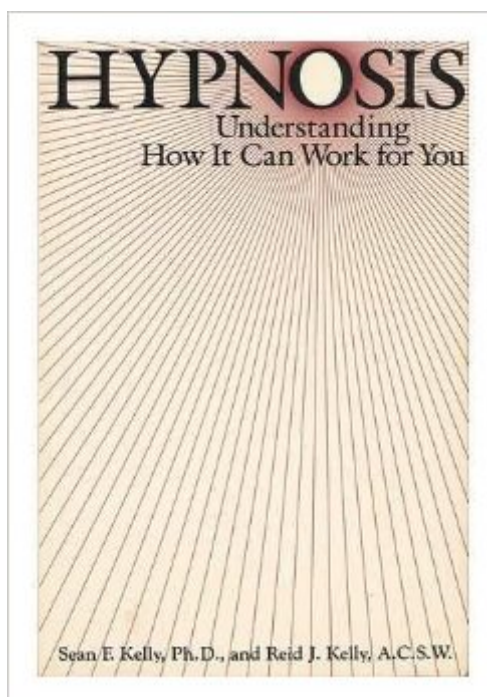


The book was found

Hypnosis: Understanding How It Can Work For You



Synopsis

This book is intended as an introduction - for patients, health professionals, psychotherapists, and teachers - to the growing field of clinical hypnosis. The uses, techniques, and concepts are broadly sketched. The case examples that are recorded here are mostly successes. Hypnosis does not cure everyone or everything. It is a powerful but not omnipotent technique. In the case examples it is clear when the techniques are useful alone and when hypnosis should be considered as an adjunct to psychotherapy. --This text refers to an alternate Paperback edition.

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This is an excellent book-- extremely well written, easy to follow, and very useful. From stopping smoking to overcoming sleep disorders, this book teaches techniques anyone can use to control anxiety, kick bad habits, and generally lead a better life. I highly recommend this to anyone interested in self-help.

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