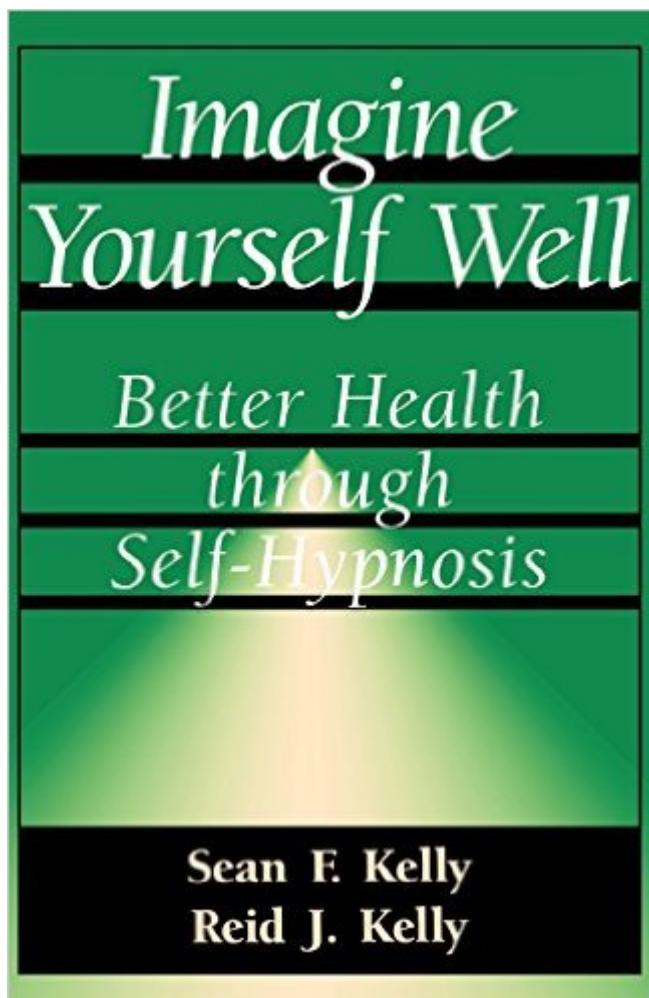


The book was found

# Imagine Yourself Well: Better Health Through Self-hypnosis (Better Health Through Hypnosis)



## Synopsis

Imagine Yourself Well: Better Health through Self-Hypnosis is a remarkable view of hypnotherapy as a scientifically recognized treatment art. Based upon their extensive practice and clinical research in therapeutic hypnotic techniques, the authors have constructed an effective handbook articulating the therapeutic use of hypnosis by depicting word-for-word what transpires during a session. The fascinating series of carefully worded transcripts of hypnotic exercises will enable the reader to correct specific self-destructive habits (e.g., overeating and smoking), common psychological problems (insomnia and various phobias), chronic physical conditions (arthritis, back pain, high blood pressure, and migraine headaches), and performance anxieties (athletics and public speaking). The theory underlying clinical practice, including the key point that all hypnosis involves self-hypnosis, is explained in lay terms, and each exercise is grounded in sound cognitive, behavioral, or psychodynamic principles.

## Book Information

Series: Better Health Through Hypnosis

Paperback: 328 pages

Publisher: Da Capo Press; Revised edition (February 27, 2003)

Language: English

ISBN-10: 073820868X

ISBN-13: 978-0738208688

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 13.3 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #5,200,282 in Books (See Top 100 in Books) #65 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #2329 in Books > Self-Help > Hypnosis

[Download to continue reading...](#)

Imagine Yourself Well: Better Health Through Self-hypnosis (Better Health Through Hypnosis) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE

Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) QUANTUM SELF HYPNOSIS STOP SMOKING NOW: Hypnosis Script & Inductions Included! (Quantum Self Hypnosis Singles Book 2) Perfect Self Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You [With 6-Page Study Guide]Â [SELF HYPNOSIS DIET 3D] [Compact Disc] Hypnosis Diet, Wendi's Hypnosis for weight loss PLUS EIGHT audio hypnosis MP3s Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on Hypnosis for the Beginner, Intermediate and Advanced Practitioner NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Better Health With Self-Hypnosis NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed

[Dmca](#)