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when fixing my own insomnia and researching my book Teach Yourself to Sleep. Listening to a sleep script allows us to harness the power of suggestion, using self-talk and clinical hypnosis to ...

Seven simple steps to sounder sleep

WHY, you wonder, was a book called Self Hypnosis For A Better Sex Life on ... When she read the script, she knew there was no point auditioning if she wasn’t comfortable with the scene.

Simply mesmerizing

Hypnosis, long the focus of sceptics’ doubts, really works, scientists say. Dr David Spiegel, chair of psychiatry and behavioural sciences at Stanford University, California, told the conference ...

Hypnosis is not just a stage trick

naturally using a hypnotherapy technique developed in the U.S. She endured a 24-hour labour without pain, naturally and was keen for a similar birth myself. I lived in a remote village in Tanzania ...

I had a baby under hypnosis

If her unblinking focus on the indignities of life in Salpêtrière (which range from public displays of [hypnosis] to forced ... t always square with the script’s broad overtures toward ...

‘The Mad Women’s Ball’: Review: Melanie Laurent Confronts the Misogyny of Modern Medicine

Got a good friend of mine, David Berkus, who wrote a really wonderful book about the myths ... or types of meditation or hypnosis where you lose your sense of self and time and place and it ...

Are geniuses real? The neuroscience and myths of visionaries

While working on the script, Johnson realised that he was really ... tripping out and going back in my own past while Elm under hypnosis, and almost rewriting history,” he says.

Julie Johnson: “I like tripping out under hypnosis and rewriting history”

It’s worth noting the popular tune Happy Days Are Here Again (Yours Truly favors the 1930 version by Ben Selvin and The Crooners) was released at the outset of a ...

The Weekend Job

We’re a Mecca for health and healing in Summit County,” said Maureen Keefe, the owner of both the healing center and the adjacent Winds of Change book store ... a state of hypnosis, where ...

Hidden secrets, healings and Halloween

Attended to by Dr. Edmund Forster, who stimulated his fanatical nationalism in order to make him recover his self confidence ... the very character and disposition of the individual, no hypnosis or ...

The day on which Hitler cried

CNN’s Barbara Starr is reporting that a court has ordered the Pentagon to release Pentagon surveillance video from 9/11 that shows AA flight #77 hitting the building. Judicial Watch has pursued this ...

VIDEO - BREAKING: Government Releases 9/11 Video of Pentagon Crash

There was the mostly amateur cast, an unusual, time-bending script, and the curse that seems to blight most all stage musicals based on little-known films (in this case, the 1994 Albert Finney ...

BEST PLACE TO CATCH A QUER-FRIENDLY SHOW

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Desert Stage Theatre’s A Man of No Importance

Best sci-fi movie from the year you were born Looking up at the night sky, it’s easy to understand why science fiction exists. It can be a difficult genre to define, but at its core, each work ...

Best sci-fi film the year you were born

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A modern script book, with scripts based on Contextual Psychology, giving you tools for manifesting real change. These scripts are designed to draw on multiple tools such as NLP (Neuro-Linguistic Programming), ACT Therapy, Mindfulness Meditation, Direct Suggestion, Indirect suggestion and integration of hypnotic phenomena with contextual psychology. There are scripts for medical hypnosis applications, scripts for habit and lifestyle issues, and scripts to meet your clients metaphysical needs or needs for self-improvement. There are also scripts for Guided Mindfulness Meditation sessions. This incredible book contains 65 complete hypnosis scripts for professional hypnotherapy.

FREE PROFESSIONAL AUDIO HYPNOSIS SESSION INCLUDED WITH PURCHASE! Do you need complete and effective Hypnosis scripts for your practice or for your own use? Then this is the book for you! Quantum Hypnosis Scripts is a 222 page book of full length, professional Hypnosis scripts, ideal for either professional use or for Self Hypnosis. As the title suggests, this book focuses exclusively on Hypnosis scripts and instructions for their best use. In addition to the individual, push-button Hypnosis scripts, Quantum Hypnosis Scripts provides 2 Master Hypnosis Inductions, which are essential to the use of the provided Hypnosis scripts. Also included are 2 Hypnosis Series Programs of 3 Hypnosis scripts each, for Weight Loss and Stress Reduction. Since these applications are ideally treated with a series of sessions which are frequently hard to find as scripts, I think that readers will be pleased with these session scripts Readers of Quantum Hypnosis Scripts also receive a Bonus FREE full-length audio Hypnosis session, valued at \$59, available at the book’s website. Detailed information on how to access your free Hypnosis session is available in the last chapter of this book. Incidentally, if you are a user of Instant Self Hypnosis method or a reader of Eyes Open Self Hypnosis, reading these complete and suggestion-rich scripts will work well for you. For readers of Quantum Self Hypnosis and students or graduates of NEH, these are new scripts for you, although the now familiar script framework (the beach scene) is used in all the included scripts. There are also a few important, duplicate Hypnosis applications featured in this book complete with new suggestions. The general approach for all of the included scripts is ego-strengthening and nurturing and very helpful for professional use as well as for Self Hypnotists. Also important, there are no scripts in this book that utilize negative programming or aversion therapy. These scripts are all positive, present tense, and affirmative in nature, thus very effective. This book was written as a stand alone text as well as a companion book to Quantum Self Hypnosis, so readers of that book will find many new and interesting scripts to use in this book. We decided at the 11th hour to include one of our well-known Stop Smoking Hypnosis scripts because it seemed wrong not to include a script for one of the most popular Hypnosis applications in this first volume of Quantum Hypnosis Scripts. Since this script is not brand new or unique, it is being included as a Bonus script and not being counted as one of the advertised 24 Hypnosis scripts included in this book. While the script isn’t unique, it is very effective, so for readers looking for a good Stop Smoking script, enjoy your bonus script! This book is considered a cornerstone work by many Hypnotherapy professionals working full time in our field. If you are looking for quality, time tested Hypnotherapy scripts, this is the book for you!

Hypnosis is a proven technique that allows people to reprogram their subconscious to change unwanted behaviors. Most books on self-hypnosis require the reader to memorize or record scripts, then put the book aside while they do their hypnosis work. But Instant Self-Hypnosis is the only self-hypnosis book that allows you to hypnotize yourself as you read, with your eyes wide open, without putting down the book. The author’s fail-proof method allows you to put yourself into a hypnotic state and then use that state to improve your life in myriad ways. And because the hypnotic state is induced while you read, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently, using the instructions provided.

Unleash the power of your mind and discover your potential. Do you wish you had the power to become all that you can be? All good-intentioned programming works best when you reach a deeper state of mind. The secret is in accessing those states through easy life-changing techniques. A thin window of consciousness differentiates two states of the mind - self-hypnosis and meditation - and this book will show their similarities, and define each condition and accessibility. If you’re curious enough to at least peruse this book, then the ability to learn these techniques is already a part of your consciousness, and will soon to be recognized. Lucky you! Your subconscious is prompting you to investigate. It is saying that you are capable of deeper states of mind. Many have tried to focus to learn either self-hypnosis or meditation and failed. Applied concentration and knowing what to expect once entranced may be what was missing. The instructions in this book are meant for those wishing to learn and use the techniques of self-hypnosis and/or meditation for self-improvement. Easy, yet powerful scripts are provided to produce desired changes. You can change your life today.

First published in 1994. Routledge is an imprint of Taylor & Francis, an informa company.

Creating Trance and Hypnosis Scripts contains tried and tested hypnosis scripts for professional or trainee hypnotherapist’s who are looking to help clients solve problems and ailments, from the more common quit smoking session to the less familiar candida. The collection of scripts contained in this book have been collated over many years and have been written by Gemma Bailey who is a qualified practicing hypnotherapist. Gemma has designed each script to include several hypnotic patterns (including language, voice tone, double binds etc) to help aid the trance experience. Changes in the hypnotists voice tonality have been marked out by altering the font of the text. The section called writing hypnosis scripts gives details about the hypnotic patterns and language used by professional hypnotherapists and NLP Master practitioners. This section provides tasks for the reader, encouraging them to use and identify hypnotic language so that they can create their own hypnotic scripts.

This book of more than 100 Hypnotherapy scripts is based on over 20 years of experience. This book is expanded on the first edition to include more hypnotic inductions & “quit smoking scripts & strategies” and additional description about using the scripts. This isn’t just another hypnosis scripts book. It also gives the reader ideas and suggestions on how to run a Hypnotherapy session from gathering information to carrying out the hypnotic work, ending a session and setting tasks. It also introduces Ericksonian Hypnotic language patterns and script structure so that the reader can have a deeper understanding of what is being done in the scripts and why they are written the way they are. This all round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis. “A must for all hypnosis and NLP students” Hypnotherapists in training can read and analyse the Hypnotherapy scripts & study the language, structure & multi-level communication used.

“Let Go of the Baby Weight,” “Get Over Your Ex,” “Relieve Social Anxiety,” “Manifest a New Job,” “Save More Money,” “Eat Less Chocolate” - these are a few of the 42 life changing scripts in Self Hypnosis As You Read. This easy to use method brings you into a hypnotic state and improves your life without ever putting down the book. You remain aware at all times and gently come back to everyday consciousness. And there is no memorizing or hour-long sessions needed. Typically, self hypnosis requires script memorizing and takes up to an hour of your valuable time. With Forbes Robbins Blair’s method you put aside a pleasant, effective 15-20 minutes for a few days until you reach your goals. This book of 42 scripts comes at the requests of readers of the best selling book, Instant Self Hypnosis: How to Hypnotize Yourself with Your Eyes Open. The scripts in this collection help you to conquer dozens of life’s most challenging problems quickly and easily, including these issues: Drop the Last Ten Pounds, Money Stress Relief, Fall Back in Love with Your Mate, Magnetic Sex Appeal, Approach Hot Women, Perpetual Stress Relief, Expand Your Comfort Zone, Pursue Your Dream, Stop Overreacting, Stop Cussing, More Loving and Affectionate, Embrace Your Age, Love Your Body As It Is, Shrink Cancerous Tumors, Fibromyalgia Relief, Tinnitus Relief, Freedom from Eczema, IBS Relief, Feel Fine with Heights, Overcome Hypochondria, Release Fear of Abandonment, Override the Fear of Rejection, Okay with Confrontation, Comfortable Expressing Anger, Freedom from Porn Addiction, Conquer Compulsive Masturbation, Stop Drinking Coffee, Eat Less Chocolate, Love Cleaning House, Break Shopping Addiction, Sutter Anxiety Relief, Overcome Blushing, Never Be Late Again, Delay and Intensify Ejaculations, Tennis Focus, Sports Excellence, Be More Psychic and Intuitive, Let Go of the Baby Weight, Social Anxiety Relief, Manifest a New Job, Save More Money, Get Over Your Ex. Also included in the book are four hypnotic inductions as well as four advanced techniques. Self Hypnosis As You Read: 42 Life Changing Scripts can make the difference. Conquer dozens of life’s most challenging problems head-on, quickly and easily. Change negative habits to positive. Take your life to the next level!

This work represents years of work in the field of clinical hypnosis. As a trained Hypnotic Professional, you will notice, the use of deepening techniques, truisms and confusion method techniques within these suggestion scripts to further deepen the hypnotic state while the client (patient)is hypnotized to increase impact and long-term effectiveness. These scripts and techniques are written in the style and language of this profession. All of these original suggestions, techniques and methods contained herein have proven effective and beneficial for the majority of clients (patients) utilizing them, quite often achieving beneficial results in one or just a few sessions. For many Hypnotists utilizing this work are finding clients (patients) achieving breakthroughs quite rapidly.

Getting that promotion at work or losing those last five pounds can be a struggle, but goals like these can be accomplished - with self-hypnosis! Whatever obstacles you want to overcome or goals you aim to achieve, this book can help you do it. With this informative resource, you will learn to: break bad habits like nail biting; ease severe pain, such as from migraines or labor during childbirth; ensure confidence and success in business and personal matters; quit smoking for good; lose weight and keep it off; improve memory retention; and reduce stress - in relationships, at home, and at work; and more! Written by a board-certified hypnotherapist, this authoritative guide can help you create your own self-hypnosis scripts to create the life you always wanted. From tearing down mental roadblocks to making permanent changes, readers will be on their way to success in no time!

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