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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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