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guides for taking inner journeys
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DISCOVERING THE Power of Self- HYPNOSIS

THE SIMPLE, NATURAL
MIND-BODY APPROACH TO
CHANGE AND HEALING

**This AMA-approved
technique has been used to help people**

reduce stress • choose not to smoke • overcome fear, anxiety, and depression
• deal with everyday pressures—from the tennis court to the boardroom
• optimize performance • conquer insomnia • control overeating • alleviate
pain and promote healing • speed recovery from surgery • and much more

STANLEY FISHER, Ph.D.

FOREWORD BY GAIL SHEEHY
SECOND EDITION



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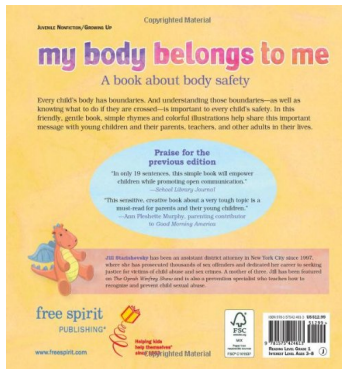
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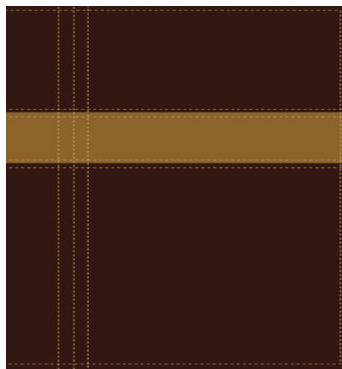
This second, expanded edition adds a new introduction by Gail Sheehy, a new chapter on dealing with everyday stresses, and new sections on the author's own recent, remarkable success using self-hypnosis in preparation for his own quadruple bypass heart surgery. By sharing his own story as well as the fascinating stories and techniques he has used with some of his 3,000 patients, Dr. Fisher describes: How you can create your own 90-second exercise to alleviate such problems as insomnia, smoking, overeating, memory loss, pain, skin allergies, fear of flying, performance anxiety, and other concerns. How to use self-hypnosis as a preparation for surgery, which can lessen pain and bleeding and s

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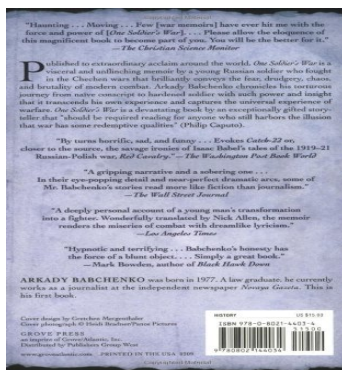
My Body Belongs to Me: A book about body safety

Without being taught about body boundaries, a child may be too young to understand when abuse is happening—or that it's wrong. This straightforward, gentle book offers a tool parents, teachers, and counselors can use to help children feel, be, and stay safe. The rhyming story and simple



Archaeological Study Bible, Personal Size

'Readers who desire a more intimate knowledge of the historical context of the Bible will appreciate the NIV Archaeological Study Bible. Full of informative articles and full-color photographs of places and objects from biblical times, this Bible examines the archaeological record surrounding God'



One Soldier's War

One Soldier's War is a visceral and unflinching memoir of a young Russian soldier's experience in the Chechen wars that brilliantly captures the fear, drudgery, chaos, and brutality of modern combat. An excerpt of the book was hailed by Tibor Fisher in the Guardian as 'right up the



Heroes, Vol. 2 (Heroes (Wildstorm Paperback))

The Emmy Award-nominated NBC TV series HEROES comes to comics in this spectacular hardcover graphic novel! With art by some of comics' tops illustrators and stories by the writers of the HEROES TV series, this volume features comics chapters previously seen online at NBC.com, This volume features a

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What others say about this ebook:

Review 1:

For many, hypnosis is the domain of stage artists who make people cluck like chickens. As with the feats of stage magicians, few give much consideration to wherein the trick lies, but they assume there's a trick. In scholarly circles, hypnotic practices have been on a roller-coaster ride. Hypnosis was once mainstream psychology but then fell into disrepute but now there's a resurgence of interest as neuroscience answers questions about what is happening in the brain during a trance state. Doctor Fisher's book is an attempt to demystify the subject, and to explain how a personal practice can be used to achieve a wide range of benefits.

Fisher's book culminates in a description of how to build one's own self-hypnosis exercise to work toward change in one's own life. However, there's a lot of track that needs to be laid in anticipation of that final chapter (Ch. 9.) The first chapter counters seven of the most common myths about hypnosis. Given the aforementioned misapprehensions about hypnosis, this seems like a wise place to start to get readers on board. Chapter 2 starts where Fisher's personal involvement with self-hypnosis began, with the use of it to prepare patients for surgery and surgical recovery. Here we get our first look at the technique of self-hypnosis as well as a discussion of cases of self-hypnosis used for surgical patients. Cases are central to Fisher's approach, and are used throughout the book to inform the reader about how self-hypnotic methods worked for particular individuals in the pursuit of various goals. Chapter 3 explains what the trance state is and how it's achieved.

Chapter 4 explains the process by which we make choices with an eye toward helping to disrupt destructive impulse behavior. In the next chapter the reader learns about how the state of mind can contribute to physical illnesses, and how changing the state of mind can help improve one's health. Chapter 6 is about reevaluating ingrained beliefs that don't serve us well. This includes the notion that one can't change one's behavior because it's just how one feels, as well as the belief that one can simply quash one's emotions through force of will. Chapter 7 examines cases involving a number of common problems resulting from stress and the pressures of everyday life.

The penultimate chapter offers comparison and contrast with a range of alternative methods that are used to achieve the same goals—some more advisable than others. The alternatives include: therapy, meditation, biofeedback, exercise, somatic desensitization, and drug use.

As indicated, the final chapter offers an outline for building one's personal self-hypnosis practice to achieve one's own goal. There are three sections to this chapter. The first is a simplified set of exercises to evaluate one's capacity to enter a trance—including both a survey and physical methods (e.g. degree of eye roll.) Susceptibility to hypnosis varies widely. The subjects one sees at a stage show tend to be those rare specimens who are highly suggestible. Often, part of the act is separating them from the crowd. There are also those who can't be hypnotized under any circumstance. Most of us are in the meaty middle, having some, limited capacity to be hypnotized. The second section offers advice about how one might go about setting up the suggestive part of one's exercise, i.e. the core of the exercise carried out once one has induced a trance. The final section lays out three different methods of inducing a trance. The first of these is the eye roll-based method one is introduced to in Chapter 2, and the others are variants that may work better for some.

I found this book to be informative and useful. It gives the reader both the necessary background

to understand how one's subconscious mind can influence one's life and how positive ideas are introduced through it, as well as a practical guide to setting up one's own personal practice.

I'd recommend this book for anyone who wants to learn about self-hypnosis.

Review 2:

This book has helped me a lot. I am able to fall asleep quickly, now. I am also getting out of my own way and making progress learning to play my cello more skillfully...all by applying the principles written about in this book. I would have liked a bit more instruction, but what was given was effective. I bought another copy for a friend who could benefit if the principles are applied.

Review 3:

Great introduction to hypnosis. An easy informative read

Review 4:

great part on preparing for surgery and healing. I highly recommend the book for anyone going through surgery and/or illness.

Review 5:

Written by the professional psychotherapist, this book explains thru patient examples on how hypnosis can successfully complement traditional therapy. The advice written has for his readers is that we all have to learn how to love ourselves, take care of our body and mind. If you think of hypnosis as means of relaxation, this is a book for you. The goal of the book is not to teach you how to go into a deep trance, but rather how to attain alpha state of the mind in short, 90 seconds increments that can be repeated throughout the day. Author teaches us that as human beings, we all have our urges (that can be controlled), beliefs (some of which need to be changed, e.g. smoking or any other unhealthy habit) and finally we have a power over deciding on how we want to act. For hypnosis to be successful, we need to want to implement a change that will be good for us, or else hypnosis will not work. It is only at the end of the book that author discusses three different methods of self hypnosis induction: HIP induction, reverse hand levitation induction and the Kreskin auto-conditioning induction. However, this book will not provide you with any self-hypnosis scripts regardless of the goals you wish to reach. Further readings reference part of the book is the place to check out for additional books, materials and resources on the subject. This is a quick and easy read.

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Hypnosis and Hypnotherapy in the Milieu of Integrative ... - HubSpot

healing, committed to the process of self-exploration and self-development. Integrative medicine may include any of the following areas. (not intended as an exhaustive list): acupuncture, massage therapy, nutrition, herbs and dietary supplements, mind/body practices such as meditation, movement therapies such as yoga,.

Skin Deep: A Mind/Body Program for Healthy Skin

The Healing State: Your Untapped Resource. 9 Reinforcements: More Techniques To Help Now. 10 Thinking: Enemy or Ally? 11 Creating Beauty From Within changes to the skin. MIND AND BODY, SICKNESS AND HEALTH. Actually, all body organs respond to emotion, directly or indirectly, and this interconnection of ...

The Top 100 Self-help Books that Changed Our ... - Stellar Learning

on the grounds that they were not strictly-speaking self-improvement books: religious texts; works of pure fiction; classic works "The Power of Your Subconscious Mind" by. Joseph Murphy and Ian immune system, lose its ability to self-heal, will have no freedom of will, no ability to act to preserve its goal and its ability to ...

How To Live Your Impossible Dream And Change The World

Do you have a dream that seems impossible? In this interview, Marie Forleo talks to Adam Braun about how ordinary people can create MAJOR change.

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