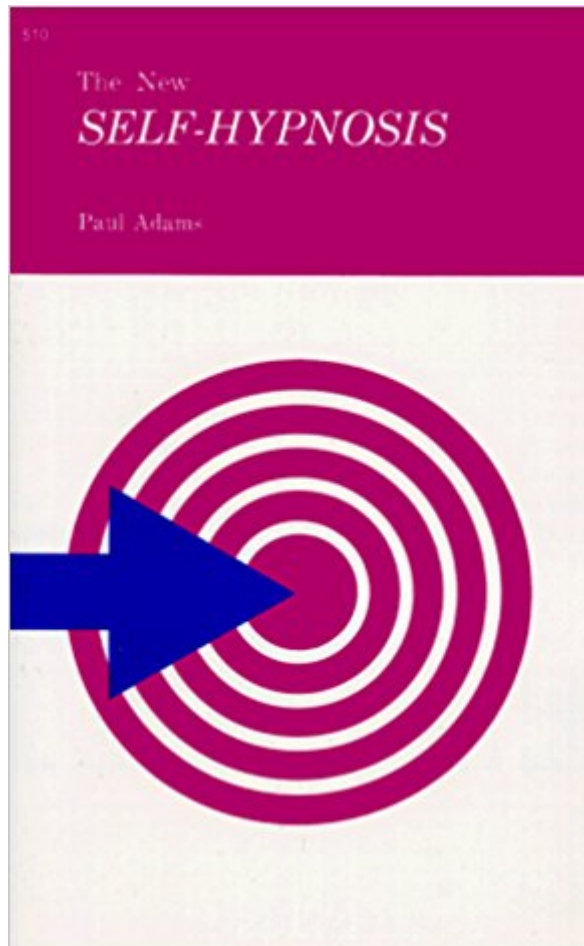


The book was found

The New Self-Hypnosis



Synopsis

Paperback. Bubble wrapped and shipped in 24 to 48 hours.

Book Information

Paperback: 232 pages

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Average Customer Review: 4.4 out of 5 stars 4 customer reviews

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Customer Reviews

Paperback. Bubble wrapped and shipped in 24 to 48 hours.

I found the first half of this book an excellent overview of hypnosis and the subconscious mind. The second half, however, was mainly theory about how to use self-hypnosis to increase faith, self-confidence, prosperity, enhance marriage and control emotions. I guess that for the time it was originally written (1967), much of that would have been ground-breaking information. Today, however, it has been done better by many of the newer self-help books that, while they do not specifically describe self-hypnosis techniques, they are essentially doing just that. The first half of the book is valuable because it dispels many of the common myths and misconceptions about hypnosis. It gives a general background on the nature of the hypnotic state and demonstrates how many of the things we do every day are done on a subconscious level, the level that is accessed through hypnosis. The importance of using imagination is stressed, as imagination emanates from a domain outside conscious awareness. Of particular interest though, to me, was the author's presentation about P.D.E.M., or what he calls the "positive dominant emotional motivator". Anything that has emotional importance is stored in the subconscious mind. Understanding what that motivator consists of is key to creating any desired change. I think this book is very helpful for anyone wanting to learn self-hypnosis to create change in their life. The author does mention that

self-hypnosis can usually be more easily learned in a setting under the guidance of 8-10 sessions with a hypnotist. However, much can be done on one's own, and certainly at less expense.

This is the greatest thing. We have given several copies to friends and family. It is easy to follow and really is a help for all problems.

Second copy of a lost book. Great for uncomplicated advice and learning to help yourself.

I found this book to be informing and enlightening... A hard to put down book. You will find a lot of useful information here, that will help you in your personal life as well as in other aspects of your life. I have been using the methods described in this book, for over 6 months and have seen a definite improvement on my anxiety and restlessness at night. I think others can easily obtain the same results from this book.

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