. With each application the text includes relevant research, specific induction techniques, and an illustrative case example. Additionally the resource covers professional issues, certification, hypnosis in the hospital, and placebo effects. Key Features: Presents state-of-the art hypnosis research and applications for a wide range of psychological and medical disorders Encompasses information on 70 disorders with relevant research, intervention techniques, and case examples Authored by an international cadre of experts Provides an interdisciplinary perspective of both the mental health and medical communities Addresses certification, ethics, and other professional issues

Suggestion is one of the most powerful motivating agents in existence. Battles have been won and kingdoms lost, social reform has been accomplished and political structures dramatically altered by this simple yet persuasive technique. Suggestion is the language of hypnosis, and in this book you will discover the secrets of hypnotic languaging. Master the science and art of suggestion and learn to speak with the precision that will benefit every situation.

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.

This is the most important volume on hypnosis and pain since the 1970s. It is a must-have for practitioners and researchers.---Arreed Barabasz, PhD, ABPP, Professor and Editor, International Journal of Clinical and Experimental Hypnosis; author of Hypnotherapeutic Techniques, Second Edition; and Editor of Medical Hypnosis Primer: Clinical and Research Evidence The strain in pain lies mainly in the brain. Patterson shows us how to take advantage of that fact in clear and evidence-based language. If you want to add hypnotic analgesia to your set of psychotherapeutic skills painlessly, read this book. Your patients will thank you.---David Spiegel, MD, Willson Professor and Associate Chair, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine; coauthor of Trance and Treatment: Clinical Uses of Hypnosis Today, hypnosis and hypnotic phenomena are in the mainstream of clinical, cognitive, and social psychology, and practitioners can benefit from a wealth of research to guide their interventions. In this second edition of a landmark book, Lynn, Rhue, and Kirsch have undertaken a significant revision to their classic text, first published over 15 years ago. Through session transcripts, illustrative case examples, and step-by-step procedures, this highly readable volume explores the benefits of incorporating hypnotic methods into treatment plans for such common disorders and conditions as anxiety, depression, posttraumatic stress disorder, pain and medical conditions, smoking, and eating disorders. This book lays out an empirically documented program for treating patients

experiencing acute and chronic pain, two of the most common symptoms in modern society. Going beyond traditional biomedical remedies, Gatchel offers a comprehensive viewpoint that takes into consideration not only biological but also psychological and social variables. *Clinical Hypnosis for Pain Control* is a compelling argument for the use of hypnotic analgesia as a viable alternative to psychopharmacological interventions for controlling acute, chronic, and postoperative pain, as well as pain from nonsurgical procedures. Yet clinical hypnosis is not an "alternative" medicine, Patterson argues; rather, it is an innovative way of using a patient's subconscious resources to distract, dislocate, or reduce pain in a variety of clinical settings---from the ER to the hospital's rehabilitation wing. As the staff psychologist at a burn center, Patterson draws on his experiences---and many hypnotic inductions---in helping patients deal both with severe pain and with other types of acute and chronic pain, such as headaches, fibromyalgia, cancer, and neuropathy. Written for a general clinical audience---but particularly for pain specialists---this volume also provides a masterful survey of the different types of pain as well as a variety of easy-to-follow induction examples (with instructive commentary) for the major types of pain syndromes. The book is also an excellent resource for students and researchers who want to explore hypnotic analgesia's scientific basis and its growing acceptance as an evidence-based practice. In the penultimate chapter, Patterson outlines a groundbreaking approach of combining brief counseling techniques and Ericksonian hypnosis for long-term pain management.

This text presents a new approach to the use of hypnotic suggestion. For years, hypnotherapists have used scripts which are aimed at a particular problem, like smoking or weight loss, rather than aiming at the client who smokes or has weight issues. Trevor Silvester suggests that it is not the problem that is the problem; it's the client's unique relationship with the problem that's the problem. The book aims to free you from the constraints of scripts and enable you to use your creative skill to weave subtle spells that empower your clients by changing their model of reality. It presents the science behind suggestion, and the means of using that science to create magical ways of influencing others.

Clinical hypnosis can be a powerful tool to help patients access positive states, reduce stress levels and embrace change. It can also enhance patient evaluation, diagnostic skills, and general communication, and provide stress management, goal setting and relaxation techniques for health professionals themselves. This book gives an overview of clinical hypnosis and its applications in medical settings, including self-hypnosis and inducing hypnosis in others. It explores the framework of a session, creating a unique therapeutic protocol using specific language patterns. It also examines the current and historical context of clinical hypnosis and its application, and provides a glossary of terms and useful contacts and websites. Accompanying audio material is also accessible online. *Clinical Hypnosis Textbook* can be used as an introduction for all health professionals, or to enhance session construction for experienced medical hypnosis practitioners.

When a patient's suffering is not adequately managed by the best medical interventions available, the clinician may feel at a loss. This book offers guidance from the field's most respected experts on the psychological assessment and treatment of pain, particularly with hypnosis. It covers both syndromes of special interest (cancer pain, recurrent pain syndromes, headache, burn patients, etc.) and special populations (children and the elderly).

Getting that promotion at work or losing those last five pounds can be a struggle, but goals like these can be accomplished - with self-hypnosis! Whatever obstacles you want to overcome or goals you aim to achieve, this book can help you do it. With this informative resource, you will learn to: break bad habits like nail biting; ease severe pain, such as from migraines or labor during childbirth; ensure confidence and success in business and personal matters; quit smoking for good; lose weight and keep it off; improve memory retention; and reduce stress - in relationships, at home, and at work; and more! Written by a board-certified hypnotherapist, this authoritative guide can help you create your own self-hypnosis scripts to create the life you always wanted. From tearing down mental roadblocks to making permanent changes, readers will be on their way to success in no time!

Exclusive Must-Have Insider Secrets for the Next Generation of Successful Hypnotic Breakthroughs. Welcome to the next generation of clinical hypnosis. This represents years of my work in the field of clinical hypnosis. As a trained Hypnotic Professional, you will quickly come to understand my utilization of a wide variety of hypnotic techniques, as well as a redefinition of ideas and insights, the use of truisms and confusion method techniques within these Insights and Suggestions to further enhance beneficial effects within the hypnotic state while the client (patient) is hypnotized to increase impact and long-term effectiveness. These suggestion techniques are written in the style and language of this profession, including run-on sentences, which is the way most true Hypnosis professionals deliver suggestions for greatest impact. Meet Master Clinical, Street and Stage Hypnotist John Cerbone "The Trance-Master ." With decades of World Class Experience, John Cerbone is a Board Certified Hypnotist, Fellow, Diplomate, holding dozens of Hypnosis Certifications and the Inventor and Developer of Speed-Trance Hypnosis."

This book contains the proceedings of the First International Symposium on Suggestion and Suggestibility, held at the University of Giessen in the Federal Republic of Germany, July 7-11 1987, upon the initiative of and organized by Dr. V. A. Gheorghiu and Dr. P. Netter. I regret that for personal reasons I was unable to accept his kind invitation to attend, for Dr. Gheorghiu and I are old friends. I am pleased, however, to have this opportunity to call attention to the significance of this volume. Most of the chapters were presented in approximately their present form at the symposium, though some have been extensively revised for publication. It was a wise choice to divide the papers into four major sections. - I. Theoretical and Historical Perspectives, II. Assessment and Individual Differences of Suggestibility, III. Psychophysiological Aspects of Suggestibility, and IV. Social and Cognitive Aspects of Suggestive Processes - each with a summarizing commentary. In view of the variety and difficulty of the individual papers, it is a help to have the integration provided by these commentaries - on Part I by Sheehan (Chap. 7), on Part II by Lundy (Chap. 13), on Part III by Edmonston (Chap. 19), and on Part IV by Fiedler (Chap. 30).

Hypnotism is one of the most remarkable phenomena known to man. It is as old as the human mind, as aged as the beginning of the world. To whatever quarter we direct our research, whether to dusty old manuscripts or to ancient hieroglyphics, we find indelible traces of the influence of hypnotism. There is nothing mysterious about the phenomenon of hypnotism. However, people have long looked upon hypnosis as being surrounded by a veil of mystery. The word itself seems to carry a connotation of mysticism. It must be clearly recognized that there is nothing abnormal about it. Its principles are evident in everyday life without attracting any particular degree of attention. Suggestibility is a normal characteristic of the mind. In *Hypnotism Revealed* Melvin Powers explains the history and facts surrounding the subject of hypnotism as well as giving instructions on how to hypnotise subjects, refractory subjects and yourself.

Handbook of Hypnotic Suggestions and Metaphors W. W. Norton & Company

1901 Contents: Intro; Definition; Methods of Different Operations; Phenomena Observations; Phenomena Observed During Hypnosis; Who Are Susceptible; Treatment During Hypnosis; Post Hypnotism; Some Objections to Hypnotism; Dangers & Safeguards of.

Although hypnosis has been used for centuries to improve mental health and well-being, not until recently has it been applied in modern medicine. Some efforts to integrate hypnosis into Western medical practice in the late nineteenth century were met with stiff resistance by the majority of medical doctors due to lack of scientific foundation, thus hampering its widespread use. The biopsychosocial approach brought about by recent progress in brain research, however, has revived the interest in hypnotherapy. In this book, we shed light on the scientific basis of hypnosis and elaborate its use in modern medical practice.

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-eared resource for the clinician using hypnosis.

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 changes you want.

The faults of hypnosis as practiced by an earlier generation lay not only in certain dangers and limitations inherent in the procedure, but in the generally inadequate knowledge of psychodynamics which prevailed at the time. The revival of hypnotism in recent years has shown promise only when combined with a sound orientation in psychopathology. Lecron presents an excellent exposition of the technique and phenomena of hypnosis. He reports on modern methods of evoking past memories, suggesting dreams and employing other devices which have become familiar in hypnotherapy.

Hypnotism is widely accepted today at its proper level - as a legitimate field of scientific inquiry and a useful tool of psychotherapy. Its potential has been recognized by the British Medical Society and the American Medical Association; and courses on the subject are appearing in medical schools and in training programs for psychiatrists. Previously, hypnosis had a chequered career over a period of centuries, going through cycle after cycle of general approval and then total eclipse. Can we be sure that hypnosis will retain the general interest it possesses today? The fate of this book indicates how fragile the reputation of hypnosis is; written nearly a century ago, and translated into English nearly eighty years ago, it has always been acknowledged as a great classic; yet it has been out of print nearly seventy-five years. It was not outmoded. It was not suppressed. It has simply been neglected. Its author was fully respected in medical circles; Bernheim conducted his research at one of those moments in medical history when the fact of hypnotic phenomena was accepted by the medical profession. Bernheim saw that the results he produced involved more than the ability to produce the hypnotic trance; he saw his relation to the patient as a "special relationship." In spontaneous sleep, the sleeper is in relation to himself alone, although he proceeds to hallucinate - to dream. In the "induced sleep" of hypnotism, however, the subject retains the memory of the person who has influenced him to "sleep," and this is the source of the hypnotist's unique power over him. This rapport between hypnotist and patient is the key; Bernheim describes cases in which this rapport does not occur - and therefore there is no therapeutic effect.

If you suffer from chronic pain, whether as a result of an injury, illness, or accident, you know it can interfere with every aspect of your life. You may also know the medical treatments currently available are limited and, for many, ineffective. Current research has shown hypnosis to be an effective treatment for managing chronic pain, and almost all patients who learn self-hypnosis skills benefit from this approach. The hypnosis treatment found in this workbook has been scientifically tested and proven effective for reducing the intensity of chronic pain, including migraines, back pain, and tension headaches, among others. This workbook explains how to use these techniques to manage your chronic pain and take back control of your life and your health. Used in combination with the program described in the corresponding therapist guide, this workbook teaches you self-hypnosis skills for lessening your pain, enhancing your sleep, and improving your mood. The first chapters will help you understand how hypnosis works by changing how your brain deals with information it receives from the body. The complete hypnosis treatment described in this book, alongside the treatment you receive from your clinician, will ultimately teach you skills for pain management that you can use at any time, and for the rest of your life. "An excellent blueprint to understanding pain and the fundamentals of how hypnosis combined with CBT can offer pain amelioration. Perfect, even for uninitiated practitioners who wish to use empirically based scripts."--Jeffrey Zeig, Ph.D., The Milton Erickson Foundation "Pain can too easily enslave people, holding them captive in many different ways. It is a liberating theme of empowerment that echoes throughout Dr. Jensen's work: he empowers clinicians to work more knowledgeably and skillfully with people who suffer painful conditions using his therapist guide, and he encourages the suffering individual to break free from pain's grip with the practical pain management skills taught in his workbook. Dr. Jensen's vision for the many ways hypnosis can help reduce the debilitating effects of painful conditions is fresh, inspiring and should be regularly integrated into every pain management program."--Michael D. Yapko, Ph.D., Clinical Psychologist and author of *Trancework: An Introduction to the Practice of Clinical Hypnosis (Third Edition)* and *Treating Depression with Hypnosis*

Teaches professionals how to formulate indirect suggestion and incorporate it naturally into therapeutic conversation.

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.

"This material has taught me more about hypnosis than my previous 20 years in psychology and 4 years as a practicing Hypnotherapist [and] should be a standard requirement for ANY Hypnotist wanting to bring about real change. If you don't learn this stuff you will be left behind!" - Michael Skirving, DNLP, DHyp, LAPHY Hypnosis: is it actually real? What causes its strange effects? And can everyone easily learn to do it? Since the seminal work of hypnosis pioneer James Braid in the 1840s, the dominant model for understanding hypnosis has been that it is simply a special state (popularly referred to as 'hypnotic trance') that renders people unusually responsive to suggestion. By this model, the practice of hypnosis is simply that of the induction of hypnotic trance, followed by the delivery of suggestions for the desired results. By summer 2008, James Tripp had been working professionally with hypnosis for 6 years. Whilst he had used what he had learned to great effect with his clients (from manual therapy to coaching and changework), it had become increasingly clear that something was amiss with the traditional trance model - instead of his clients responding to suggestion as a result of entering 'trance', they were apparently entering 'trance' as a result of being given suggestions. The cart seemed very much before the horse. This led Tripp to embark on a mission to break down and rebuild hypnosis and suggestion work; to uncover how it really worked and also to see if it could be done more effectively and efficiently. To find a suitable laboratory for his research he stepped out of his hypnotherapy office and onto the streets of London. Across the next year he developed consistent methods for the effective evocation of classic hypnotic phenomena without using trance inductions; simply structuring suggestions and making requests that worked with people's everyday cognitive faculties to create mind-bending results. In 2009 Tripp started demonstrating his work and sharing his ideas via the Hypnosis Without Trance blog. The content was divisive to say the least - while some traditionalists were upset or angered by the assertions, many others were liberated and empowered by the material. "Hypnosis Without Trance has blown my mind and completely changed my thoughts on how hypnosis works with my clients - it's clicked together a lot of gaps that my traditional learning couldn't explain..." - Michelle Marsh, (Hypnotherapist) "I think this is the most clear and understanding approach I have ever seen or read. Thanks a lot!" - Raul de la Horra (Hypnotist, Psychotherapist and Magician) This book represents the culmination of that period of experimentation and rebuilding, presenting a new central model for hypnosis (The Hypnotic Loop). Further to this it extensively unpacks the tools, tactics and psychological subtleties required for the effective facilitation of powerful hypnotic experiences. Hypnosis Without Trance is for you if you are looking to understand how hypnosis really works, and how you might better facilitate it. Whether you are a student of hypnosis, established practitioner or curious spectator, its clear exposition will significantly deepen your understanding and grasp of this fascinating craft. "Definitely the next important big step for me - a practicing hypnotherapist for over 20 years. Absolutely brilliant! Thank you!!" - Richard Whitehurst (Hypnotherapist) "I gained more understanding of how hypnosis really works from HWT than anywhere else, and think it's a must for anyone serious about hypnosis." - Lazarus Stone (Professional Mentalist) "Using this approach I have gained more confidence and I am far more relaxed as a hypnotist than any time in the past 20 years." - Gary Plumridge (Hypnotherapist) How mindfulness and hypnosis in a clinical context work to help foster change. In recent years mindfulness has become integrated into many clinicians' private practices, and become a staple of hospital and university based treatment programs for stress reduction, pain, anxiety management, and a host of other difficulties. Clinicians are now routinely encouraging their clients to focus, be aware, open, and accepting, and thereby derive benefit from the mindfulness experience. How has mindfulness, a treatment tool that might easily have been dismissed as esoteric only a few short years ago, become so widely accepted and applied? One obvious answer: Because it works. The empirical foundation documenting the therapeutic merits of mindfulness is already substantial and is still growing. This is not a book about documenting the therapeutic merits of mindfulness, however. Rather, this book is the first of its kind to address how and most importantly why guided mindfulness meditations can enhance treatment. The focus in this book is on the structure of guided mindfulness meditations and, especially, the role of suggestion in these processes. Specifically, one of the primary questions addressed in this book is this: When a psychotherapist conducts guided mindfulness meditations (GMMs) for some clinical purpose, how does mindfulness work? In posing this question other questions arise that are every bit as compelling: Do GMMs contain structural elements that can be identified and amplified and thereby employed more efficiently? How do we determine who is most likely to benefit from such methods? Can GMMs be improved by adapting them to the needs of specific individuals rather than employing scripted "one size fits all" approaches? Discussing the role of suggestion in experience and offering the author's concrete suggestions for integrating this work into psychotherapy, this book is a practical guide to hypnosis, focusing, and mindfulness for the clinician.

This is a comprehensive guide to the basics of Mindful Hypnotherapy (MH), a new modality that delivers a mindfulness-based intervention within a hypnotic context. The book encompasses everything a clinician needs to know to fully understand and apply the approach in clinical practice. The result of a collaboration between a leader in the field of hypnosis and a mindfulness meditation expert, the book elucidates step-by-step clinical strategies and provides verbatim transcripts that professionals can put to use immediately. The resource first introduces the foundations of mindful hypnotherapy, supported by research evidence. Using a session-by-session approach, it describes how to structure sessions, evaluate a patient's hypnotic ability, deal with resistance, and create individualized clinical applications. Key Features: Embodies an innovation collaboration between a leader in hypnosis and a mindfulness expert Delivers verbatim transcripts of mindful hypnotherapy for immediate use Provides guidance on structuring sessions, setting goals, assessing hypnotic ability, dealing with resistance, and creating individualized treatment Guides the clinician in addressing specific psychological issues such as stress, anxiety, and well-being A Mindful Self-Hypnosis Daily Practice Log enables therapists to track progress Abundant case examples illuminate the process of mindful hypnotherapy and present real-life treatment interventions for a range of problems Includes guidelines for formulation of hypnotic suggestions and therapeutic metaphors related to mindfulness Provides an overview of training and personal growth as a mindful hypnotherapist

As a rule I no longer give "hypnotic suggestions" to my clients. The result is that hypnosis works every time ... for every client I have. This second edition of Mind Control Hypnosis invites anyone interested in hypnosis to consider how, as a hypnotist, making a few seemingly small changes can give you unbelievable results. Here are few gems that you'll learn from reading Mind Control Hypnosis: * You'll learn how to increase your effectiveness as a hypnotist by never giving a "hypnotic suggestion". * What YOU believe as a hypnotist has a direct result on your effectiveness. You'll learn some central beliefs held by the best hypnotists alive. * You'll learn how to create hallucinations in people ... in and out of hypnosis. * You'll learn how to program your clients mind to say "Yes" automatically to ALL your instructions. This make hypnosis easy for you and effective for them! * You'll learn why direct hypnosis (as opposed to permissive or Ericksonian hypnosis) is the most direct and fastest way to get results. * You'll learn why most hypnotist don't tell the truth when they claim "You can't be hypnotized to do something against your will"! The truth is OF COURSE YOU CAN ... it's just not always a good idea. Most hypnotists will tell you "You can't be made to do something in hypnosis that is against your Will." Most of them actually believe it. But a few of the most experienced hypnotists simply say it to put people at ease. They know that, in the right hands, very few people can resist a skilled hypnotist. Skilled hypnotists know what it takes to resist suggestions and it's not what most people would think. There are two reasons hypnotists continue to hold so tightly to this information about the human Will? Reason #1 - Because they don't want others to have the power they have. In spite of what they may want you to believe hypnotists are human beings. They have egos and ambitions just like everyone else. lot of hypnotists discover something that works really well and they'll want to keep it to themselves. I'm no different. I sat on this for over a year before I decide to put it to print. Reason #2 - Because it frightens away clients who believe they have some sort of Will Power. The belief that we have control over our lives is one of our central needs that help us feel secure. But the fact is most people have very little real Will Power. For most people real Will Power is a myth, a story, even a fantasy. Facing this truth, for most people, is a humbling experience. The secret of the human Will is that it's much

easier to overcome than anyone has ever thought. The good news is that these secrets can help hypnotists and their clients to improve. Hypnotists become more effective and more compassionate and their clients discover exactly what they can do to the get most from any hypnosis session. The book Mind Control Hypnosis describes how skilled hypnotists bypass the human Will and get people to do things that seem out-of-the-ordinary. Thankfully, most of these hypnotists are good and decent people who use this knowledge to help people improve their lives.

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