



Hypnosis for Change

By Josie Hadley, Carol Staudacher

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Hypnosis for Change By Josie Hadley, Carol Staudacher

This book is for professionals and general readers looking for ways to harness and focus their natural abilities to relax, ease pain, prepare for and recover from surgery, heal, overcome depression, and change themselves. The book includes inductions for sleep, anxiety and panic, weight loss, nonsmoking, recovering from illness, self-esteem, motivation, enhancing creativity, improving learning, healing the adult survivor of child abuse, natural childbirth, and loss and separation.

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Hypnosis for Change By Josie Hadley, Carol Staudacher Bibliography

- Sales Rank: #127472 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 1996-10-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .61" w x 6.18" l, .88 pounds
- Binding: Paperback
- 296 pages

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Editorial Review

Review

From the Inside Flap

Are you one of the millions of people searching for natural ways to improve yourself and eliminate bad habits? Hypnosis is a highly effective tool for behavior modification-and this practical and inspiring handbook will show you how to begin today to use hypnosis to change your life.

Hypnosis For Change provides simple, step-by-step details to help you harness the power of your own mind. You'll learn about the different trance states, the effective use of treatment scripts for either self-hypnosis or the hypnosis of others, and the best use of these techniques to bring you success.

About the Author

Josie Hadley is the founder and director of the California Institute for Medical Hypnosis and the Palo Alto School of Hypnotherapy, where she offers classes and precisely tailored individual sessions.

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Sylvia Johnson:

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