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*Director of the London College
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the bloated bill left by some psychotherapists and psychologists Yes you heard right you can hypnotize yourself from the comfort of your own home and skip the uncomfortable task of laying prone on a leather couch in the office of a psychologist or psychotherapist You will also be surprised at how easy it is to hypnotize oneself There are a few techniques to do it and in this e book you will learn the most effective ones The book will go on to teach you a bit of the history and science behind hypnosis before delving into actual techniques to hypnotize oneself The e book will then go into some specific examples of using hypnotism to achieve certain results but as mentioned there are many possibilities

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Persuade Anyone) George Gillard,101-01-01 Hypnotism once viewed with skepticism and mystery has emerged as a dynamic field at the intersection of psychology neuroscience and wellness This transformation is driven by a resurgence of research demonstrating its efficacy in treating diverse psychological and physical ailments its integration with cutting edge technologies like neuroimaging and virtual reality and its increasing acceptance in modern society Beyond therapeutic applications hypnotism has found relevance in personal growth sports performance enhancement and behavioral change facilitation Included in this guide A brief overview of hypnosis The 7 things you need to know to understand how to tweak human minds with hypnosis maximizing your chance of success The exact steps to take if the person you re working with has a strong negative reaction so that your hypnosis is safe The 9 golden rules of hypnosis Keep these in mind and it is almost guaranteed that whoever you work with will have an amazing experience Easy to follow step by step instructions to guide you through hypnotizing first yourself then others The simple habit you can develop that i use to effortlessly spot when people are in hypnosis Once i developed this habit my hypnosis skills went through the roof This book contains proven steps and strategies for doing amazing mentalism tricks on people You ll also get some information on how to keep the illusion alive what exactly mentalism is and even a few cool tricks that you can use to impress your friends and coworkers It s a ton of fun and you ll see for yourself just what you can do with each of these Self Hypnosis for Beginners Emily Nelson,2015-03-15

Hypnotism: The Complete Beginners Guide to Genuine Hypnosis (Discover the Secret Hypnotic Techniques and Language Patterns to Hypnotize and Persuade Anyone) Gerard Toliver,101-01-01 This book is about contextual hypnotherapy the evidenced based approaches you can use to problem solve in clinical hypnosis Its purpose is to free you from the constraints of the methods of hypnosis that are based on tradition rather than research and to teach you new skills you can use with your clients immediately By overviewing the research that behavioral therapists use specific methods and techniques that are based on hypnotic intervention are outlined and shared What this means is that the new techniques you learn will be based on research and will have proven outcomes It also means that when you finish this book you will have the resources and the methods to integrate these new tools into your hypnosis sessions In this book you ll learn What is hypnosis and how it works 3 steps to induce a trance with exact scripts you can use Hypnotic techniques world s top hypnotists use Betty erickson s 3 2 1 script 5 techniques to focus anyone s attention and sneak into the subconscious How to hypnotize anyone using breath voice memorization and language The staircase how to use metaphors to speak to the subconscious Hypnotic tips tricks and secrets that most people don t know How to use hypnosis to help people achieve their goals easier The hypnotic interview and the pre talk before you begin a hypnotic session are discussed as well as how to induce a subject into a trance state You will learn the steps and processes needed to work on and with a subject or patient in the hypnotic trance state What signs should a practitioner look for in a subject undergoing hypnotic suggestion to tell if the person is truly hypnotized Just as important you will learn the signs to look for if someone is just pretending to be hypnotized

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