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Understanding how hypnotic suggestions produce physical effects, and how these physical processes affect what is to be done in hypnosis will illuminate and guide what

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Description Despite the increasing number of books on hypnotherapy, few, if any, provide the basic text required for the early stages of training in the use of such techniques. This book by Hellmut W. A Karle and Jennifer H Boys, both meets the needs of beginners, and serves as a reference source for the more experienced.

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minimally, and very few discoveries or developments have been made in the field of using hypnosis in therapy. The research that has appeared largely confirms what has been known for a very long time, such as its efficacy as an adjunct to chemical analgesia and anesthesia for intrusive and painful surgical procedures. However,

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during that period, a tremendous and astonishing amount of research has appeared in the fields of neurology (especially brain function), endocrinology, and immunology, as well as their interaction and integration with psychological processes. While hypnotic techniques have been much the same over

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the years, the underlying and mediating roles of these physical mechanisms in hypnosis are now substantially revealed. Understanding how hypnotic suggestions produce physical effects, and how these physical processes affect what is to be done in hypnosis will illuminate and guide what is attempted in hypnotherapy. The more

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the therapist bears these mechanisms in mind, the more effective and focused the work will be. This second edition therefore includes a summary account of the most cogent discoveries of the last two decades, and references to some of the most important knowledge acquired in this period in psycho-neuro-endocrino-

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him- or herself answers or knowledge that need only be tapped or released by the therapist. O ' Hanlon covers the key aspects of hypnosis, including: using possibility words and phrases; using passive language; and inducing trance. O ' Hanlon offers practical tips and friendly encouragement for the novice

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hypnosis as an alternative therapeutic modality based on accepted and proven procedures. The methods and techniques are presented in a how-to format to grasp easily the conditions underlying the science of hypnosis pivoted on hypnotherapy. Aggie Carson- Arenas
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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

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