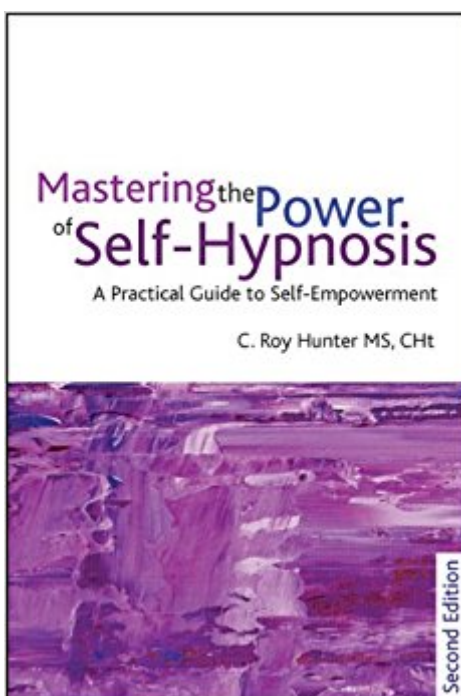


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# Mastering The Power Of Self-hypnosis: A Practical Guide To Self Empowerment



## Synopsis

This book, written by one of the foremost hypnotherapists alive today, demonstrates the powers of self-hypnosis and explains, in simple, easy-to-understand terms why no other non-evasive method can motivate and help you erase any ingrained negative programming that is affecting your life and holding you back from achieving what you want to achieve. It explains why will-power alone just won't work, and will show you why self-hypnosis can teach your subconscious to cooperate with your conscious desires. With this handbook, you will learn innovative empowerment exercises that teach relaxation techniques, stress management, how to overcome insomnia and help you establish priorities in your life. You will learn to avoid the failure trap by clearing away psychic obstacles. Overall, this volume will help you achieve your personal and professional goals with a minimum of effort and without professional help. The free CD with the book includes a stress management meditation entitled, 'What to Do When Your Buttons Get Pushed.'

## Book Information

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## Customer Reviews

Roy Hunter has written another authoritative and engaging book. It has an enormous amount to offer the person who wants to learn self hypnosis...or the hypnosis clinician. It is absolutely ideal too for the clinician about to embark on giving a course on self hypnosis. Everything you need is here, fully and systematically explained with lots of interesting, illustrative examples both from Hunter's personal self-hypnosis experience and also that of his countless clients and trainees. Lynda Hudson, Clinical Hypnotherapist and author of *Scripts and Strategies in Hypnotherapy with Children*

and More Scripts and Strategies in Hypnotherapy --Lynda Hudson, Clinical Hypnotherapist and author of Scripts and Strategies in Hypnotherapy with Children This new edition of Roy Hunter's book is a comprehensive, practical, and stimulating guide to the use of self-hypnosis as a means of personal transformation. The author's decades of experience shine through in the depth and breadth of his coverage of the subject. He has the knack of aking somewhat complex processes simple to follow through a 'home-spun,' light-hearted writing style, in which key points are illustrated by real-life examples. The sections on gateways to the subconscious, motivational mapping, and the correct use of affirmations are particularly outstanding. It is one of those rare books on hypnosis which serves equally well as an introduction for the novice and a dependable reference guide for the practicing hypnotist. It is highly recommended. --David Botsford, 4 Corners Hypnosis This is one of the few books about empowerment and achievement that reveals the true secret of success: change that occurs at the unconscious level transforms lives forever. Roy Hunter shows you how to do this in a specific step-by-step process. This book is a gold mine of useful information that takes you to the next level. Mastering the Power of Self-Hypnosis has earned my highest recommendation. Buy this book. It will change your life. --Kevin Hogan, Ph.D., author of The Psychology of Persuasion: How to Persuade Others to Your Way of Thinking This new edition of Roy Hunter's book is a comprehensive, practical, and stimulating guide to the use of self-hypnosis as a means of personal transformation. The author's decades of experience shine through in the depth and breadth of his coverage of the subject. He has the knack of aking somewhat complex processes simple to follow through a 'home-spun,' light-hearted writing style, in which key points are illustrated by real-life examples. The sections on gateways to the subconscious, motivational mapping, and the correct use of affirmations are particularly outstanding. It is one of those rare books on hypnosis which serves equally well as an introduction for the novice and a dependable reference guide for the practicing hypnotist. It is highly recommended. --David Botsford, 4 Corners Hypnosis This is one of the few books about empowerment and achievement that reveals the true secret of success: change that occurs at the unconscious level transforms lives forever. Roy Hunter shows you how to do this in a specific step-by-step process. This book is a gold mine of useful information that takes you to the next level. Mastering the Power of Self-Hypnosis has earned my highest recommendation. Buy this book. It will change your life. --Kevin Hogan, Ph.D., author of The Psychology of Persuasion: How to Persuade Others to Your Way of Thinking

Roy Hunter teaches professional hypnosis and advanced techniques for professionals and self hypnosis to groups and clients for personal or professional motivation. He was specially selected to

carry on the work of the late Charles Tebbetts and was awarded a PhD from Alpha University and California University with a major in clinical hypnotherapy. He has published three additional books Hypnosis for Inner Conflict Resolution, The Art of Hypnotherapy, 3rd Edition, and The Art of Hypnosis, 4th edition.

Great book, very instructional

excellent reading!

As soon as I heard that Roy Hunter had published Mastering the Power of Self-Hypnosis I was very excited. Roy Hunter is the only Author and Speaker on the subject that I completely trust to deliver factual and original information on possibly the greatest tool human beings have at their disposal for overcoming many kinds of problems and disorders. This book is yet another excellent contribution to Hypnotherapy and I commend Roy for remaining true to his belief on the subject, as he has spent a lifetime teaching people how to master the power of their mind throughout the world. The last time I saw Roy, he was giving a lecture on 'Parts Therapy and Self-Hypnosis' at Marino College in Dublin, Ireland. Many hundreds of Hypnotherapists travelled from every corner of Ireland and the UK to hear Roy and shake his hand... I was one of them. After Roy had delivered a five hour lecture I made it my business to buy and research all his ideas through his many bestselling books, my favourite being Hypnosis for Inner Conflict Resolution. Roy has had the most positive influence upon me in relation to my study on the subject of hypnosis and this book has rounded up all my studies, all my beliefs, and all I will ever need to know to create in my mind a sense of well-being at all times. No man has ever made Self-Hypnosis more accessible to everyone than Roy Hunter. He is the pioneer and living proof that Self-Hypnosis is real and is happening right now. The world has much to thank Roy for. I highly recommend this book. Author Cathal O'Briain

This book was a disappointment. It is really only intended for people who are quitting smoking. And I don't think it would be very effective even for that. It is certainly not useful if you want to teach yourself how to use self-hypnosis.

This is a very practical book and I regularly recommend it to clients.

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