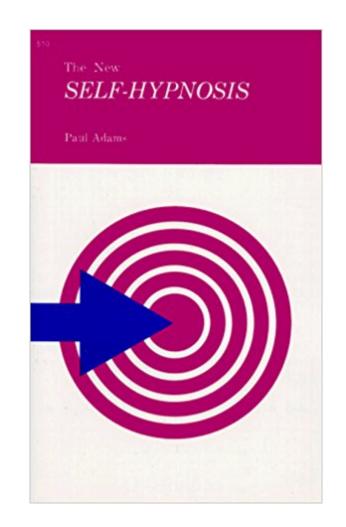


## The book was found

# **The New Self-Hypnosis**





#### Synopsis

Paperback. Bubble wrapped and shipped in 24 to 48 hours.

### **Book Information**

Paperback: 232 pages Publisher: Wilshire Book Company (March 1, 1982) Language: English ISBN-10: 0879802332 ISBN-13: 978-0879802332 Product Dimensions: 8.3 x 5.2 x 0.5 inches Shipping Weight: 12.6 ounces Average Customer Review: 4.4 out of 5 stars 4 customer reviews Best Sellers Rank: #645,169 in Books (See Top 100 in Books) #319 in Books > Self-Help > Hypnosis #10878 in Books > Self-Help > Personal Transformation #24929 in Books > Health, Fitness & Dieting > Psychology & Counseling

#### **Customer Reviews**

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I found the first half of this book an excellent overview of hypnosis and the subconscious mind. The second half, however, was mainly theory about how to use self-hypnosis to increase faith, self-confidence, prosperity, enhance marriage and control emotions. I guess that for the time it was originally written (1967), much of that would have been ground-breaking information. Today, however, it has been done better by many of the newer self-help books that, while they do not specifically describe self-hypnosis techniques, they are essentially doing just that. The first half of the book is valuable because it dispels many of the common myths and misconceptions about hypnosis. It gives a general background on the nature of the hypnotic state and demonstrates how many of the things we do every day are done on a subconscious level, the level that is accessed through hypnosis. The importance of using imagination is stressed, as imagination emanates from a domain outside conscious awareness. Of particular interest though, to me, was the author's presentation about P.D.E.M., or what he calls the "positive dominant emotional motivator". Anything that has emotional importance is stored in the subconscious mind. Understanding what that motivator consists of is key to creating any desired change. I think this book is very helpful for anyone wanting to learn self-hypnosis to create change in their life. The author does mention that

self-hypnosis can usually be more easily learned in a setting under the guidance of 8-10 sessions with a hypnotist. However, much can be done on one's own, and certainly at less expense.

This is the greatest thing. We have given several copies to friends and family. it is easy to follow and really is a help for all problems.

Second copy of a lost book. Great for uncomplicated advise and learning to help yourself.

I found this book to be informing and enlightening... A hard to put down book. You will find a lot of usefule information here, that will help you in your personal life as well as in other aspects of your life. I have been using the methods described in this boo, for over 6 months and have seen a deffinate improvement on my anxiety and restlessness at night. I think others can easily obtain the same results from this book.

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