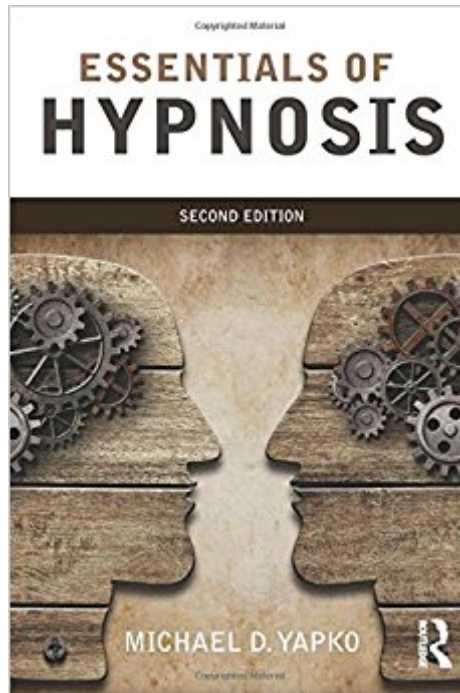


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# Essentials Of Hypnosis



## Synopsis

Essentials of Hypnosis Second Edition provides a warm and rich introduction to the fascinating field of hypnosis by one of its leading experts. Readers may be surprised to discover that some of the most important methods in modern integrative health care have a foundation in hypnosis, and that modern neuroscience is regularly learning new things about brain functioning from brain scanning studies of hypnotized individuals. The emphasis in Essentials of Hypnosis Second Edition is on the use of hypnosis as an effective tool of treatment. Thus, readers will enjoy and benefit from the wealth of clinical insights and helpful hints Dr. Yapko offers for the skilled use of hypnotic principles and methods. The essentials of this dynamic field are well captured in this practical volume

## Customer Reviews

"Learning the fundamentals of modern clinical hypnosis is as simple as reading this update to a classic text. Michael Yapko has a gifted ability to comprehensively present building blocks that will edify the novice and serve as important reminders for the experienced practitioner. Essentials of Hypnosis Second Edition is an essential primer of essential concepts. Dr. Yapko has done a great service by providing new, modern understandings in this new edition." -- Jeffrey K. Zeig, PhD, The Milton H. Erickson Foundation "Only Michael Yapko could integrate all the complex facets of the world of hypnosis so completely in one volume. His knowledge is evident in every sentence, accurately selected with incisive precision and mindful creativity. This is a book every expert should have on his or her desk for quick and insightful reference and inspiration." -- Consuelo C. Casula,, President of the European Society of Hypnosis

Michael D. Yapko, Ph.D., is a clinical psychologist and marriage and family therapist residing near San Diego, California. He is internationally recognized for his work in clinical hypnosis, brief psychotherapy, and the strategic treatment of depression, routinely teaching to professional audiences all over the world. The author of more than a dozen books, including the leading hypnosis text Trancework (4th edition), he is the recipient of lifetime achievement awards from the International Society of Hypnosis, the American Psychological Association's Society of Psychological Hypnosis (Division 30), and the Milton H. Erickson Foundation for his innovative contributions in advancing the fields of hypnosis and psychotherapy.

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