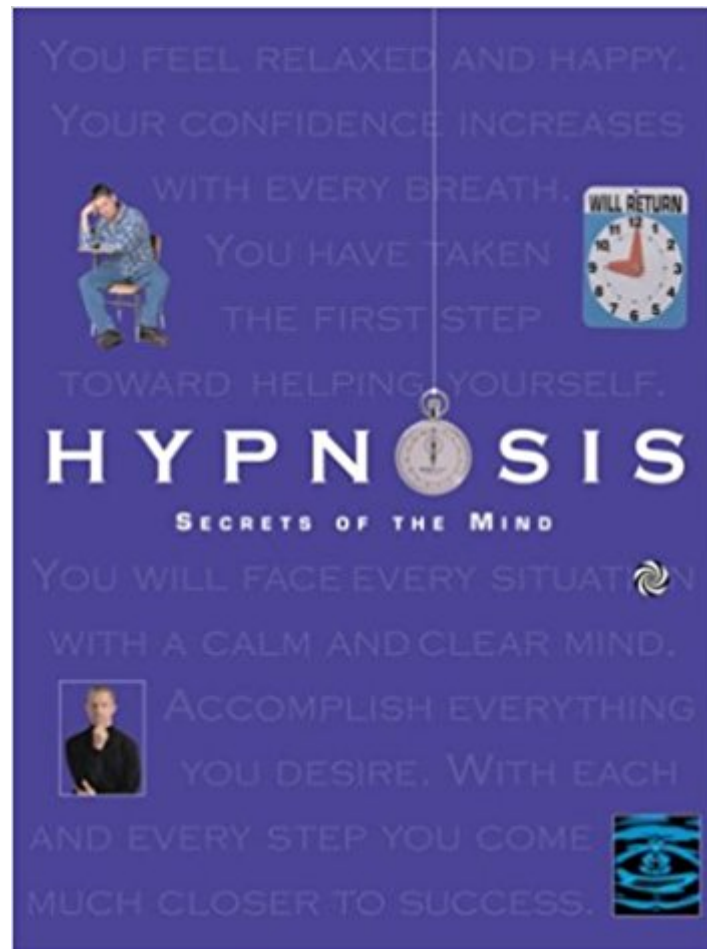




The book was found

Hypnosis : Secrets Of The Mind (Quarto Book)



Synopsis

Here, clearly written in layman's language, is the fascinating story of hypnosis--its origins, its underlying theory, and its many practical uses in everyday life. Here too are safe and helpful instructions for self-hypnosis to boost self-confidence or rid oneself of un-wanted habits, such as smoking or overeating. The author presents a history of hypnosis, describing Franz Mesmer, the nineteenth-century Austrian doctor and the father of modern hypnosis techniques. He goes on to explain Sigmund Freud's use of hypnosis as an aid to psychoanalysis, then describes the part that hypnosis plays in some modern health therapies. No book on this fascinating subject would be complete without stories about hypnosis as stage entertainment. The author describes its popularity among theater audiences over the past 150 years with brief profiles of several famous stage hypnotists. This intensely readable book is enhanced with more than 250 color photos and illustrations.

Book Information

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Customer Reviews

"An excellent guide to explaining all the facets of hypnosis"
—New Living, June 2004

[back cover] HYPNOSIS SECRETS OF THE MIND The practice of hypnosis has always been shrouded in mystery and controversy. Hypnosis: Secrets of the Mind tells the fascinating story of how hypnotism has come, against the odds, to be accepted by the medical establishment. Based on

the most up-to-date science, the book explains what hypnosis is, and how it works, dispelling the myths to reveal an incredible technique that can unlock the potential that lies within us all. Discover the science of hypnosis, and how it is used to speak directly with the human consciousness. Read about the colorful and often bizarre pioneers of hypnosis, and explore its darker side – from its use by the CIA to the stage acts that went horribly wrong. Be inspired by the success stories of athletes, businesspeople, and artists, and those who have used hypnosis to overcome addictions, fears, phobias, and illness. Follow a safe do-it-yourself guide to achieving instant, life-changing results through self-hypnosis. Michael Streeter is a journalist and the author of numerous books on diverse subjects. He has worked on a number of national newspapers in Britain, including the Daily Mail, The Independent, The Independent on Sunday, and the Daily Express. He was also editor of the Scottish Daily Express.

Very good

This book offers a nice treatment of the history of hypnosis for the lay person (complete with funny quips and 'hypnosis-gone-wrong' stories), along with information on its many modern day uses including forensic, sports, childbirth, stage, and medical. The book has lots of full color fun illustrations and photos. It is NOT a book for the professional (or serious student for that matter), however, would be appropriate for their clients. Recommended for those interested in the topic of hypnosis - a fun and easy read.

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