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Description Despite the increasing number of books on hypnotherapy, few, if any, provide the basic text required for the early stages of training in the use of such techniques. This book by Hellmut W. A Karle and Jennifer H Boys, both meets the needs of beginners, and serves as a reference source for the more experienced.

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Assuming no prior knowledge of hypnosis, the handbook begins with a two-chapter introduction to the subject, followed by chapters on the use of hypnosis with psychological, sexual, and physical problems and in medicine and dentistry. There are also chapters on hypnotherapy with children, and on professional and legal issues.

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The handbook presents hypnosis as an alternative therapeutic modality based on accepted and proven procedures. The methods and techniques are presented in a how-to format to grasp easily the conditions underlying the science of hypnosis pivoted on hypnotherapy. Aggie Carson- Arenas Ph.D. Allen-Chriss Williamson-Arenas

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Understanding how hypnotic suggestions produce physical effects, and how these physical processes affect what is to be done in hypnosis will illuminate and guide what is attempted in hypnotherapy. The more the therapist bears these mechanisms in mind, the more effective and focused the work will be.

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Hypnotism and suggestion : a practical handbook

This handbook is intended for those professionals who are concerned with the management and treatment of medical and psychological disorders and the counselling of people with behavioural and emotional problems, and who wish to learn more about the application of hypnosis to their work.

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