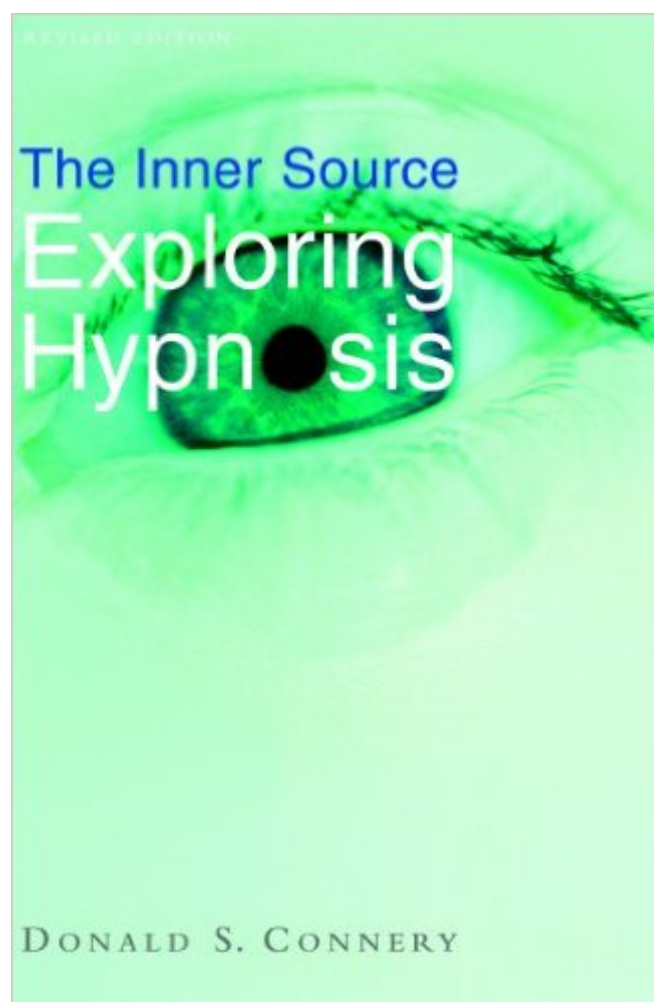


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# The Inner Source: Exploring Hypnosis



## Synopsis

This revised edition of the timeless classic chronicles the evolution of hypnosis as a modern healing tool through the legendary discoveries of Dr. Herbert Spiegel, the founding father of modern hypnosis. Hypnosis has long served as a viable, widely utilized, and proven-effective means of healing the mind and spirit. Featuring a brand-new introduction by the author, *The Inner Source* takes a critical look at the myths while presenting factual examples of the realities. It offers no-nonsense explanations on the human ability to enter a trance, the problems it helps to solve, the significance of hypnosis in post-traumatic disorders and wrongful conviction cases, and much more. The potential of hypnosis has just begun to be tapped, and this timeless classic is an ideal read for anyone considering it as a form of treatment.

## Book Information

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## Customer Reviews

This revised edition of Donald Connery's *Inner Source: Exploring Hypnosis* is a classic blend of alternative healing, psychology and basic hypnosis concepts to provide both a simple explanation and a survey of how hypnosis can help in a variety of issues ranging from post-traumatic stress disorders to recovered memories and abuse. A new introduction describes the growing importance of this field.

*The Inner Source* is similar to *Trance and Treatment* in that it is a summary and history of the work of Herbert Spiegel.

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