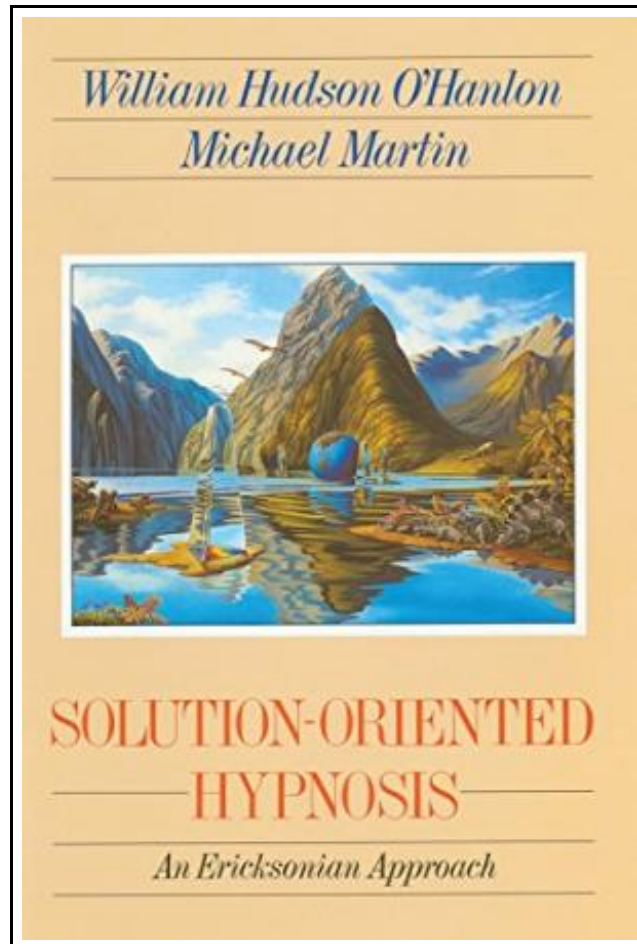


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WW Norton Co, United States, 1993. Paperback. Book Condition: New. 208 x 142 mm. Language: English . Brand New Book. When most people think of hypnosis they imagine either a sinister, Mesmeresque figure declaring to his subject you re getting sleepier and sleepier .your eyelids are getting heavier and heavier, you vill go into trance, or an entertainer compelling a subject to cluck like a chicken. In this comprehensive introduction to hypnosis based on the pioneering work of Milton H. Erickson, Bill O Hanlon demystifies the concept of trance and hypnosis. He goes to the heart of the subject by answering the question: What is trance? But be forewarned: This is no dry, formal discourse on trance induction techniques. Rather, readers are invited to share the experience of attending one of O Hanlon s lively and popular two-day workshops on Ericksonian hypnosis. In an energetic and often humorous manner, O Hanlon takes his audience through the basics of trance induction and explains the how, what, and why of hypnosis. Readers familiar with Erickson s work will be delighted at the author s Class of Problems/Class of Solutions approach, which deconstructs Ericksonian interventions and provides a powerful new tool in directing clients toward solution. Each individual element of trance induction is explained clearly, through the use of case examples, demonstrations, and audience participation exercises. The book s gradual approach takes readers through the hypnotic process in a step-by-step fashion, increasing their skills and confidence.



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