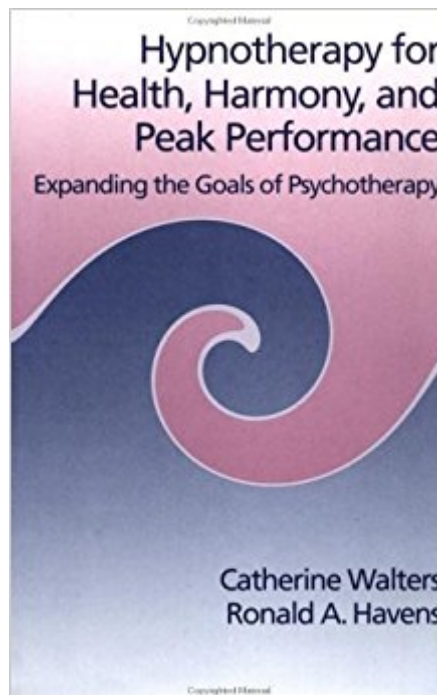




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Hypnotherapy For Health, Harmony, And Peak Performance: Expanding The Goals Of Psychotherapy



Synopsis

This volume sets forth a holistic application of hypnosis that, although grounded in Ericksonian health techniques, embraces the positive paradigms of wellness, tranquility, and optimal performance. The primary focus is on enhancing mental and physical wellbeing by cultivating the healthy parts of the psyche and soma - a more beneficial therapeutic goal, in the authors' view, than the traditional emphasis on diagnosing and treating pathology. The authors demonstrate why and how hypnotherapy is a particularly effective means of enhancing wellbeing and present a variety of hypnotherapeutic techniques for promoting health, harmony, and peak mental and physical performance. The book includes a chapter on writing your own hypnosis scripts.

Book Information

Hardcover: 209 pages

Publisher: Routledge; 1 edition (May 1, 1993)

Language: English

ISBN-10: 0876306903

ISBN-13: 978-0876306901

Product Dimensions: 9.5 x 6.2 x 1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,188,466 in Books (See Top 100 in Books) #64 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Hypnotherapy](#) #205 in [Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy](#) #1621 in [Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior](#)

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