

Instant Hypnosis And Rapid Inductions Book

If you want to motivate your employees to be more productive, convince your customers to use more of your products and services, encourage a loved one to engage in healthier habits, or inspire any change in yourself, renowned psychologist Dr. Michael Pantalon can show you how to achieve Instant Influence in six simple steps. Drawing on three decades of research, Dr. Pantalon's easy-to-learn method can create changes both great and small in 7 minutes or less. This scientifically tested method succeeds in every area of work and life by helping people tap into their deeply personal reasons for wanting to change and finding a spark of "yes" within an answer that sounds like "no."

The Deep Trance Training Manual Volume I is the book for everyone exploring deep trance phenomena. Building upon the reader's existing practical ability and basic knowledge, this systematic training approach holds the keys to inducing deep trance states quickly and easily. This work presents practical exercises designed to improve technique and core theoretical principles from all the major hypnotic perspectives, supporting the development of elegant, individual style and language, and mastery of powerful approaches for dealing with others. Chapters include: - Principles in formulating suggestions - The language of deep trance (the Milton Model made easy) - Rapport and personal power - Calibration - Deepening techniques - Rapid inductions (including three different handshake inductions) - Trance termination - Language patterns (including a vital section on creating a natural flow of language).

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.

An A- Z guide on performing hypnosis and delivering wow factor. Inductions, performing and how to monetize your skills so you can have a long and lucrative career or just be the life of the party.

This book is written in terms that are comprehensible to the layman. The step-by-step instructions should afford the reader a means of acquiring self-hypnosis. The necessary material is here. The reader need only follow the instructions as they are given. It is the author's hope that you will, through the selective use of self-hypnosis, arrive at a more rewarding, well-adjusted, and fuller life.

In this book, Dan reveals his secret strategies of subconscious persuasion and influence and teaches the reader how to recognize and change their own behaviors. After reading this book, you'll have a solid foundation of how to get more of what you want in your personal and

professional life!

The Elman Induction is rightly regarded as a timeless classic. This unique book takes the induction and brings it right up to date, by sharing the process as Elman taught it, as well as possible alternative understandings of what is taking place. "Excellent, thoughtful study of the Dave Elman Induction. Graham Old dissects the technique and offers very useful insight on all aspects of what is probably the most useful hypnotic induction ever developed... I recommend this work for Elman aficionados as well as those not familiar with Elman who are wondering what all the fuss is about with this famous induction." -- Sean Michael Andrews - Atlantic Hypnosis Institute and Leading Authority on the Elman Induction "The most useful and in depth treatment of an often misunderstood induction." -- Melissa Tiers, author of Integrative Hypnosis: A Comprehensive Course in Change

This is the second edition in very simple English so that all can read and understand easily This book covers all the basics of hypnosis based on a scientific foundation. Then it guides the novice aspirant hypnotist step by step until he or she becomes a proficient hobbyist hypnotist. The content is organized in such a way that makes the reader find the information easy to follow. The outline of the books is listed here. - What can HYPNOSIS do? - Mind - Mind Model - Conscious Mind - Subconscious Mind - Unconscious Mind - Critical Factor - What is HYPNOSIS? - Old school hypnosis - Basics of Hypnosis - Hypnotic suggestions - Pre-hypnotic suggestions - Post-hypnotic suggestions - Brief History of Hypnosis - Faith healing & Placebo effect - Psychosomatic diseases - Hypnotizing Step by Step - Pre-talk - Induction - Elman Induction Script - Special characteristics of an induction - Emerging - Emergency technique - If the surrounding has background noise - Hypnotic amnesia - Depth of Hypnosis - Deepening techniques - Deepening with breathing - Counting down - Imagery - Fractionation - Feedback - Abreaction - Hypnotherapy - Direct Suggestion - Hypno-analysis - Self-hypnosis - Group hypnosis - Types of induction - Standard inductions - Rapid inductions - Instant inductions - How to write script - Sample script - Hobbyist script - Regression - How to regress - Self-hypnosis - Anchoring self-hypnosis - A few more inductions - Hand drop induction - Progressive relaxation induction - Play a game induction The book is concise, but detailed enough for anybody to become a hypnotist. Technical terms/jargons and theories are explained in very simple terms. Within a couple of days, with this handbook and practicing you can become a skilled hypnotist. Guaranteed! Every tool and every piece of advice is given in the book. Knowing how to hypnotise is a valuable and enjoyable skill you can have. If you are a young person, it would be like a magnet to attract the opposite sex indeed. You can make a living out of it. It is always full of excitement and entertainment. Hypnosis can be used to keep your and others' well-being. You definitely find lots of uses of hypnosis. The book covers everything for you to start hypnotising indeed within a week as a hobbyist. With the experience and practice, you can easily start practising clinical hypnosis to help people. This book is a guidebook - your personal guidebook to keep with you all the time. It clears myths, hype, doubts, and fears in your mind regarding hypnosis. It is mostly void of unnecessary personal views and personal show-off of the author, and therefore it is essentially a book full of factual substance. You start to appreciate hypnosis as a life skill after reading this. It creates confidence in you and entices you to become a hobbyist hypnotist. To become a magician takes your dedication and time, but to become a hypnotist it will not take more than 7 days with this book. The primary objective of the book is to make you knowledgeable on hypnosis and to make you a good hobbyist hypnotist. However, after studying this book, you find that you can use the knowledge to practice clinical hypnosis (to treat people). It is very tempting and irresistible. However, I kindly ask you to get more practice first even if you have got the necessary skills.

This is a step-by-step guide that teaches how to use rapid and instant inductions to hypnotize anyone. These inductions can be used for every hypnotist and situation including street hypnosis, stage hypnosis and clinical hypnotherapy.

This DVD demonstrates rapid and instantaneous inductions that creative, insightful clinicians can easily adapt for use in their clinical settings. Hypnosis has been considered time intensive, but it doesn't have to be. These actual demonstrations by Dr. Filo includes some that are verbal, some that are non-verbal, and some that are physical inductions. Careful observation will reveal that each induction contains the basics of all professional hypnotic interactions--rapport, focusing, deepening, re-alerting and debriefing and since these inductions are ultimately for clinical use, appropriate generic suggestions are also demonstrated. In addition, a real world application is demonstrated with a patient who is dental-phobic showing the replacement of a filling without any local anesthetic. Also included is a 16 page Learning Guide explaining each of the demonstrations.

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 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)

This 401 page book is crammed full of information and advice for the new or experienced hypnotist. The book is a wonderful read if you have any interest in Hypnosis or simply want to know how it is done. It is a new fresh and exciting title that unwraps the mystery surrounding what hypnotist's do on stage. Richard Barker goes into depth teaching and advising on how to perform stage shows as well as how to give better presentations and promote and market shows. He covers social media and back of room sales as well as inductions and street hypnosis. This book is very detailed and goes far beyond other books in print about stage hypnosis. The book will appeal to those wanting to learn hypnosis or who are already a hypnotist wanting to brush up on their skills as well as a curious audience member. This book will quickly earn it's place as the only guide to stage hypnotism and will become an instant classic

Anybody can learn to become a hypnotherapist, even if you have little or no experience. This book will teach you how to hypnotise anybody, how to deepen the state of hypnosis. What to do when you have your subject hypnotised - i.e. how to help them resolve their problems (whether, quitting smoking, losing weight, curing a phobia, fixing insomnia, gaining confidence... the list goes on) and how to wake them up at the end of the session. Whether you are recently trained, new to hypnotherapy or have no idea at all about hypnotherapy and would like to learn about it, the Beginner's Guide to Hypnotherapy is the perfect tool for you to get a grasp of the basics principles of hypnotherapy, methods used in real hypnotherapy sessions and the reasons why we do these things. A lot of "Hypnotherapists" read from scripts and have no idea why they are saying what they are saying... A GOOD Hypnotherapist does not do this. To become a GOOD Hypnotherapist takes an equal measure of skill, knowledge, positive intention and a great

deal of practice. One size does not fit all with Hypnotherapy, and as a GOOD Hypnotherapist, it is up to you to provide a "tailor-made" solution for your future-clients. The Hypnotherapy methods and techniques set out in this Book will give you a solid foundation upon which to build your own Hypnotherapy scripts and sessions.

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 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.

Barboza's *Book of Hypnotic Inductions* is filled with creative inductions easy enough for a novice hypnotist to master and clever enough for seasoned hypnotists to ponder at. The inductions presented within the pages are understandable and translatable enough to easily put into action. John thought that the style of the vintage book cover illustration taken directly from the classic comic book ads from the 50's to the 80's would be fitting enough to complement the imaginative instant and rapid inductions he has assembled. The inductions vary enough so that some can be used in the office setting and others during presentations, street and stage performances and demonstrations. This book is for anyone who is interested in learning about hypnosis and others who have a basic grasp of the concept of hypnotic inductions. It is for the hypnotist who has an interest in learning new induction techniques and it's for the seasoned hypnotists who aren't comfortable doing instant and rapid inductions but would like to become more proficient in using them.

Hypnotism is a SKILL not a gift. YOU can learn to be a confident, super-fast hypnotist by reading this book. If you want to learn instant hypnosis, i.e. methods to hypnotise family, friends and strangers that can take as little as 1-second to accomplish (seriously, it can be THAT quick!) then act now and snatch up this how-to manual (complete with pictures to help you along the way). When you go to see a Hypnotherapist, they often use slow, progressive hypnosis methods - this is not what the book is about. THIS book is about INSTANT, RAPID, FAST, BLINK-OF-AN-EYE SPEED HYPNOSIS...The cool stuff. Guiding you from basic safety precautions all the way through to advanced speed-hypnosis inductions, Rory Z gives you all you need to know to begin practicing hypnosis either for fun with your mates, as a roving street hypnotist or as a professional stage-hypnotist. This book is also a very useful tool for the aspiring Hypnotherapist, looking to learn a plethora of new, quick inductions to allow your clients to achieve amazing depth of trance in a fraction of the time. All of the methods within are tried, tested and verified - i.e. they all work! This book cuts away all of the linguistic mumbo-jumbo, dispels all the myths and gets down to cold hard facts, straight away. If you want to be confused and bogged down with unnecessary information - this book is NOT for you. If you want to quickly learn how to hypnotise with skill and confidence - this is the book that you need to add to your collection today.

Hypnosis with the Hard to Hypnotise addresses a common challenge that most hypnotists and hypnotherapists have encountered: how do you hypnotise analytical subjects and resistant clients? Graham Old questions some of the more frequent advice given on the subject, with grace and clarity. The idea of resistance is questioned and re-imagined as an interactional event, rather than a trait of particular clients. In much the same way, analytical subjects are considered to be a myth and polarity responders are reframed. To top it all, the book takes a fresh look at the subject of confusion, detailing what it is, who it is useful for, how to use it - and why it may be best to avoid it. The notion of kinaesthetic confusion and the importance of phenomena are reiterated as essential when working with so-called analyticals. Numerous inductions and strategies are recommended, to ensure that hypnotists of all experience levels are confident and excited about working with those clients they might have previously feared were too hard to hypnotise. This is the first time that the Modified Wicks Induction has been seen in print.

Professionals who are well-trained in hypnotherapeutic procedures are able to utilize a variety of suggestions-suggestions for age regression, cessation of smoking, weight control, relaxation, reduction of pain, etc. In fact, the art of "hypnosis" can be conceptualized as the art of administering suggestions in an effective and useful way. In the teaching of hypnosuggestive methods, the need has long been apparent for a manual that could provide examples of suggestions that would be serviceable in applied settings. Now we are fortunate to have this text by Don E. Gibbons, which offers many different kinds of suggestions that can serve as models for both the novice and the experienced practitioner. Students who are training in this area can use the text to learn how to formulate their own suggestions in professional settings. Experienced hypnotherapists will also find the text helpful in expanding their repertoire. In addition to presenting useful models of suggestions, Dr. Gibbons's text also meets the need for a clearly written manual that explains hypnosis in accordance with the results of modern research. During the past 25 years, more research has been conducted on hypnosis than in all the preceding years since Mesmer. These investigations have led to a view of hypnosis which differs markedly from the traditional view of the passive subject who is hypnotized by and is subservient to the dominant hypnotist.

"Grace has a gift of helping others harness their own power to achieve what they really want. If you've been hitting a wall in your life, it's time to turn to Grace for a breakthrough."--Jessica Ortner, New York Times bestselling author of The Tapping Solution for Weight Loss & Body Confidence Forget what you think you know about hypnosis and learn why it is the hottest "new" technique for personal development. More and more studies are showing that hypnosis can help ease everyday stress and anxiety, as well as promote powerful healing, from our worst habits to our deepest fears. Now, Grace Smith shares her groundbreaking self-hypnosis techniques that she uses to great success with her clients to help them practice "meditation with a goal." You'll learn how the deeply relaxed state of hypnosis will allow you to access old patterns of behavior in order to transform them once and for all. You'll discover: What hypnosis is--and what it's not The real power of your subconscious mind Simple practices to help easy anxiety, boost self-confidence, quit procrastinating, overcome emotional eating, and more This book reveals what people have wanted to know about the human condition from the very beginning of time: What are feelings for? Within its pages, you will discover the secret language of feelings. That language is a voice within us. Sometimes it is as soft as a whisper; sometimes it is as loud as a roar. It is an important voice, which, when fully understood, gives you a kind of guidance that no other voice can. The information in The Secret Language of Feelings was revealed during thousands of hours of working with hypnotherapy clients at the Banyan Hypnosis Center for Training & Services. It came from clients who spoke to us both in the normal waking state and in the state of hypnosis. You do not need to undergo hypnotherapy in order to benefit from this book; however, it would make a perfect companion book for

anyone involved in any therapy process or working on self-improvement. The Secret Language of Feelings gives you a rational and reliable approach to understanding and responding to your feelings and emotions. It shows you how to create a more satisfying life right now! You will learn how to overcome anger, guilt, frustration, sadness, loneliness and even "everyday" depression. You will better understand yourself, your family and the people you interact with on a daily basis. In short, The Secret Language of Feelings offers the key to emotional rescue and beyond to happiness and success in life.

Most people have habits they want to break, behaviors they want to change, or stresses they long to eliminate. Dr. Miller reveals how hypnosis can also be practiced by individuals as an easy, inexpensive way of improving their lives and healing common health problems such as weight loss, smoking cessation, substance abuse, sleep, sex, nervous disorders, fatigue, and other habits.

The Original and Still the Greatest Book of Hypnotic Seduction Poetry. These seduction poems give you the ability to hypnotize women and give them post-hypnotic suggestions to adore and want you - simply by reading them some mildly erotic poems. The NLP for PUA Foreword explains the hypnosis and neuro-linguistic programming (NLP) language patterns used to capture and lead a woman's imagination (and body) into bed. Here are some of the many positive comments I have received from men and women: "Women accept them because of their unobtrusive and romantic nature, without realizing the deep hidden commands that are taking place ..." (Richard G. Butler PhD DD) "Thanks phil they really do work astonishing well. esp when the 7 hypnosis secrets are applied" (Anon) "OMG!!!! This is amazing! Even this sample worked like magic!" (Bob) "wow... These rocked my life! Thanks!" (Anon) "My wife loves the poems and when I put her into a trance and read them to her I get Great results." (Bill) "I read your poem to one woman who I haven't touched in years....She is literally begging me now since getting back in touch with me (bumped into each other at work and was still horny for me anyway,) but now even more so, she is practically dripping thru the phone as I read poems to her....(she thinks I write them). She said she let her female friend listen and her friend said it made her panties wet (to stop it!!)." (Anon) "I'll be your spokes person!! Or that guy on the freeway with a sign saying "Phil is the MAN!" " Perrin "The only comment I have for you Phil is....when is the next book going to be available?....my girl told me to give you her opinion...so here it is... Gotta tell ya though, I read Sublimity to several females to see if it phased them (scientific study of course) and WOW!!! the response was very positive... (Anon) "I am a woman, and I used them with a man. I am very pleased with the results. I read several of them to him as I lay with my head in his lap.. reading softly and slowly, and gazing into his eyes when ever I could without losing my place. Watching his face go from 'but I wanted to watch TV', to interest and then tenderness was awesome! Thanks Phil for you poems, you newsletters, and you book!" (Jen)

The Instant Hypnosis and Rapid Inductions Guidebook Independently Published

There is no simpler way to make significant changes in your life than by learning self-hypnosis. Almost every leading book on personal development, from Napoleon Hill's book Think and Grow Rich, to Tony Robbins book Awaken the Giant Within stress the value of self-hypnosis. This book reveals the most effective methods behind that advice and tells you exactly how you can maximize your success easily by mastering self-hypnosis and autosuggestion in one of seven different ways. Self-hypnosis is a mystery to most, yet it is so easy that a child can do it! Thousands of academic studies evidence the power of hypnosis to treat medical conditions, change behaviors, and take emotional control in any area of life. It can even make you wealthy. In a way, this book will literally pay for itself with your success. Self-hypnosis can help you overcome obstacles, be more creative, and step into a new chapter of life. Are you ready to make lasting change? Do you want these changes to feel significant and meaningful? This book shows you the proof and then teaches you the methods that are backed by the

research using a step-by-step guide that is easy to follow, ensuring you make the steps you need to make changes, at your pace and with confidence. Written by a Leading Expert with 30 Years' Experience Dr. Richard K. Nongard is an ICBCH Certified Professional Hypnotist, a Licensed Marriage and Family Therapist and an expert in helping people create lasting success. He has been a TEDx speaker, he is a popular author with over 20 books to his credit, and his self-hypnosis videos have been seen by more than four million people. Dr. Richard K. Nongard is the expert other professionals come to study with and learn advanced methods of professional hypnosis. In this book, he reveals the strategies that actually work and how you can do them at home. Everything is explained step-by-step. When you are finished with this book, you will have a new resource that you can tap into for the rest of your life. "We become what we think. Within this book, Dr. Nongard removes the mystery of self-hypnosis while highlighting the magic of how anyone can use these practical tools to enhance their lives. If you're ready to discover the power of hypnosis, read it now! I've read a bunch of books on self-hypnosis, and this one is superior." Kelley T. Woods, Author of Virtual Reality Hypnosis "FINALLY! Easy to learn techniques REAL people can use to get the results that they have been promised from a seemingly endless amount of self-help materials in existence today. If YOU want the SECRET Ingredient on how to actually APPLY the knowledge from that basket of "how-to" books on your shelf, then DO THIS NOW." Rich Guzzi, The Goombah Guru "Nongard's book empowers people with self-hypnosis. Discover in these pages, how you can master life-changing techniques to reach your goals." Karen Hand, Professional Hypnotist, Chicago "Just the P.O.W.E.R. Method of Self-Hypnosis revealed in this book is worth the price of the book. The other six techniques are equally as outstanding. Do not hesitate, read this book today if you are ready to exceed your goals!" Jason Linett, Author of Work Smart Business. "This is the definitive guide that will take you step-by-step into self-hypnosis and make it work for you." John Cerbone, Author of Power Hypnosis: The Future of Hypnotic Sessions

"This is an essential primer of Ericksonian hypnotherapy and strategic psychotherapy. [...] O'Hanlon provides threads that crystallize practical patterns useful to clinicians at all levels of expertise." — Jeffrey K. Zeig, Ph.D., Director, The Milton H. Erickson Foundation 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.

Instant hypnosis the expose. Knowing that there are people out there who can hypnotise other people in a heartbeat even complete strangers off the street is fascinating, or at least it should be. This expose lets you into the secret of how it works and even how to do it. Other books will tell you most of what you want to know. This book exposes all! That's right how YOU could do it. Hypnosis is not a voodoo, magic, dark art practiced by devil worshipers. It is not a gift it is simply a skill that can be learned by anyone. In the book is: How stage hypnotists get people into a trance in seconds just by shaking their hand. How to make someone fall over and be in hypnosis before they reach the carpet. How hypnotists can steal your wallet. Understand how to get paid out on a losing ticket at a bookies. Send someone into a deep sleep just by clicking your fingers. What to say. How to get your timing just right. All these hypnosis routines are exposed in enough detail that even a

complete amateur could use them in no time at all. If like most people who are interested in speed hypnosis you have read several books. Then adding this one to that collection is a must! If, like most people who have a genuine interest in instant hypnosis inductions, you have probably had your fill of all the usual unnecessary page filing extras then you need this book. Because this book Does NOT include: Pages and pages of the history of hypnosis. Chapter after chapter of NLP techniques. All the whys and wherefores of trance. Long introductions. Pre talks. Tons of progressive relaxation scripts. Therapy scripts. In fact this book assumes you have a brain. If you want to know how to use instant hypnosis then you are probably well versed in all the other facts about hypnosis the subconscious, critical factor and all the rest. You don't need it repeated here. Here we discuss instant and rapid hypnosis ONLY! Why make a book a two day read with unrelated mumbo jumbo, when it can be a two hour read about instant and rapid inductions and how to use them. This is the philosophy behind the book. If you want to read about franz mezzmer this is not the book for you. Have fun reading this and don't forget to leave feedback in the review section. Then and only then use the information contained and get hypnotizing. More books by Dario: Speed hypnosis for Therapy. Waking self hypnosis. Join the dots. Stories that heal. Body language exposed."

Everything you always wanted to know about PRACTICAL HYPNOSIS but didn't know who to ask. About this book: If you only buy one book on hypnosis, you need to ... make it this one... 'Just make the purchase'! You won't need another. It is a complete, step by step, guide on how to master the art of instant, hypnotic inductions (in as little as one second), rapid inductions, conversational hypnosis and stage hypnosis, in one book. In this, the author has created an informative, inspirational and enjoyable read for those who wish to learn hypnosis. Within its pages you will find everything you need to know (and more) to begin practising hypnosis for fun or profit. Its coverage of conversational hypnosis provides the necessary theory to make every conversation you have with others hypnotic in its effect, sending subliminal messages that take the form of silent command that must be obeyed. This book is also an invaluable tool for the hypnotherapist wishing to up-grade their skills by learning instant or rapid inductions to get their clients in a state of deep trance in a fraction of the time taken by more progressive inductions, thereby increasing income or leaving more time for therapy in each session. This book describes tried and tested hypnotic methods that work, explaining the theory so you quickly learn how to hypnotise safely, with confidence and professionalism. Descriptions of hypnotic techniques are clear and easy to understand. It completely lifts the lid on the mystery of hypnosis, kept secret by a privileged few for centuries. It is a must have, no nonsense book for the serious and intelligent reader, forming a valuable reference for both student and professional alike. It does what it says on the cover, nothing is left out. Its concise and informative style explains even the most difficult concepts easily, packing the amount of information normally found in four or five books into one clear text without the padding, saving hundreds of pounds otherwise spent purchasing light-weight resources. The book's direct approach gets you quickly to the core of the subject matter, which is laid out in chapter form, allowing the reader to dip into areas of interest without having to repeatedly read the whole. As a resource, it is as brilliant and useful as it is detailed and informative, making it essential reading for the would-be hypnotist as well as teachers, sales-men and other professionals. If you decide to buy this book you will need no other. 'Just make the purchase'!

Dr. William Wesley Cook's Practical Lessons in Hypnotism was originally published in 1901, but this scholarly study is as relevant as it ever was. In spite of the skeptics, hypnotism has long been a psychological science that has earned the respect of many in the medical profession (notably, Sigmund Freud) and hypnotherapy is widely used in many treatment programs. Here, Cook approaches the subject in a constructive way, covering the history and philosophy of the science, as well as practical techniques and considerations. Most compelling are the studies of hypnotism's many applications, such as in self-healing, anesthesia, behavioral therapy, and even persuasion in the field of business.

Cook's work also includes intellectual discussions on tangential-and fascinating-subjects such as telepathy, clairvoyance, and magnetic healing. Comprehensive and erudite, it promises satisfaction for the curious as well as the studious.

Hypnotism is a SKILL not a gift. YOU can learn to be a confident stage or street hypnotist by reading this book. If you want to learn comedy hypnosis, i.e. methods to hypnotise family, friends and strangers for fun (and yes, it is a lot of fun!) then act now and snatch up this 'how-to' manual that's full of information and over 100] scripts to walk you through it!This book is not about 'hypnotherapy' and helping people with hypnosis. THIS book is about GETTING PEOPLE DOING FUNNY STUFF WITH HYPNOSIS... Guiding you from basic safety precautions all the way through to hypnotising people and delivering your own advanced comedy hypnosis routines, Rory Z gives you all you need to know to begin practicing hypnosis straight away, either for fun with your mates, as a roving street hypnotist or as a professional stage-hypnotist.This book is also a very useful tool for the aspiring Hypnotherapist, because learning how to deliver effective suggestions is one of the key elements covered in the book. This is an integral tool of the hypnotherapist (and one that's not always taught well on courses). All of the methods within the book are tried, tested and verified - i.e. they all work! This book cuts away all of the linguistic mumbo-jumbo, dispels all the myths and gets down to cold hard facts, straight away. If you want to be confused and bogged down with unnecessary information - this book is NOT for you. If you want to easily learn how to hypnotise with skill and confidence - this is the book that you need to add to your collection today!

'Keys to the Mind' will teach you exactly what you need to know to become a hypnotist. Learn how to hypnotize anyone successfully, and do it safely and correctly. Hypnosis is a proven tool for helping people overcome life's challenges and take control of self-defeating patterns of behavior. Whether you are brand new to hypnotherapy or are a more seasoned professional, the learnings inside will improve your successful outcomes. Learn how to: Conceptualize hypnosis and understand the keys to the hypnotic process; Explain hypnosis to clients and use convincer suggestibility tests; Perform complete hypnotic inductions - correctly; Deepen hypnotic trance for greater impact; Structure therapeutic suggestions to effectively achieve client goals; Use hypnosis to help a person stop unwanted behaviors; Awaken someone from a hypnotic trance; Use the basic language patterns of Milton Erickson and NLP (Neuro-Linguistic Programming); Handle difficult clients and intense emotions during hypnotherapy.

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.

Lose weight, stop smoking, make surplus money, become more attractive—More Instant Self Hypnosis will help you change and improve your life faster and easier than ever!From the author of the bestselling Instant Self-Hypnosis comes this long-awaited sequel.More Instant Self-Hypnosis is even more user-friendly and life-changing than the original. This easy-to-use method allows you to put yourself into a state of hypnosis and use it to improve your life—as you read.And there's nothing to memorize. You don't need to record scripts and play them back. Just read to succeed.With this method, you remain aware and in control at all times, and you can bring yourself back to everyday awareness gently and easily when you're done.Whether you want to boost your confidence for that upcoming job interview, relieve that nagging back

pain or take a few strokes off your golf score, More Instant Self-Hypnosis contains over 48 fresh scripts covering a wide variety of physical, mental, emotional and even spiritual topics like: Become More Attractive, Curvy Slim Body, Easy Weight Release, Eliminate Warts, Feel Sexy, Feminine Pleasure, Firmer Lasting Erections, Go to the Gym, Good Posture, Healthy Choices, Increase Metabolism, Love Low Carb Eating, Relieve Chronic Back Pain, Reduce Hot Flashes, Reduce Stress and Blood Glucose Levels, Lean and Powerful Body, Achieve Your Potential, Confident Salesperson, Astral Travel Tonight, Attract a Mate, Attract Surplus Money, Become a Leader, Better Golf Score, Brighten Your Aura, Deeper Voice, Emotion Control, Find Misplaced Objects, Forgiveness, Get Out of Bed in the Morning, Honoring Your Feminine Self, Job Interview Confidence, Joyful Living, Lighten Up, Attract Luck, More Faith in the Divine, Neat Freak, Okay to Be Gay, Overcome Alcohol, Overcome Depression, Overcome Fear of Failure, Reduce Smoking Easily, Remember Past Lives, Learn to Smile, Stay in the Now, Stop Complaining and Gossiping, Stop People Pleasing, Stop Smoking, Stop Worrying. Also included is the Master Induction 2.0—an amazing self hypnosis induction script that hypnotizes you as you read it. And it works quicker and better than the original version. There's also a Bonus Section revealing easy ways to go even deeper into hypnosis to make the scripts work better. One is a bonus script to help you enter the hypnotic state even faster. Another bonus script helps you to very easily hypnotize others (if you wish)—so now you can help your friends and family improve their lives too! The bottom line: If it's practical, easy and effective help you're after, you could choose no better self improvement eBook than... More Instant Self-Hypnosis. Get it right now so you can take action to improve your life with ease and success. Another hugely informative hypnosis book from Steve Leap. Anyone can learn to hypnotise others and anyone can be hypnotised. If you are familiar with other books Steve has written then by now you will not only be able to hypnotize people, but also you will have a good understanding of how and why the hypnotic phenomena occurs. Now he takes you on a journey into the impressive world of instant and rapid hypnosis. Using the techniques in this book will enable you to hypnotize people in seconds. Also learn how to use your introductions and suggestibility tests to turn anyone into the perfect subject for hypnosis in seconds. Includes full colour illustrations to aid in the set up and execution of the inductions. In this book find out how to do all this: * Creating the right setting both physically and mentally. * Using your introduction to turn anyone into a good candidate for hypnosis * Using fun suggestibility exercises to prime your potential subjects * Turn your introduction and tests into actual inductions * Carry out an induction in less than two seconds!! * Use intense rapid deepener's. And have people deeply hypnotized in just a few minutes * Learn the super deepener to ensure success every time In keeping with the subject matter this is a fast paced and to the point read. Very detailed yet concise and compact. It only takes a couple of hours to read and as soon as you do you will be more than adequately equipped to use the information out there in the real world! If you want to hypnotise anyone in seconds even total strangers this book is definitely a must read.

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

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