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Better Than Done introduces Intentional Goal
Setting(tm), a new system for setting powerful goals and
feeling successful along the way. Combining principles of
positive psychology, mindfulness and NLP, this fresh
approach coaches you to: Identify your heart's desire at
the core of any goal Set an effective time frame and stop
running out of steam Make progress in multiple areas of
life while preventing overwhelm Pay attention to your
early success signals to guarantee momentum Celebrate
without sabotaging yourself and your ultimate goal It's
time to update your goal setting technology. Discover a
better approach. You deserve to be Better than Done.
Reiki: A Legitimate Healing Modality was the dissertation
which earned Dr. Likey his Doctor of Divinity. (D.D.)
Detailed research outlining the true origins of Reiki, the
energy and the system, along with
comparisons/differences between energy-systems are
included within the pages of this academic treatise.
Dr. Michael Newton is world-famous for his spiritual
regression techniques that take hypnotic subjects back
to their time in the spirit world. His two best-selling books
of client case studies, Journey of Souls and Destiny of
Souls, have left thousands of readers eager to discover
their own afterlife adventures, their soul companions and

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guides, and their purpose in this lifetime. Now, for the first time in print, Dr. Newton reveals his step-by-step methods. His experiential approach to the spiritual realms sheds light on the age-old questions of who we are, where we came from, and why we are here. This groundbreaking guidebook, designed for both hypnosis professionals and the general public, completes the afterlife trilogy by Dr. Newton.

"Oxford Guide to Metaphors in CBT, Building Cognitive Bridges is a remarkable, memorable, and continually fascinating book, one that will be on my repeated reference list for years to come." Robert Leahy, Clinical Professor of Psychology in Psychiatry at Well-Comell University Medical College --

Integrating cognitive behavior therapy (CBT) with hypnosis may increase benefits to clients suffering from a broad range of mental and physical health problems. This practitioner's guide, written by some of the most influential clinical psychologists, educators, and hypnotists, brings together these two methods of treatment and provides a theoretical framework for this integration. By thoroughly reviewing the evidence-based research for the addition of hypnosis to cognitive behavioral treatments and illustrating a variety of clinical applications, the contributors show how the integration can mean productive treatment of clients who might otherwise not have progressed as quickly or successfully. A useful final chapter addresses the process of becoming a practitioner of both CBT and hypnosis.

This book is written in terms that are comprehensible to

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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. This is a comprehensive evidence-based clinical manual for practitioners of cognitive-behavioural hypnotherapy. Cognitive-behavioural hypnotherapy is increasingly becoming the dominant approach to clinical hypnosis. At a theoretical level, it adopts a research-based cognitive-behavioural model of hypnosis. At a practical level, it closely integrates traditional hypnotherapy and cognitive-behavioural therapy techniques. This is the first major treatment manual to describe a fully integrated cognitive-behavioural approach to hypnotherapy, based on current evidence and best practice in the fields of hypnotism and CBT. It is the product of years of work by the author, a cognitive-behavioural therapist and specialist in clinical hypnosis, with over fifteen years' experience in the therapy field. This book should be essential reading for anyone interested in modern evidence-based approaches to clinical hypnosis. It's also an important resource for cognitive-behavioural therapists interested in the psychology of suggestion and the use of mental imagery techniques.

Trading is a minefield of psychological and emotional challenges. Hypnotherapy and neuro-linguistic programming (NLP) techniques are commonly used by psychotherapists to help traders defeat these challenges and become more profitable. Now, for the

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first time, these approaches are made available to all in HypnoTrading - a brand new step-by-step practical guide on how to use the latest psychotherapeutic approaches in the trading environment. HypnoTrading teaches a number of self-help solutions to make your mindset more positive, control your emotions and enhance your ability to deal with the common psychological issues traders face. You will discover the power of hypnosis and how to use self-hypnosis with NLP and Havening, a cutting-edge psycho-sensory technique, to identify and master the issues that inhibit your trading performance. With these methods, you will make better trading decisions, perform in a more calm and consistent manner, and improve your trading results. A wide range of practical techniques and activities are provided throughout. These have been designed specifically to combat the psychological challenges faced by traders. Once you are accustomed to using these techniques, you will have your own toolkit that you can use as often as required to help you change your mindset and improve your psychological approach to trading. You will be amazed at the impact a positive mindset, freedom from stress, anxiety and fear, and an ability to move on from losing trades will have on your trading results. HypnoTrading is your guide to making these changes.

No matter who you are or aren't, true contentment

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and prosperity is within your reach! Dr. Michael Likey, in his latest book, teaches us practical, time-proven skills and tools to help us to change our attitude, which is the key to transforming our life. Once thought pure entertainment akin to magic acts, hypnosis is now a growing field being practiced by psychologists, psychiatrists, and medical doctors. Across all ages—from children to adults and the elderly—patients are finding professional, therapeutic hypnosis can help them recover from mental maladies ranging from addiction to depression and psychosis, and from physical illnesses from chronic pain to obesity and skin disorders. Studies show hypnosis can even speed healing from broken bones, burns, and surgery. These unprecedented volumes, including some of the best-known experts in the field hailing from Harvard, Stanford and other top universities, cover the newest research and practice in this intriguing arena. Edited by a psychologist at Harvard Medical School, this set explains developments in hypnosis, from its colorful if misguided inception with Anton Mesmer, across clinical techniques developed for health care in the 20th century, to emerging research showing new potential applications to aide mental and physical health. Chapters also highlight what psychologists, neurologists, physicians, and scientists have discovered about how personality, cognition, and brain functions affect, and are affected by, hypnosis.

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An appendix explains how to tell the difference between an entertainer or charlatan and a practitioner who is trained, credentialed, and practicing research-backed hypnosis. Universities with hypnotherapy programs and courses are also included.

Receive knowledge and wisdom that will lighten your load and encourage you to connect to your own inner wisdom. Following in the footsteps of Dr. Michael Newton's bestselling books *Journey of Souls* and *Destiny of Souls*, this book shares awe-inspiring stories of healing and wisdom experienced by real people just like you. Within these pages, you'll discover what it's like to make an astral journey to the realm of spirit, where guides and higher beings of love and light await to provide instruction and warm encouragement. No matter what kinds of issues you're struggling with in your life, you will be able to relate to the powerful wisdom that is shared in these case studies. Compiled by members of the Newton Institute for Life Between Lives Hypnotherapy, these fascinating case studies provide profound spiritual insights and lessons that will help you work through and release past traumas that may be influencing your current life. The stories focus specifically on some of the most common challenges faced by people in the modern world, including: Facing a Health Crisis Anxiety and Depression Healing from Loss Navigating Romantic

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Relationships Moving from Self Sabotage to Strength Growing Through Family Conflict Nurturing Relationships Balancing Career and Finances Transforming from a Brush with Death Aging and Dying

The No.1 Best-Selling Self-Hypnosis Program - 4th Edition (2021)The Complete Book and Audio Hypnosis Program Lots of of books have been written about self-hypnosis, so what makes this one special? Well, maybe you're trying self-hypnosis for the first time, or perhaps you've tried before and failed. Whatever your situation, you're looking for results, otherwise you'll waste your time, and come away disappointed and disillusioned. You need more than just a book. You need a system. More than 100,000 Recordings Downloaded... In How to Master Self-Hypnosis in a Weekend, professional hypnotist Rick Smith demonstrates a remarkable step-by-step system which anyone can use to succeed.

Everything you need - included downloadable audio recordings - is provided. Follow this system and you'll quickly master the key self-hypnosis techniques, enabling you to drop easily and quickly into a comfortable trance, anywhere, anytime. A No-Nonsense System to Learn, Practice and Use Self-Hypnosis... In this complete program, you'll learn; - How to master simple self-hypnosis techniques so that you can descend into a comfortable trance, anywhere, anytime. - How to use your new self-

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hypnosis skills for relaxation and recreation. - How to use self-hypnosis to control stress, and to centre yourself. - How to attack bad habits, such as smoking, drinking, over-eating; in fact, anything that you feel the need to change. - How to empower yourself for motivation, focus, and commitment. Completely Eliminate the Most Common Mistakes... You'll also discover how to avoid the common mistakes that many people make; - They don't practice enough, so they fail to master the key techniques. - They don't get the set-up right, so they're easily distracted. - They hold on to their inhibitions, and never release their restrictive self-control. - They analyse and over-think, rather than letting nature do its best work. By eliminating these issues at the start, nothing stands in the way of your success. Using this book - and the free audio recordings that come with it - you'll learn the same techniques I train and use with my personal clients, for a fraction of the cost and time. My voice will guide you through the process; you'll go at your own speed, and if you follow the system, you'll find success. Who knows where it might lead you? Thousands of readers are already using the Master Self-Hypnosis method to improve their lives, and you can too. With regular use, you'll acquire a powerful secret weapon that will serve you in every aspect of your life. And the more you do it, the better you'll become. So why don't you Master Self-Hypnosis this

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weekend? It's easy, it's free, and it's really fun to do! Click on 'Look Inside' to Find Out Much More!

The first book dedicated to the carers' perspective, *Are You OK in There?* offers down-to-earth suggestions for families who are supporting someone with a mental health issue. It covers how to react in stressful situations, how to seek further help and how to get the best out of mental health services from day-to-day. Starting with when the family first suspect that something is not right, before any professional involvement, it considers how an untrained person might recognise a mental health issue and the steps necessary to get help. There is a brief introduction to depression, anxiety, schizophrenia, bipolar and personality disorders and their probable treatments. This guide also offers suggestions as to how carers might respond when faced with certain challenges such as; self-harming, refusing to go to the doctor or taking medication, suicidal ideas and actions, withdrawing behind a closed door, aggressive outbursts and seeming stuck and not 'getting better'. *Are You OK in There?* brings vital information into one place and is presented in an easy and accessible style. It's the ultimate guide for family mental health carers, written by someone who has worked with these families for fifteen years.

'Hypnotherapy' is the definitive text if you want to learn all you need to know about hypnotherapy, from

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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)

This book is aimed at helping both newly trained and experienced mental health professionals become comfortable and adept in using hypnosis in their clinical practice. Despite dramatic evidence of the effectiveness of hypnosis and its growing acceptance, only a small percentage of psychotherapists employ their hypnotherapy training in their practices. This under-use of hypnosis is due to exaggerated misconceptions about its power and the resultant performance anxiety therapists

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experience after their training. This text is designed to address therapist performance anxiety surrounding the use of hypnosis by exploring the myths surrounding its power and therapeutic potential. The integration of a straightforward systematic hypnotic approach into therapeutic practice has value both in assessment and treatment. Using clinical anecdotes and personal experience, the authors of *Hypnosis in Clinical Practice* explain induction style and trance work in a way that is fundamental and highly accessible. Ideal self help book for anxiety, panic disorders and fear of public speaking. It contains step by step step instructions. How to make self hypnosis recordings A full chapter on Public Speaking. This book is for you if you want to: * Relief from anxiety* To prevent panic attacks* To speak or present in public* To learn how to reduce symptoms of anxiety* To learn about overcoming phobias and different kinds of anxiety disorders. Get it now and start to overcome anxiety.

Gastric mind Band therapy provides the answer to understanding and overturning your weight loss woes. No guilt, rules, or rigid calorie counting, and nothing banned. Just re-establishing a normal relationship with something you've got to face every day. Now you can read about the GmB phenomenon for yourself. Experience some of the many benefits without leaving home. The Shirrans are a breath of fresh air... they ask: 'why shouldn't you be hungry? What's wrong with hunger?' If your weight problem - and the global obesity

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epidemic - are to be overcome, hunger should be understood and embraced, not feared. This book will give you the relationship with food you always dreamed of. Learn: * how to use the GmB mental Pause Button to freeze time and save you from yourself* about the dieting 'conspiracy' that's been keeping you feeling helpless and stuck* how to have the level of motivation and control around food that you've been longing for* how to harness the power of the subconscious mind.

Many health care professionals and complementary therapists use hypnotherapy as part of their package of care. Integrative Hypnotherapy provides fully evidence-based instruction on how to integrate the theory and practice of hypnotherapy into a range of clinical settings. It presents a combined approach of using hypnotherapy alongside other therapies, and is authored by a multidisciplinary team (nurses, psychologists, hypnotherapists and CAM therapists) who use hypnotherapy in their practice and is edited by well-known and popular educators in the field. The book is divided into two sections: key concepts and approaches in practice. The second section covers the application of hypnotherapy to specific situations/problems, eg managing pain, smoking cessation, gastro-intestinal disorders, life-threatening illness, anxiety, and weight management. Students and practitioners will be taken on a journey of examination, critical review and debate prior to reaching recommendations for best practice. **KEY FEATURES** • Relates hypnotherapy theory and practice to health care settings • Provides research evidence to support and develop practice • Presents combined

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approach of using hypnotherapy with other CAM therapies • Provides practical clinical models and case studies to allow easy application of theory to practice. One of the most important facets of living your soul's purpose are The Universal Spiritual Laws of the Universe. Learning, understanding, practicing, and living these laws could result in your living a more prosperous, loving, peaceful, and fulfilling life. In this continuation of Dr. Michael's book The Spiritual Laws of the Universe, more laws are uncovered at a most perfect time, when now more than ever, we have a window of opportunity to be all that we can be, self actualizing who we really and truly are.

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

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insight and humor, 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.

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 book integrates cognitive therapy with hypnotherapy and provides principles and illustrations of hypnotic routines that can be used in changing cognitive self-statements, cognitive processing distortions, and tacit

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cognitive structures. It extends the imagery work previously used in cognitive therapy into a complete and comprehensive hypnotherapeutic approach to help people change negative and self-defeating cognitions into more positive and adaptive ones. Dr. Dowd demonstrates the use of cognitive hypnotherapy in treating various disorders, in reconstructing memories, and in helping normally healthy individuals overcome blocks to more effective performance.

Transform your life with this practical guide to self-acceptance and happiness Have you ever heard someone say 'just be yourself,' as though it's the answer to everything? It can be very difficult to be yourself, especially if you don't really know who you are anymore. Learning how to be yourself is the first step towards living a happy and meaningful life. In *How to Be Yourself*, psychologist Jane Briscoe and her coauthor, Simone Essex, deliver an empowering collection of techniques combining the use of acceptance and commitment therapy, positive psychology, and hypnotherapy and mindfulness. These techniques are designed to aid in

- understanding exactly who you are and how the human mind works;
- identifying and embracing your values, strengths, and personality style;
- reducing stress, worry, and insecurities;
- overcoming the fear of judgment;
- handling difficult and painful thoughts effectively.

As a bonus, *How to Be Yourself* comes with a hypnosis MP3 download to help reinforce the powerful strategies offered throughout the guide. By embracing these techniques, anyone can experience authentic happiness.

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The heart of this book, presented in its middle part, is the material on the Gordian Pillars of Strategic Psychotherapy. The pillars were developed to articulate an approach to strategic psychotherapy developed over more than a dozen years of clinical practice of working with clients presenting with a wide range of complaints. 'Gordian Pillars' is a mixed metaphor. The pillars are the cognitive and behavioural patterns that support a given problem in the way a pillar supports a building. By "problems" we mean conditions like anxiety, depression, or addiction, and even such behaviours as procrastination and dichotomous thinking. The Gordian aspect refers to the mythological Gordian knot, which has come to be a metaphor for an intractable problem. This guide will show you how to untangle client issues and address them in a systematic way.

Hypersuggestibility, also known as somnambulism in the hypnosis community, is a condition resulting from developmental childhood trauma. Sheryl Hill had spent her entire life feeling less than adequate. As a young African American girl growing up in Seattle in the 1960's, her self esteem and self image was conceived during the racism of the civil rights movement. As she grew from a child to a teenager into adulthood, Hill noticed that she would often drift off into her own dreamworld, not remembering what she had been doing for hours at a time. Either becoming hyper focused on a task, or wandering from room to room accomplishing nothing. She would often lose important documents, tickets and jewelry and have no earthly idea where she might have left them. She was not able to stay awake in movies, at concerts, or while riding in a car. Hill began to feel overwhelmed and over burdened by her own life, which often lead to excessive drinking and eating in order to cope. Over the years she developed several unusual fears and phobias. Antidepressants and antianxiety medications

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did not work. It was not until she began to practice hypnosis, that she began to unravel the mystery of what had been happening to her all these years. She was a somnambulist! In a perpetual, low grade and often medium-to-deep state of spontaneous hypnosis and needed to be de-hypnotised in order to regain conscious and alert awareness. This book is part autobiography, laced with current science and amusing and informative client studies, offering persons with the same affliction a ray of hope into what is happening with them. It is written for both clinicians and their clients/patients and it explains how we have come to be hypersuggestible

Covering theory and practice, *The Handbook of Contemporary Clinical Hypnosis* is an up-to-date, authoritative resource to support health professionals in their use of hypnosis in clinical settings. Provides an authoritative reference for practitioners and trainees on the diverse applications of hypnosis, published under the auspices of the British Society for Clinical and Academic Hypnosis (BSCAH) Combines a theoretical framework with material on a wide range of specific disorders including anxiety, stress phobias, eczema, oncology, eating disorders and infertility Shows how to adjust hypnotic techniques for different contexts e.g. when working with children, in emergencies and via a translator Features a variety of case studies that illustrate hypnosis techniques in action

To realize your goals and desires, you'll need to change your behaviour and to do that, you must fully understand yourself. That means examining yourself, including past successes and failures, likes and dislikes. In *Know Your Onion*, you'll consider where you are and why, and what you need to focus on to change things. Discover how to: overcome inevitable disappointments as you seek success; evaluate what went wrong with past failures; and take the necessary steps to achieve your goals. The book helps you identify your deepest

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intrinsic motivators and turn that knowledge into action. It also reveals four subliminal drivers that you must examine to critically assess your behaviour. Failure is a fact of life, and minor failures are the reason you may have given up in the past. Break through barriers with the insights, lessons and strategies in this guide to turning dreams into reality.

Hypnosis has not been fully appreciated in the treatment of trauma, largely due to it being implicated in the creation of false memories, which have previously led to false allegations of child abuse. This has led to a lot of misunderstandings about hypnosis. There is now a strong argument that the educated and professional use of hypnosis may be beneficial to the field of trauma, particularly in facilitating the resolution of trauma and processing of traumatic memories. This book re-introduces the importance of hypnosis in the field of trauma, with particular reference to survivors of child abuse. It covers theories of traumatic stress, theories of hypnosis and theories related to the long term effects of child abuse. As well as providing recent research in these areas, it offers practical therapy guidelines and case illustrations to assist qualified practitioners in treating their clients. The treatment described is predominately cognitive-behavioural, and uses hypnosis as an effective and powerful adjunct to this approach.

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Transpersonal Hypnosis presents a multidimensional, energy-based view of human awareness that integrates disparate biological, psychological, and spiritual therapeutic techniques. Each of the chapters - all from world-renowned contributors - includes both a historical overview and the theory behind the

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development of each technique. The authors emphasize experimental studies that examine the validity of using hypnotically accessed transpersonal states of consciousness to heal the body, mind, and spirit. Several clinical vignettes highlight the types of medical and psychological symptoms responsive to these approaches. The emerging field of spiritually-influenced treatments is transforming the practice of medicine.

There are some questions that plague all of us. Who am I? Where do I come from? Where do the feelings and desires that torment my consciousness come from? In her first book, *In Search of Happiness*, author Swati Shiv uses her years of experience as a soul healer and self-empowerment therapist to investigate these questions. The book is an enthralling story of her patient Dev and his severe and confounding mental and emotional conflicts. Using hypnotherapy, Swati delves deep into Dev's soul and witnesses his journey over nine lives of crime, violence, illness, fear and harmful attachments. Each session unfolds elements of life between lives, offers time for rest and introspection, and allows his spirit guide to heal the soul and change the belief systems carried over several lifetimes. The resonating tale of a storm-tossed soul and its journey to a safe harbor, *In Search of Happiness* is a must-read for anyone who seeks their true self and true expression of that self. SWATI R SHIV, a long-time practitioner of hypnotherapy and past-life therapy, specializes in healing emotional trauma caused by unknown factors. Her work focuses on understanding the soul and discovering happiness through treatment of physical diseases, relationship conflicts, confidence issues, phobias, negative spirit attachments and much else. Swati is based in Delhi, India.

Michael Yapko's seminal 1992 book, *Hypnosis and the*

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Treatment of Depressions, was the first book ever written on the subject of applying hypnosis in the treatment of depressed individuals. Since its publication, Yapko's work has not only withstood the test of colleagues previously dismissive of the merits of hypnosis as a tool of treatment, but has thrived in the face of it. Hypnosis and Treating Depression diversifies the range of topics to consider and increases the number of knowledgeable contributors on the subject of treating depression with hypnosis. The book features chapter contributions by highly experienced and well-known experts on using hypnosis to treat specific forms of depression, with assessment and intervention strategies as well as sample transcripts of the use of hypnosis in therapy sessions. It discusses both broad and targeted applications of hypnosis in treatment, the treatment of depression with hypnosis in special populations, as well as special considerations regarding hypnotic treatment. As a practical guidebook for clinicians looking to add to their treatment protocols, Hypnosis and Treating Depression: Applications in Clinical Practice provides an updated and comprehensive volume on therapeutic uses of hypnosis in the treatment of depression.

This book is an instructional manual for physicians, nurses, workers, emergency medical technicians, dentists, counselors and hypnotherapists seeking to use the resources of the mind to control or eliminate pain and accelerate healing from disease and illness.

This is an important little reference book to have for any reader. Find out what card combinations you need to be on the lookout for!

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In this introduction to the subject, experienced hypnotherapist and trainer Damian Hamill takes the reader on an exploration of the exciting fields of hypnosis and hypnotherapy. Assuming no previous knowledge, Damian helps the reader to:

- Learn an empowering and respectful philosophy for helping people change with hypnosis
- Explore the fascinating History of Hypnosis and meet many of the pioneers going back centuries
- Find out why Sigmund Freud and Carl Jung both turned their backs on hypnosis (or thought they had!) and why they were wrong
- Discover what people actually experience when they access hypnosis and how these natural phenomena can be used for therapeutic ends
- Find out about natural hypnoidal states and how hypnosis surrounds us on a daily basis
- Investigate what factors influence individual hypnotic susceptibility and find out why what happens in a research laboratory is not necessarily the best guide to what happens in real life
- Examine a number of classic theories and 'explanations' for hypnosis
- Discover different styles for inducing hypnosis, deepening it and communicating with your client in trance
- Learn how to handle the unexpected and how to engage with clients in a supportive and respectful way
- Be introduced to a range of therapeutic approaches for utilising hypnosis for therapeutic change.

Written in a friendly and accessible style the reader will find the subject clearly explained and de-mystified and will be left with a thirst to find out more.

Contains information on resources and publications in the general field of alternative medicine and thirty-two specific modalities.

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When youre diagnosed with cancer, its easy to lose hope. Cathy Brown knows: In June 1989, she had an unusual skin blemish removed from her right forearm, which led to her being diagnosed with a melanoma. Desperate for knowledge, she visited the Western Australian Cancer Foundation and asked what she could do to prevent the melanoma from spreading. The woman she spoke with said, Theres nothing you can do. You just have to wait and see. Within ten months, the cancer had spread and she was told she had two months to two years to live. What have I done wrong in my life to deserve this? Why me? These thoughts and others raced through Cathys mind, and soon, anger began to surface. Her children were only six and eight years old, and she needed to see them grown up. In her desperate search for healing, Cathy discovered that there is much more to recovery than conventional medicine. In telling her story, she reveals her struggles and shares insights into the powerful effect the mind and emotions have on the body. Since her diagnosis, Cathy has worked closely with others affected by cancer, and she draws upon years of study and reflection in telling her inspiring story of survival in *My Answer to Cancer*.

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