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The Science of Self-Hypnosis: The Evidence Based Way To Hypnotise Yourself is a book written for anyone wanting to learn about self-hypnosis and how to use it. This book is ideal for anyone; ranging from beginners who are new to the field of self-hypnosis, to experienced clinicians hoping to teach patients how to use self-hypnosis for therapeutic gain.

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The Science of Hypnosis | National Geographic Society Newsroom

Since then and as of today, I have authored a great many published articles on the subject, recorded audio programmes that sell globally and written one of the bestselling books on the subject, "The Science of Self-Hypnosis: The Evidence Based Way to Hypnotise Yourself" which details aspects of the foundations of this seminar. As a result, this seminar is based solidly on evidence-based principles and sits on a foundation of research studies to support what is taught.

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KEY FEATURES FROM THE TRACKS OF THE SECOND PART OF THIS PROGRAMME:

Introduction To Science Of Self-Hypnosis Part 2 Psychosomatic Technique Hypnotic Relaxation Hypnotic Progressive Relaxation Mental Imagery Process Restoration Relaxing The Mind Anxiety Systematic Desensitisation Controlling Thoughts ...

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Hypnosis, special psychological state with certain physiological attributes, resembling sleep only superficially and marked by a functioning of the individual at a level of awareness other than the ordinary conscious state. Learn more about hypnosis in this article.

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Indeed once the basics of the Self-Hypnosis techniques are learnt then you can indeed go straight to the sections that covers phobias, self-confidence, etc. This is a book that can be used again and again and produce the results that you want to occur!

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Amazon.co.uk:Customer reviews: The Science Of Self ...

Hypnosis has also been found to quiet parts of the brain involved in sensory processing and emotional response. However, there's a lot of controversy over how hypnosis works, Milling says.

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Is Hypnosis Real? Here's What Science Says | Time

Here's a short answer: Research suggests that hypnosis is a powerful tool for self-improvement. And there's a fairly simple explanation. Hypnotherapy works by empowering people to change and update subconscious beliefs.

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Does Hypnosis Work? Understanding the Science of ...

Hypnosis is a human condition involving focused attention, reduced peripheral awareness, and an enhanced capacity to respond to suggestion.. There are competing theories explaining

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hypnosis and related phenomena. Altered state theories see hypnosis as an altered state of mind or trance, marked by a level of awareness different from the ordinary state of consciousness.

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