

HYPNOSIS

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The Anglo American Book Company Ltd



Introduction

To help you select from the many books in our hypnosis catalogue those most suited to your requirements, a brief explanation is given below of the different schools of hypnosis:

1. *The Authoritarian, Direct or Classical School.*

This is in itself a generalization, as many different styles and approaches are incorporated within this group. They all have in common a direct approach to hypnosis. This school has provided most of the scientifically based studies of the nature of hypnosis.

2. *The Permissive or Ericksonian School.*

Named after the eminent Milton H Erickson, M.D., an American psychiatrist who died in 1980. Whilst he generally employed a permissive approach in interventions with his clients, it can clearly be seen and heard on a number of his video and audiotape recordings that Erickson also on occasion used a direct or classical approach where he felt this to be appropriate. He is renowned for other techniques especially the use of metaphor. The development of his work has been continued by many of his students, mainly under the heading of Brief Therapy. NLP also has largely been developed from Erickson's work. This catalogue includes most of the Brief Therapy works. See our separate catalogue for NLP.

3. *Eclectic.*

The books in this section encompass material from both of the above schools.

If you require any further clarification or have any questions concerning the content of the titles please phone, write, fax or e-mail us and we will be happy to assist you.

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CLASSICAL HYPNOSIS BOOKS

Abundance Hypnosis: How to Create in the Universe Using the Power of Mind

Ormond McGill

One in the series of small booklets prepared by the "Dean of American Hypnotists". Discover the hypnotic method which will allow you to create whatever you wish, using the power of your own mind! Booklet £7.50 **7219**

Acupressure Hypnosis

Ormond McGill

An irresistible way of hypnotising: 20 steps to produce profound hypnosis in clients through nerve stimulation of the meridian centres. Booklet £2.99 **7220**

Analytical Hypnotherapy

E. A. Barnett MD

A unique blend of analytic and direct suggestion techniques, grounded in a perspective that makes perfect sense. Every practitioner will be able to integrate various aspects of this system into his or her existing therapy technique, utilising them to maximise and improve results without making radical changes to an established approach. Clearly written and well researched, the book is detailed in its explanation of theory and highly effective in its explanation of practice. Hardback 497 pages £27.50 **4034**

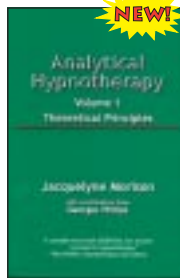


NEW!

Adventures in Human Understanding: Stories for Exploring the Self

John G. Watkins PhD

These fictional short stories for exploring the self are rich in human drama and deeply resonate with our own understanding of how we strive throughout our lives to grow and become whole. Each story is followed by a psychological analysis, ensuring that this book will be an effective instrument for facilitating therapy. "Dr. Watkins writes with joy, humour, insight, and wisdom about the struggles of people of all ages from startin' time to quittin' time. He invites us all to share with him this dance of life." Peter B. Bloom, M.D., Clinical Professor of Psychiatry, University of Pennsylvania School of Medicine Paperback 248 pages £16.99 **15613**

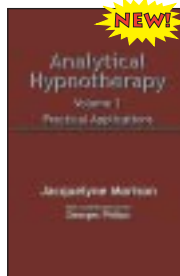


NEW!

Analytical Hypnotherapy Volume I: Theoretical Principles

Jacquelyne Morison with contributions from Georges Philips

This book examines the orthodox analytical approach, aspects of humanistic thinking and cognitive strategies which concentrate on activating the client's inner resources, and more specifically, the unconscious mind. It presents practical guidance on the application of effective therapeutic investigation using hypnosis, with numerous examples and case studies that cover: transference and counter-transference; defensive strategies; dreams and symbolic imagery; and therapeutic investigation. **Highly recommended.** Hardback 320 pages £35.00 **15618**



NEW!

Analytical Hypnotherapy Volume II: Practical Applications

Jacquelyne Morison with contributions from Georges Philips

In this second volume, in-depth case studies and client profiles cover groundbreaking research areas, including: fear and anxiety disorders; sorrow and grief disorders; anger and rage disorders; post traumatic stress; the nature of childhood abuse. "This book should be all that a therapist, either studying or already practising hypnoanalysis, will ever need." Pat Doohan, Fellow of the National Council of Psychotherapists. "A superb follow-up to the excellent Analytical Hypnotherapy Volume I." Peter Mabbut, Director of Studies, London College of Clinical Hypnosis. **Highly recommended.** Hardback 496 pages £35.00 **16221**

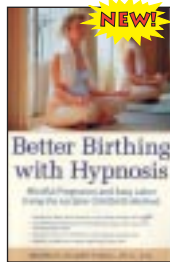


Become the Dream: The Transforming Power of Hypnotic Dreamwork

Randal Churchill

"This book is unique and revolutionary ... Randal Churchill has been one of the most insightful and innovative practitioners in the field of hypnotherapy for over a quarter century. His integration of approaches to beneficially influence the subconscious mind is so clearly and compassionately

demonstrated that this fascinating book is an important addition to the fields of dream therapy, hypnotism, Gestalt therapy and psychology." Ormond McGill, "Dean of American Hypnotists". Hardback 297 pages £24.99 **10401**



NEW!

Better Birthing with Hypnosis

Michelle LeClaire O'Neill

An excellent book for mums-to-be by the originator of the LeClaire Childbirth Method which is a technique widely used in North America. It is based upon the concept of preparing the mother for a healthy pregnancy and a relaxed and pain-free labour. The technique puts neither mother nor baby at risk. On the contrary, it eliminates many complications, enhances self-esteem and mother/infant bonding. Although designed for any woman to self-teach herself the concepts involved both during pregnancy and in a pain-free birth, it also forms a useful introduction to the subject for all hypnotherapists. A very worthwhile read. Paperback 252 pages £14.99 **15750**

Book of Hypnosis

David Lesser

Hardback 142 pages £12.95 **6297**

Cameral Analysis: A Method of Treating the Psychoneuroses Using Hypnosis

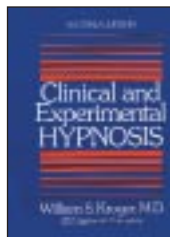
David L. Pedersen

Paperback 222 pages £14.99 **6788**

A Casebook of Clinical Hypnosis

Ed. by Steven J. Lynn

When is hypnosis brought into play with various theoretical and clinical approaches to psychotherapy? What does a hypnotherapist actually do on a case-by-case and a session-by-session basis? Eight hypnotherapists consider these issues and illustrate them with cases from their own work. Hardback 500+ pages £25.50 **9122**



Clinical and Experimental Hypnosis

Second Edition

William S. Kroger MD

Written by one of the fathers of present-day hypnotherapy, this seminal work presents the classical approach to this subject. A highly regarded book which is mandatory reading for many clinical hypnosis/psychotherapy courses. Hardback 406 pages £65.00 **3313**



Clinical Hypnosis and Self-Regulation: Cognitive Behavioral Perspectives

Irving Kirsch, Ed Capafons, Ed

Provides clinicians with methods for using hypnosis to enhance the outcome of empirically validated treatments. Contains chapters by cognitive-behavioural scholars in the field of hypnosis, plus a chapter by Lazarus, a founder of behavioural and cognitive-behavioural psychotherapy. Chapters include: A Comprehensive Three-Dimensional Theory of Hypnosis; A Cognitive-Behavioural Analysis of Self-Deception; The Carlton Skills Training Programme for Modifying Suggestibility; Enhancing Multimodal Therapy with Hypnosis; Hypnosis and Forensic Psychology; Self-Regulation Therapy. We **highly recommend** this book as a truly remarkable resource for hypnotists and hypnotherapists. Hardback 400 pages £31.50 **13358**

The Clinical Practice of Hypnotherapy
M. Erik Wright & Beatrice Wright
Hardback £28.95 **490**

Clinical Self Hypnosis: The Power of Words and Images
Shirley Sanders
Hardback £28.95 **488**

Contemporary Hypnosis Research
Erika Fromm
Hardback £50.00 **6779**

Counselling Hypnotherapy: The Synergism of Psychotherapy and Hypnotherapy
Charles J. Francis

Explores the integration of counselling psychotherapy and hypnotherapy (two disciplines considered by many as at best distant relations) and the dramatically powerful and effective achievements which often result. It also focuses on the benefits for therapists, researchers and clients alike. Paperback 244 pages £12.50 **7221**

Creative Mastery in Hypnosis and Hypnoanalysis
Margo Fast & Daniel P. Brown
Hardback £81.95 **481**

Discovering the Power of Self Hypnosis
Stanley Fisher
Hardback 225 pages £21.00 **2958**



The Dreamer's Guide to Mastering Self Hypnosis: The Dreams the Realities

Charles Tebbetts

This book is a revised edition of *Self Hypnosis and Other Mind Expanding Techniques*. When

you master self-hypnosis you will master every aspect of your life. You can improve your health, change your relationship with others, boost your career and make life an exciting road to travel all so easily with the techniques described in this amazing guide to the power of self-hypnosis. This book will teach you to re-programme your subconscious mind so that you will be free to achieve everything that any human is capable of achieving. Self-hypnosis is the method behind almost every 'mind control system' from Transcendental Meditation to Silva Mind Control. **Highly recommended.** Paperback 142 pages £6.99 **7859**



Effective Self Hypnosis: Pathways to the Unconscious

C. Alexander Simpkins PhD & Annellen M. Simpkins PhD

These authors are perhaps best known for their book entitled *Principles of Self Hypnosis* (now out of print) which for many

years was the most regularly recommended primer on this subject. This academic work completely updates that book and contains much new research. Extensive and accessible to both the professional and the lay person, it is accompanied by an audiotape which clearly demonstrates many of the techniques described. Whilst rather expensive compared with other self hypnosis books, this book and audiotape are of the highest quality in terms of content, research and writing style. Hardback 258 pages plus single audiotape £35.99 **14513**

The Evolution of Hypnotism: A Survey of Theory and Practice from Mesmer to the Present Day
Derek Forrest

A carefully researched book giving a survey of the fascinating evolution of hypnotism from the time of Mesmer. Starting with physical explanations of hypnotism and its transfer to the psychological, this book shows how it was used to treat neurotic disorders. Acknowledging the pioneers in the field including Braid and Charcot, the book uses photographs and is eloquently illustrated to encompass a broad spectrum of the subject right up to the present day. A very useful resource. Paperback £8.99 **13633**



Extraordinary Healing: Transforming Your Consciousness Your Energy System & Your Life
Marilyn Gordon

Ormond McGill PhD, 'Dean of American Hypnotists', comments that "this is a remarkable book ... combining the spiritual and practical worlds ... a combination

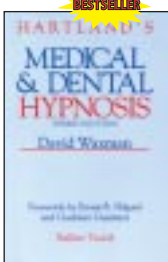
of healing approaches for changing times." It draws from many spiritual traditions: yoga philosophy, metaphysical healing, ancient and contemporary healing practices; and includes an entire self-healing section, a complete manual for working with others, and many techniques and healing stories. A unique guide to Emotional Freedom Techniques and Transformational Hypnotherapy. Paperback 284 pages £16.50 **14998**



Financial Success through Creative Mind Power

Wallace D. Wattles

This small book is a practical manual intended for men and women whose most pressing need is for money; who wish to get rich first and philosophise after. It has been responsible for the success of thousands of Mind Power students since it was first published. Paperback 80 pages £6.99 **4038**

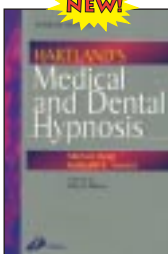


Hartland's Medical & Dental Hypnosis
David Waxman

Third Edition

We have a limited number of this edition available. It is now permanently out of print, having been replaced by the fourth edition. Many training organisations still recommend the

third edition to their students because the content is 90% original Hartland. **Very limited stock.** Paperback 500 pages £35.99 **461**



Hartland's Medical & Dental Hypnosis
Fourth Edition

Michael Heap & Kottiy Attil K. Aravind
Whilst the title indicates that this is the fourth edition of the above book, it has been so extensively revised that it retains little of Hartland's original work.

However, it is a brave attempt to deliver some of Hartland's concepts based upon a 21st century understanding of the subject, and in this it succeeds. Paperback £35.99 **15884**



The Healing Mind: Healing through Self-Hypnosis and Therapeutic Regression
Joe Keeton with Monica O'Hara

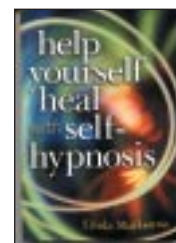
The mind has an incredible ability to heal and yet this potential is rarely exploited because we confine ourselves to using such a small part of it. Hypnosis is the effective way to access the healing part of the mind, and this thoroughly researched book which includes elucidating case studies demonstrates how tapping in to the unconscious mind actually makes it possible to strengthen the immune system. A book that we simply cannot afford to ignore, it offers new hope to those who want to be both physically and mentally healed. Hardback 206 pages £14.99 **13149**

Health and Happiness with Hypnosis
Bryan Knight

A book for everyone interested in health and happiness! Consisting of five chapters: opening with the Hypnosis Quiz, followed by Hypnosis and Therapy, Health and Happiness with Hypnosis, How to use Self-Hypnosis, and Historical Notes. Written in a direct but gentle and straightforward manner this book will enable all readers to achieve a clearer understanding of hypnosis, its uses and benefits, while dispelling myths and misconceptions which sometimes surround this subject. Paperback 168 pages £7.95 **8164**

Helping Yourself with Self Hypnosis: A Modern Guide to Self-Improvement and Successful Living
F. Caprio & J. Berger

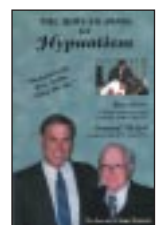
Discover how to use self-hypnosis to overcome tension, depression and anxiety, improve your physical health, conquer bad habits, gain mastery over your emotions and create new thought patterns that can lead you to a more content, more successful life! Paperback £8.50 **11764**



Help Yourself Heal with Self-Hypnosis
Linda Mackenzie

One of the best self-help books using hypnosis that we have seen for several years. The book is very comprehensive, containing scripts for most common ailments, unwanted habits,

physical and psychological problems. As well as a guide to the use of hypnosis, indepth advice is also given on: mental attitude, food and diet, vitamins and supplements, useful herbal extracts and aromatherapy. Very easy to read and follow, this is sure to become a bestseller in its field. Paperback 224 pages £12.99 **14050**



The How-To Book of Hypnotism
Tom Silver & Ormond McGill

The experience and expert knowledge of the legendary Ormond McGill and celebrity stage hypnotist Tom Silver shine through on every page of this informative book. A remarkable introduction to the art of hypnosis, it teaches: how to hypnotise people; instantaneous methods of hypnosis; hypnosis routines for entertainment; how to rid yourself of unwanted habits; and the ancient art of magnetic healing. An outstanding resource for existing hypnotists, **The How-To Book of Hypnotism** gives novices the opportunity to learn from the experts, and is a comprehensive resource for everyone interested in this subject. Paperback 185 pages £19.99 **14021**



How to Hypnotize Yourself without Losing Your Mind

Wayne F. Perkins

This is a book with an intriguing something extra. It contains a complete self-hypnosis training programme and unique 'Perkins' method;

but there's more! Register as a reader on its supporting website, and you will be provided with free updated information, chapters and appendices (this is, Perkins tells us, a 'work in progress'). The book itself offers an unusual approach to self-hypnosis. Perkins encourages the reader to recite text into a tape recorder and listen to it on a regular basis. In this way suggestions can be tailored and personalised, and are delivered in a voice you can trust! We appreciated how the book gets down to business early on, after briefly dealing with the history of hypnosis. Its link to resources on the web will make an excellent textbook for training hypnotherapists. **Highly recommended.** Paperback £13.99 **14445**

How You Can Bowl Better Using Self-Hypnosis

Jack Heise
Paperback £5.99 **6966**

How to Plan Successful Suggestion Formulas for Hypnotherapy

Ormond McGill
Booklet £4.99 **7223**

How to Uncover Past Lives

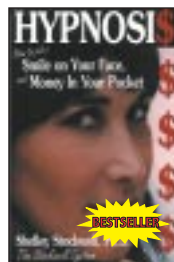
Ted Andrews
A very popular title on this subject. Paperback £4.99 **2173**

How You Can Play Better Golf with Self Hypnosis

Jack Heise
Paperback £3.99 **6964**

Hypnoanalytic Structures

F. Treves
Hardback £53.50 **4086**



Hypnosis: How to Put a Smile on Your Face and Money in Your Pocket

Shelley Stockwell PhD

This book provides an excellent introduction to hypnosis and how anyone can use it as a powerful tool for personal change and achievement. Includes:

- 25 inductions and the '30 second zap'
- the laws of the brain and mind
- hypnosis scripts ● dream charting
- how to become a 'money magnet'
- how to run a successful hypnosis practice.

Written in a lively, highly readable and fun style, it provides a fascinating and commonsense explanation of what hypnosis is, how it works, and how you can use it to achieve wealth, personal happiness and inner contentment. Paperback 417 pages £16.99 **11140**

Hypnosis: Theory, Practice and Application

R. Rhodes
Paperback £10.99 **4090**

Hypnosis: A Jungian Perspective

Hall
Hardback 179 pages £21.50 **484**

Hypnosis

Ursula Markham
This consumers guide to hypnosis concentrates on the actual treatment, as seen from the patient's viewpoint. It answers all your practical questions about hypnosis, as well as providing background information about this popular therapy. Paperback 124 pages £10.99 **4076**



Hypnosis and Accelerated Learning

Pierre Clement
A do-it-yourself tool for self-hypnosis, divided into three parts: Getting acquainted with hypnosis; Acquiring self-hypnosis; Utilising self-hypnosis as a powerful learning method. Includes: double your learning speed, develop powerful recall, create total concentration, learn to use your photographic memory. Paperback 135 pages £8.99 **660**

Hypnosis and Behavioral Medicine

Daniel Brown
Hardback £58.95 **491**

Hypnosis and Experience:

The Exploration of Phenomena and Process
Peter W. Sheehan & Kevin M. McConkey

Phenomena of hypnosis range from simple tasks involving ideomotor response to more complete tasks involving substantial distortions of perceived reality, such as age regression, hallucination and amnesia.

What makes *Hypnosis and Experience* stand out from other books on this subject is the authors' focus: instead of trying to survey the whole field and evaluate the full spectrum of theories about hypnosis, they home in on specific points of view with the aim of illustrating the nature of hypnotic phenomena. Hardback 297 pages £50.00 **8310**

Hypnosis and Hypnoanalysis

Brown & Fromm
Hardback £75.95 **492**



Hypnosis and Hypnotherapy with Children

Third Edition
Karen Olness & Daniel Kohen

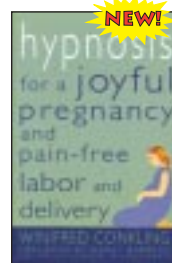
Revised and expanded, this comprehensive book is the essential source of knowledge for practitioners of hypnotherapy with children. Part 1 focuses on hypnosis with children, covering the groundwork and approaches to hypnotherapy. Part 2 focuses on hypnotherapy with children, describing more than forty different clinical situations. Casebook examples provide further insights making this book the most helpful text of its kind and **one that we highly recommend.** Hardback 457 pages £39.95 **501**

Hypnosis and Memory

Helen Pettinati
Hardback £34.50 **487**

Hypnosis for Beginners: Reach New Levels of Awareness and Achievement

William H. Hewitt
William Hewitt uses his 25 years of experience and training to teach you, step-by-step, to become a hypnotist. Close your eyes, take a deep breath, and discover your past lives, stop smoking, build a positive self-image, tune in to your higher intelligence, live more creatively, conquer fears and phobias, lose weight, gain success, and more! A powerful and simple-to-follow book. Paperback 259 pages £8.99 **10241**



Hypnosis for a Joyful Pregnancy and Pain-Free Labor and Delivery

Winifred Conkling

Step-by-step, this book will teach you how to use hypnosis to induce a state of calm and comfort during any stage of your pregnancy. Hypnosis can be used as a natural form of anaesthesia, and an added bonus is that it may allow you to fully experience the joy of childbirth without the use of an epidural or drugs. Paperback 210 pages £11.50 **16548**

Hypnosis for Change: A Practical Manual of Proven Hypnotic Techniques

Second Edition
Josie Hadley & Carol Staudacher

A book that covers every aspect of hypnosis and is completely accessible to all, professionals and lay persons alike. The authors provide explanations of the basic concepts and background of hypnosis, which can then be applied to any one of the eleven treatment chapters designed to target specific problem areas. Usable as an instruction manual for teaching both self-hypnosis and hypnosis to others. Paperback £13.99 **1167**

Hypnosis for the Seriously Curious

K. Bowers
Paperback £11.95 **1326**



Hypnotherapy

Dave Elman
Hailed as a classic in its field, Elman's work is a forceful and dynamic presentation of hypnosis as a lightning-fast and amazingly effective tool in a wide range of therapies. A useful and practical summation of the teaching of one of the pioneers

in modern hypnotherapy. Elman has trained more doctors to use hypnosis than anyone else. Hardback 338 pages £30.00 **262**

Hypnotherapy and Hypnoanalysis:

Daniel P. Brown
Hardback 392 pages £75.95 **492**

Hypnotherapy: A Handbook

Michael Heap & Windy Dryden
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. The book assumes no prior knowledge of hypnosis, with chapters including an introduction to the subject, its use with psychological, sexual and physical problems, in medicine and dentistry, hypnotherapy with children, and professional and legal issues. Paperback £22.50 **477**

Hypnotherapy: A Guide to Improving Health and Well-Being with Hypnosis

Ursula Markham
A marvellously down-to-earth, informative guide written for the layperson, *Hypnotherapy* reveals the answers to three basic questions:

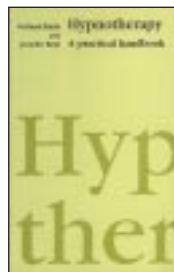
- what is hypnotherapy?
- is it safe?
- how can it help me?

The author, a practising hypnotherapist, demystifies hypnosis and explains how it is now accepted as a proven way of helping people get well. Also includes a list of organisations, courses, books and useful addresses. Paperback £6.99 **10252**

Hypnotherapy Explained

David Lesser

Hardback £12.95 **6296**



Hypnotherapy: A Practical Handbook

Hellmut Karle & Jennifer Boys

A basic text to meet the needs of beginners, while serving also as a reference source for the more experienced. The approach is one of 'how to do it' rather than a survey of history and current theories. Aimed primarily at

practitioners in a variety of professions the book will also interest all those involved in non-physical methods of alleviating suffering and improving health. Paperback 301 pages £19.95 **661**

Hypnotherapy of Pain in Children with Cancer

Josephine Hilgard & Samuel LeBaron

This landmark study offers a rare mixture of solid medical research and essential practical advice for therapists, counsellors, social workers, doctors and nurses – towards using hypnosis as a sensitive and valuable tool to relieve pain and anxiety in children with cancer. Clearly written, grounded in rigorous scientific investigation, the book serves as both a step-by-step resource for clinical work and an important study of central theoretical issues. The authors' main contribution is help for the relief of pain without drugs, in conjunction with other effective resources including drugs. Hardback 250 pages £18.50 **219**

The Hypnotic Brain: Hypnotherapy and Social Communication

P. Brown

Paperback £13.50 **4087**

Hypnotising Yourself for Success

Lynne Hook

Paperback £10.99 **4092**

Hypnotism: Learn How to Hypnotise Yourself and Others

Rachel Copelan

Paperback 235 pages £13.99 **4633**

Hypnotism Made Easy: An Introductory Survey of Theory and Practice

Ralph B. Wynn PhD

Paperback £7.99 **4621**

Hypnotism Made Practical

Louis Orton

Paperback £4.99 **4641**

Hypnotism and Meditation

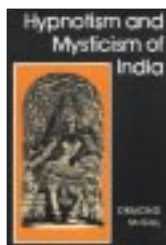
Ormond McGill

A skillful blend of self-hypnosis and meditation, this operational manual for "hypno-meditation" clearly explains workable techniques for increasing your happiness and awareness. Paperback 100 pages £5.99 **3099**

Hypnotism, Mesmerism and the New Witchcraft

E. Hart

Hardback 212 pages £22.50 **4161**



Hypnotism and Mysticism of India

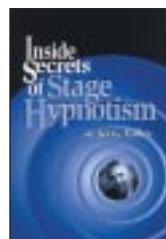
Ormond McGill

Noted author and hypnotist Ormond McGill reveals how the real mysticism and magic of India are accomplished. His detailed instructions for developing oriental powers of hypnotism are drawn from the secret teachings of the Masters of India where he lived and studied for a number of years. Hardback 208 pages £19.50 **2383**

Imagine Yourself Well: Better Health through Self-Hypnosis

Sean F. Kelly & Reid J. Kelly

This book is a remarkable view of hypnotherapy as a scientifically recognised treatment art. Based upon research in therapeutic hypnotic techniques, the authors have constructed an effective handbook articulating the therapeutic use of hypnosis by depicting word-for-word what transpires during a session. The fascinating series of carefully worded transcripts of hypnotic exercises will enable the reader to correct specific self-destructive habits (e.g., overeating and smoking), common psychological problems (insomnia and various phobias), chronic physical conditions (arthritis, back pain, high blood pressure and migraine headaches), and performance anxieties (athletics and public speaking). Hardback £27.95 **7433**



Inside Secrets of Stage Hypnotism

Jerry Valley

An excellent book for those interested in getting involved in using hypnosis in the entertainment industry and written by one of the best-known US performers in this field. It provides all the necessary information on what is required to present an effective and entertaining hypnotic show. It also describes in detail how to construct and deliver three different hypnotic shows. A very welcome addition to the limited writing on this intriguing subject and at a price that is very affordable. As well as being of interest to entertainers it contains much information also that hypnotherapists can profitably use. Paperback 180 pages £16.99 **14528**

Instantaneous Hypnosis Techniques

Ormond McGill Booklet £6.99 **7225**

Investigative Forensic Hypnosis

Joe Niehaus

A lifetime career in the police force and being certified in forensic and clinical hypnosis accounts for the author's authoritative approach to this sensitive subject. Part 1 is the essence of hypnosis, while Part 2 goes onto the core subject of investigative forensic hypnosis including professional ethics and preparing for trial. Hardback 173 pages £47.99 **13441**

The Journey Within: Past-Life Regression and Channeling

Henry Leo Bolduc

This is the story of research hypnotist Henry Bolduc's many years of studying and practising hypnosis. The reader shares in the unfolding of a fascinating exploration into the human mind. Bolduc describes several techniques for accessing past-life memories, either with a hypnotherapist or using a self-hypnosis programme. This programme allows you to create your own self-hypnosis audiotapes (complete details with script are included). One portion of the book is devoted to the development of channelling in two individuals, complete with the profound "readings" that resulted. Included are channelling guidelines for those new to the concept. Paperback 300 pages £10.99 **7226**

The Learning Block: A New Helping Tool for Students, Parents and Educators

Dr D. E. Grass

Written in simple terms, this book introduces a new technique of teaching through mind-conditioning that works. It will show the teacher how to make his efforts with his students more successful; it will teach the student how to think and study more effectively; it will bring to the parent the much needed understanding of what makes a slow learner (the learning block), and what can be done to overcome this difficulty. Paperback 152 pages £5.99 **4041**



Look Younger, Live Longer: Add 25 to 50 Years to Your Life, Naturally

Dr. Bruce Goldberg

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Marlene E. Hunter MD

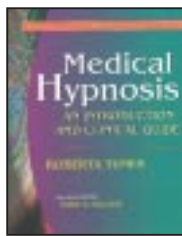
For millions of people, daily life is shrouded in the misery of "chronic pain syndrome", a collection of symptoms for which no cause can be found. This is a self-help book for sufferers, written by the author of **Creative Scripts For Hypnotherapy**, and a prominent figure in the field of hypnotherapy. With insight and understanding gained from her own patients, she provides a powerful new approach to controlling the impact of pain. Discover how you too can regain control of your life and health, and make peace with your chronic pain. Paperback 175 pages £17.95 **9764**

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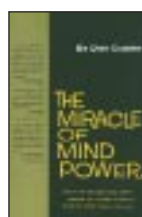
Medical Hypnosis: An Introduction and Clinical Guide

Roberta Temes



Hypnosis is now more accepted as a valid alternative to more traditional medical therapies. A non-invasive, non-pharmacological and relatively inexpensive method, it is more and more often the method of choice for minimising discomfort and improving compliance with medical regimens. This book,

based on solid scientific research, presents abundant and specific ways in which hypnosis can be incorporated into medical speciality practices. Clear case illustrations and an abundance of facts and figures make this a highly informative guide to the use of hypnosis in medicine, to its vast applications, and to its impressive success rate in the treatment of a whole host of medical cases. Large format paperback 166 pages £31.95 12482



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Dan Custer

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Ormond McGill

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Jack Birnbaum MD, FRCP (C) Psychiatry

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Adam Burke PhD

An excellent little book providing a concise introduction to exploring self-hypnosis. It will guide you, stage-by-stage, through each step of self-hypnosis, and enable you to tap into your vast creative inner power to generate new actions and feelings, gain new knowledge and insight, and achieve healing, empowerment and greater life success. Not the most authoritative book on the subject, but good value at the price. For those seeking a deeper understanding, we would recommend Bruce Goldberg's **Secrets of Self-Hypnosis**. Paperback 111 pages £5.99 10244

Post-Hypnotic Instructions: How To Give Post-Hypnotic Suggestions for Therapeutic Purposes

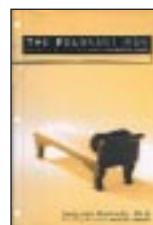
Arnold Furst

Covers many different situations, giving case study examples. Also incorporates a section on rapid induction techniques, eye-to-eye technique and how to awaken the subject. Paperback 205 pages £8.99 6271

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Ormond McGill

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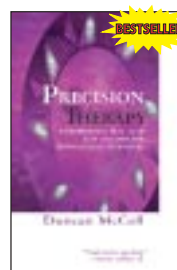
Vol I: Hypnotherapeutic Techniques

John Watkins

John Watkins has over fifty years' experience in using hypnosis in therapy and is the originator of the therapy now known as hypnoanalytic technique. He is also one of the most prolific writers on the subject and he and his wife have produced many audiotapes and one well-known videotape. He is Professor Emeritus and former Director of Clinical Training at the University of Montana and as such felt that there was a need for a modern "teaching text" on hypnotherapy. With this book he set out to produce such a text that would form the basis of a study programme up to the intermediate level whilst at the same time attempting to bring together the best from all schools of clinical hypnosis. There is no doubt that he achieved his goal and probably went one step further by providing a useful reference book on the application of therapeutic trance to a wide variety of clinical conditions. Hardback 392 pages £35.99 577

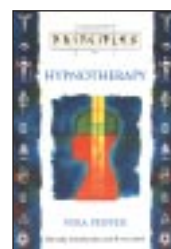
Precision Therapy: A Professional Manual of Fast and Effective Hypnoanalysis Techniques

Duncan McColl



Precision Therapy is a comprehensive manual of fast, effective hypnoanalytic techniques. Designed to be as practical and functional as possible, it presents a series of adaptable prompt sheets for therapy sessions, plus a collection of illuminating case histories and supporting resources. The aim of **Precision Therapy** is to

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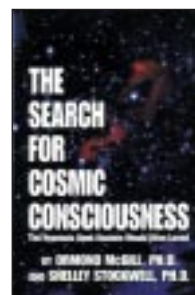
Ormond McGill

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Ormond McGill PhD & Shelley Stockwell PhD

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Seeing The Unseen: A Past Life Revealed through Hypnotic Regression

Ormond McGill

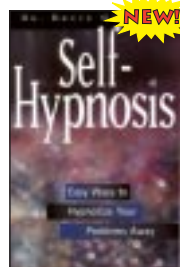
"I have always felt that I lived in two worlds: one seen, the other unseen. The partition between the two, to me, seems paper thin." Thus begins this fascinating exploration in which a famous

public figure regresses to a past life as a well-travelled Victorian psychic investigator. Includes a fascinating postscript detailing how the regression has had a far-reaching impact on the subject's subsequent life. An easily understood guide to past-life regression therapy, with full explanatory clinical notes. A truly fascinating tale of a past life revealed. **Highly recommended.** Paperback 256 pages £12.99 **9318**

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George Gamez PhD

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B. Alman & P. Lambrou

Ernest Rossi has written of this bestselling title "... a great big grab bag of just about every approach to self-hypnosis for just about every problem you'd ever want to cope with". This is a fair summation of the book as it covers all the things one would expect to read about such as weight control, dealing with stress, sport improvement and other life events through to dealing with allergies and conditions such as various forms of herpes and psoriasis. **An excellent book** for therapist and self-improver. U.S. Paperback version 280 pages £20.95 **247**

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Laurence Sparks

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Self-Hypnosis: Creating Your Own Destiny

Henry Leo Bolduc

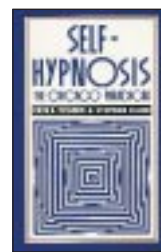
Proclaiming that "There is no limit to what you can do!", this book lays out in clear and practical terms how to achieve this. In three steps learn how to create a personal self-hypnosis programme, and, through the use of individualised

programmes for change, reprogramme your mind to control or eliminate bad habits, create a new identity for yourself or develop latent talents and abilities, and use both the right and left sides of your brain to remodel every aspect of your life. **An inspirational book from a renowned author and trainer.** Paperback 170 pages £8.50 **9360**

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The Simple Secrets of the Power to Heal: How to Treat Many Persistent Conditions Still Defying Conventional Medicine

John Howard

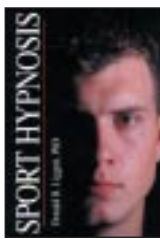
If you thought that the success of spiritual healing and the laying on of hands was due to the healer having some special, mystical powers, then this is an essential read. It is doubtless true in some cases that healers can possess such powers, yet few people understand that these healing skills can actually be learned. This book is full of examples of how to learn and use simple healing techniques, and is invaluable for anyone who wishes to explore the fascinating world of natural healing. Includes the use of hypnosis. Paperback 152 pages £11.99 **11070**



Slim by Suggestion: 10 Easy Steps to Weight Loss Without Willpower

Roz Collier & Georgia Foster

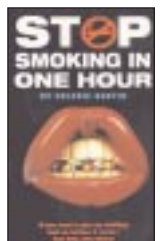
Based on the application of hypnosis, the method employed in this book is built around a well-constructed ten step programme for change which includes developing an understanding of internal emotional conflicts and reprogramming the unconscious mind. The programme is further supported by a free CD containing four trance sessions. The authors themselves had spent a significant part of their lives overweight so are rather better equipped to understand weight problems than most weight loss gurus! Paperback 200 pages plus free CD £9.99 **16552**



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Stop Smoking in One Hour

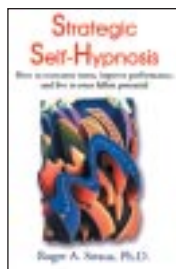
Valerie Austin

If you want to give up smoking then this book is an absolute must. It concentrates largely on perhaps the most important, though often overlooked, mind side of nicotine addiction. Whilst aimed primarily at

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Herbert Spiegel MD & David Spiegel MD

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Trance on Trial **Schefflin & Shapiro**

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Trance Zero: The Psychology of Maximum Experience **Adam Crabtree**

This outstanding and highly informative book is a *must* for those involved in psychotherapy and personal growth and an *absolute must*

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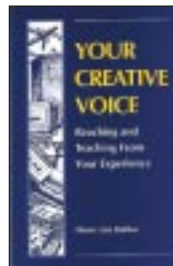
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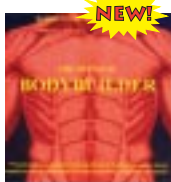
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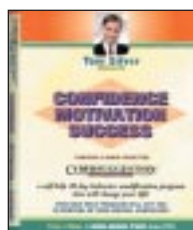
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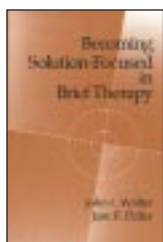
ERICKSONIAN HYPNOTHERAPY BOOKS

The Answer Within: A Clinical Framework of Ericksonian Hypnotherapy **Stephen H. & Carol R. Lankton**

Presents the structure of Erickson's hypno-therapeutic work by taking the reader step by step through the diagnostic and treatment processes. Special attention is given to the use of multiple embedded metaphors. Hardback £32.99 **195**

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John L. Walter & Jane E. Peller



Highly recommended by some of the best known Ericksonian therapists and authors, this is a book about how to become solution focused, with each chapter designed to increase your skills and understanding of this subject step-by-step. Further reinforcement is provided by way of work sheets and exercises. The authors' direct, no-nonsense approach strikes an essential chord in a field where theory is abundant but sound practical strategies are hard to come by. If you want to become solution focused in your work then this is where to start. Hardback 271 pages £28.95 **197**

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A Brief Guide to Brief Therapy **Brian Cade & William Hudson O'Hanlon**

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Brief Therapy: Myths, Methods, and Metaphors

Edited by J.F. Zeig PhD & S.G. Gilligan PhD

This book consists of the papers of thirty-four of the world's leading exponents of brief therapy who gathered together at the 1988 Brief Therapy Conference sponsored by the Milton H. Erickson Foundation. It is organised around the central issues and themes in contemporary Brief Therapy and consists of: Keynote Addresses, Overviews, Family Therapy, The Temporal Factor in Brief Therapy, Techniques of Brief Therapy, Models of Brief Therapy, Special Concerns and Mind-Body Healing. The thirty-four chapters embrace a vast array of viewpoints and methods to demonstrate the different approaches that the contributors have found effective in their work. Taken as a whole, this volume constitutes a state-of-the-art report on Brief Therapy. Beginner and experienced therapists alike will find here a resource of great value. Hardback 490 pages £53.50 **199**

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an existing problem, while seemingly "illogical" and "unreasonable" actions succeed in producing the desired change. The book incorporates concepts of human communication, interactional (i.e. marital and family) therapy, the pathogenic and therapeutic effects of paradoxes (double binds), and of action-oriented rather than origin-oriented techniques of problem resolution. Hardback 172 pages £14.95 **151**



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Jeffrey K. Zeig PhD, Ed.

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Edited by W.C. Wester II & D.J. O'Grady

Sixteen esteemed specialists describe in lucid, accessible terms the current state of their diverse clinical work and thinking: theoretical foundations; assessment of presenting problems; associated etiologies (i.e. family dynamics, biophysical problems) and corresponding approaches; the interventions process in detail; and future trends in treatment. Among the topics covered: hypnotic strategies for different stages of development; treatment of habit disorders; childhood trauma (incest, physical abuse, multiple personality disorder); motor and vocal tics; somatoform disorders; learning disorders; chronic nausea and vomiting; acute and chronic pain. Also includes advice on when to use hypnosis and just as importantly when to avoid its use. Hardback 288 pages £34.95 **202**

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Aaron Noah Hoorwitz

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The Collected Papers of Milton H. Erickson on Hypnosis

Edited by E.L. Rossi

These four volumes have been assembled for clinicians and researchers who wish to explore the work of one of the most seminal minds in the history of hypnosis and psychotherapy.

Vol. 1: The Nature of Hypnosis and Suggestion

Shows Erickson's development of a non-authoritarian, indirect approach to suggestion. Subjects experience hypnotic phenomena, utilise their own potentials and solve their own problems under Erickson's guidance. Papers are grouped in four areas: Nature of Hypnosis, Approaches to Trance Induction, Nature of Suggestion, and Possible Dangers of Hypnosis. *Currently out of print* **316**

Vol. 2: Hypnotic Alteration of Sensory, Perceptual, and Psychophysiological Process

Here subjects are trained for deep trance phenomena so that they can undergo the requisite neuro- and psychophysiological changes. Papers are grouped in five areas: Visual, Auditory, Psychophysiological Processes, Time Distortion and Research Problems. *Currently out of print* **317**

Vol. 3: The Hypnotic Investigation of Psychodynamic Processes

Includes a general, historical survey of hypnotism and its approaches to the unconscious through the psychodynamic processes of: Amnesia, Literalness, Automatic Writing and Drawing, Mental Mechanisms, Dual Personality, and Experimental Neuroses. *Currently out of print* **318**

Vol. 4: Innovative Hypnotherapy

Presents Erickson's unique approaches through hypnosis to a wide variety of symptom resolutions in patients. Sections include: Indirect Approaches to Symptom Resolution, Utilisation Approaches, Hypnotherapeutic Approaches to Pain, Rehabilitation, Sexual Problems, Psychotics, Facilitating Unconscious Processes and Objective Thinking, and Facilitating New Identity. *Currently out of print* **319**

Much of the content of these out-of-print books is now available on the CD-ROM The Complete Works: Version 1.0 See page 18.

Contemporary International Hypnosis **G.D. Burrows, A.O. & R. Stanley, Eds**

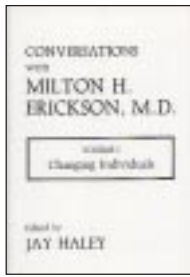
Presents a wide-ranging, authoritative and comprehensive coverage of the status of hypnotic treatments around the world. The wide spectrum of topics discussed includes: new emphasis in the use of hypnosis in the treatment of multiple personality disorders; fantasy proneness and recall of childhood abuse; hypnosis and psychotherapy in the treatment of survivors of trauma; eating disorders and hypnotherapy; hypnosis and sport. Hardback £150.00 **7605**

Conversations on Therapy **David Grove & Jay Haley**

This book is a fascinating eavesdrop on the conversations that the author had with his mentor – Jay Haley. We can watch the brilliant and cagey master as he thinks through messy problems such as violence, incest, infidelity, depression, and then devises and explains strategies for effective treatment. Never before have Haley and his ideas about therapy seemed so tangible, so accessible, so sensible and above all, so humane. Hardback £17.95 **2957**

Conversations with Milton H. Erickson

J. Haley



This important set of works was first published in 1985 as a hardcover set and now appears for the first time in paperback form. The conversations referred to in these books occurred in the period 1955 to 1968 at a time when Erickson was at his most productive. The conversations took place between Erickson and Jay Haley, Gregory Bateson, John D.

Jackson, John Weakland and William F. Fry. Many readers will no doubt realise that these individuals formed the nucleus of what is sometimes referred to as Gregory Bateson's "Palo Alto research project" on the nature and structure of therapeutic communication. Thus much of the content focuses on the nature of therapy and change in an hypnotic setting and also includes ways of describing human interaction. All three volumes contain wonderful insights into Erickson at work with his patients and provide a number of transcripts of actual therapy sessions conducted by MHE where he was particularly interested in bringing about change in the individuals concerned.

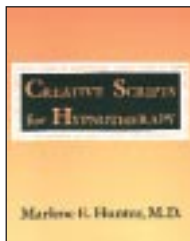
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Paperback 172 pages £19.95 **322**

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Marlene Hunter MD



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the scripts for their own use, but also how to adjust the vocal inflections, softness, loudness, and cadence and rhythms that bring their own personal "flavour" to the therapeutic intervention. This book also examines some of the state-of-the-art research being done in this area. Paperback £21.95 **5272**



Current Thinking and Research in Brief Therapy: Solutions, Strategies and Narratives (Volume 2)

William J. Matthews & John Edgette

This recent publication from the Milton H. Erickson Foundation, this

second volume of Brief Therapy research includes the very latest insights from contributors such as Harry Aponte, Doug Flemons, Ahelley Green and Daniel Handel. The wide range of topics covered includes: intimacy in the therapist-client relationship; hypnotherapy and dying; the unresponsive hypnotic subject; alert hypnosis. A truly indispensable guide for therapists, this book provides the most recently developed Brief Therapy techniques for use in future therapy. Hardback 344 pages £31.95 **10222**

Developing Ericksonian Therapy: State of the Art

S.R. Lankton & J.K. Zeig PhD

This book is a record of the major papers presented at the Third International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. The congress was attended by over 1800 highly enthusiastic professionals and was led by a faculty of more than 150 internationally renowned practitioners in Ericksonian therapy. An excellent book full of useful information and very much "state-of-the-art". Hardback 523 pages £53.50 **205**



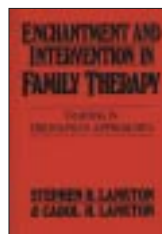
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Stephen & Carol Lankton

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Don J. Feeny, Jr.

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We cannot praise this book too highly, simply outstanding. Hardback 240 pages £58.50 **13827**

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Edited by Jeffrey Zeig PhD

This wonderful book comprises the proceedings of the Fifth Congress on Ericksonian Approaches to Hypnosis and Psychotherapy and addresses the essentials of Ericksonian principles and practice as applied to modern mental health sciences. A must for serious professionals in this field. Hardback £63.50 **5271**

Ericksonian Approaches: A Comprehensive Manual

Rubin Battino MS & Thomas L. South PhD



A highly acclaimed, outstanding training manual in the art of Ericksonian hypnotherapy. Accessible and elucidating, it provides a systematic approach to learning set against a clinical background, developing the reader's learning over twenty-two chapters which include: the history of hypnosis; myths and misconceptions; rapport-building

skills; language forms; basic and advanced inductions; utilisation of ideodynamic responses; basic and advanced metaphor and Ericksonian approaches in medicine, dentistry, substance abuse and life-challenging diseases. "This book should undoubtedly be read and re-read by any who consider themselves to be hypnotherapists. But it should not be limited to them. If people who are not interested in the subject of hypnotherapy are not drawn to it, this will be a loss for anyone who uses language in the course of therapeutic work ... I highly recommend this book."

Barry Winbolt, The New Therapist. **One of our most popular titles, an international bestseller and highly recommended.** Hardback 564 pages £35.00 **12623** Also available: a companion audiotape of Exercises and Demonstrations £9.99 65 mins. See Audio section page 18. **Special offer** Book and tape set £40.00 **16748**

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Michael Yapko PhD

A further book from Michael Yapko, already world famous for **Trancework**. Exceedingly clear, concise and comprehensive, **Essentials of Hypnosis** will acquaint you with a dynamic, diverse and constantly evolving field, one which offers superb therapeutic tools widely applicable in many contexts. It is designed as an information-packed resource for all who wish to explore this provocative discipline from the beginner to the practicing mental health practitioner in need of a refresher. A valuable feature is the comprehensive reference section at the end of each chapter. Also includes a chapter on false memory syndrome. Paperback 186 pages £18.95 **5274**

The Evolution of Psychotherapy

Edited by Jeffrey K. Zeig PhD

This book forms a record of the proceedings of the first conference of this name organised by the Milton H. Erickson Foundation in 1985. Speakers included R.D. Laing, Karl Rogers, Bruno Bettelheim, Erving Polster, Lewis Wolberg, Joseph Wolpe, Arnold Lazarus and Paul Watzlawick, to mention but a few. A unique opportunity to appreciate the outstanding contributions from eminent specialists in the field. Hardback 438 pages £61.95 **357** Limited stock available at £15.99

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Edited by Jeffrey K. Zeig PhD

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The Evolution of Psychotherapy: The Third Conference (1995)

Edited by Jeffrey K. Zeig PhD

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C. Citrenbaum

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Experiencing Erickson: An Introduction to the Man and his Work

Jeffrey K. Zeig PhD

A book more about Erickson himself rather than the technology for which he is known. The author was a student of MHE and spent much time with him and learning from him. The book is divided into four sections: Erickson's creativity, the Ericksonian approach, experiences with MHE and the final section by MHE himself. Hardback 181 pages £25.95 *Limited stock – now out of print* **212**

Experiencing Hypnosis: Therapeutic Approaches to Altered States

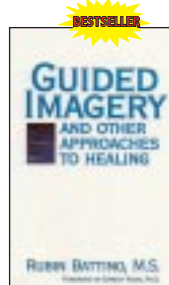
Milton H. Erickson & E.L. Rossi

This book is a continuation of Erickson and Rossi's earlier work contained in *Hypnotic Realities* and *Hypnotherapy: An Exploratory Casebook*, where the former trains the latter in the art of clinical hypnosis. These three volumes present a deepening understanding of what hypnosis is and the ways in which a creative process of hypnotherapy can be achieved. A must for all serious students of Ericksonian psychotherapy. A section of this book contains a transcript of the video "Reverse Set", available for hire from the NLP Video Library. **Highly recommended.** Hardback with 2 audiotapes £45.50 *Currently out of print* **211**

The February Man: Evolving Consciousness and Identity in Hypnotherapy

Milton H. Erickson & E.L. Rossi

A fascinating case study which illuminates Milton Erickson's techniques, this volume shows the use of multiple levels of consciousness and meaning to access and therapeutically reframe traumatic memories that were the source of very severe phobias and depression. Throughout the text Erickson evokes and utilises many classical hypnotic phenomena to facilitate that "reassociation and resynthesis" of the inner life which he regarded as the essence of the cure. **Highly recommended.** Hardback 266 pages £34.95 **213**



Guided Imagery And Other Approaches To Healing

Rubin Battino MS

This book explores in detail the most powerful methods of healing. While focusing on Guided Imagery, a healing technique that fully exploits the connection between mind and

body, it also extends its analysis to other healing techniques, including psychotherapy-based methods and alternative therapies, encouraging a multi-modal approach to healing. An essentially practical and accessible healing manual. *Guided Imagery* presents a breakdown of published guided imagery scripts, and also has a section on preparing patients for surgery, a chapter on Nutrition and Healing by nutrition expert A. Ira Fritz PhD, and a chapter on Native American Healing Traditions by Native American healer Helena Sheehan PhD. Designed as a resource for health professionals, *Guided Imagery*, meticulously researched and authoritative, is essential reading for doctors, nurses, psychologists, counsellors and all those involved or interested in healing. "Well chosen, illuminating clinical examples abound, with eminently useful imagery suggestions for practitioner and patient." Belleruth Naparstek, LISW (author of *Staying Well with Guided Imagery*.) **Very highly recommended.** Hardback 400 pages £25.00 **13902**
Also available: 2 audiotape set of guided imagery scripts £15.00 113 mins. see *Audio section page 18*.

Special offer Book and tape set £35.00 **16762**



Hand Me Down Blues: How to Stop Depressions from Spreading in Families

Michael D. Yapko PhD

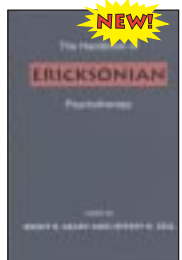
Shows how families can deal effectively with depression, armed with much more than a prescription. Part I describes the nature of depression, including

both its biological and social origins, and introduces you to a family systems perspective. Part II covers how you can acquire depression from your family, bring this negative influence unintentionally into your marriage, and unconsciously pass it on to your children. Part III offers specific methods to help diminish depression's influence on your family. Paperback 242 pages £10.99 **12055**

Handbook of Clinical Hypnosis

J. Rhue, S. Lynn & I. Kirsch

Paperback £45.50 – *Currently out of print* **3360**



The Handbook of Ericksonian Psychotherapy

Edited by Brent B. Geary PhD & Jeffrey K. Zeig PhD

Celebrating more than 20 years of the Milton H. Erickson Foundation, this volume brings together 40 of the field's innovators to demonstrate both the breadth of Ericksonian therapy – from pain management to trauma resolution – and the clinical considerations attending its use. Topics covered include: Inductions; Expectancy Theory; Addiction; Play Therapy; Hypnotic Language and Transference and Countertransference. Hardback 576 pages £59.99 **16580**



Handbook of Hypnotic Inductions

George Gafner

An essential resource for novices and experienced professionals alike, this collection of over two dozen hypnotic inductions includes scripts for conversational, embedded meaning, confusional and directive inductions. Ranging from beginner to advanced level, the detailed scripts are flexible templates that address the treatment of depression, anxiety disorders, chronic pain and adjustment. They cover trance induction, deepening, realerting and debriefing. An excellently executed and researched book, it is a rewarding source of ideas and models for those working in the Ericksonian field. Hardback 178 pages £21.00 **13906**

Healing the Divided Self: Clinical and Ericksonian Hypnotherapy for Dissociative Conditions

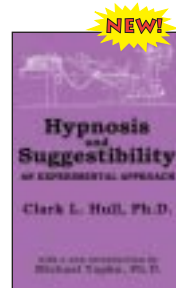
Maggie Phillips & Claire Frederick

Rich in case examples, this book provides a step-by-step guide to hypnotic techniques in the treatment of the entire spectrum of dissociative disorders. The authors synthesise traditional and Ericksonian styles of hypnosis in practical methods that work consistently within their four-stage model of treatment. Detailed instructions are given for utilising hypnotherapeutic techniques for all types of dissociative conditions. Hardback £30.00 **6627**

Hypnosis: The Application of Ideomotor Techniques

D. B. Cheek

Hardback £55.99 **4079**



Hypnosis and Suggestibility

Clark L. Hull PhD with a new introduction by **Michael Yapko PhD**

Where did Milton H. Erickson originally get his ideas on hypnosis from? This is the book, long out of print, written by Clark Hull, clinician and researcher,

who taught Erickson as an undergraduate at the University of Wisconsin in 1923. His scientific approach to hypnosis, experimental methods and results so influenced Erickson that they set him on the path to becoming one of the major figures so renowned today in the field of hypnotherapy. This book, when first published in 1935, quite literally shaped the evolution of the field of hypnosis, and clinicians and researchers investigating and applying hypnotic approaches still owe much to the work of Clark Hull, both directly and indirectly. **Highly recommended.** Hardback 464 pages £29.50 **16750**

Hypnosis and Suggestion in the Treatment of Pain: A Clinical Guide

Joseph Barber & contributors

When a patient's suffering is not adequately managed by the best medical interventions available, the clinician may feel at a loss. This book offers guidance from the field's most respected experts on the psychological assessment and treatment of pain, particularly with hypnosis. It covers both syndromes of special interest (cancer pain, recurrent pain syndromes, headache, burns, etc.) and special populations (children, the elderly and 'impossible patients'). Hardback 414 pages £32.00 **8666**

Hypnosis and the Treatment of Depressions: Strategies For Change

Michael D. Yapko PhD

This boldy honest book demonstrates that hypnosis can be a viable and effective approach to the treatment of depression by confronting the traditional criticism of its use head-on. By choosing to embrace rather than ignore the opportunity for debate, the author explodes some of the many myths about hypnosis and depression, replacing them with a compelling, well-rounded and productive discussion. Thought-provoking yet practical, complex yet accessible, it is an incomparable skill-building resource for generating the specific learning necessary to help clients overcome depression as quickly as possible and to avoid future depressive relapses. Hardback 202 pages £30.50 **355**

Hypnotherapy for Health, Harmony, and Peak Performance: Expanding the Goals of Psychotherapy

R.A. Havens & C. Walters

The first part of the book establishes current supportive research on mental and physical wellness, the potency of mind/body connections, and attention. The authors examine the role of conscious attention in human experience and discuss the use of hypnosis to redirect attention toward gratifying states of mind. They offer clear guidelines for successfully eliciting trance states and formulating a sequence of trance experiences that will ultimately enable a client to reach his or her unique therapeutic objective. The second part of the book is composed of verbatim scripts of actual trance sessions. These scripts demonstrate how hypnosis, through the use of metaphors and storytelling techniques, can be used to harness attention and direct it toward the goals of mental, physical, and spiritual wellbeing, performing at one's best, or experiencing life more fervently. The accompanying audiotape is a valuable aid to assist the therapist by providing actual hypnotic procedures which have been successful with many clients. Hardback 209 pages with single audiotape £39.95 **1240**

Hypnotherapy: An Exploratory Casebook **Milton H. Erickson & Ernest Rossi**

This book is the second in a series of three volumes by the authors which began with the publication of **Hypnotic Realities**. Like Volume 1, this is essentially a record of Dr. Erickson teaching and training the Rossis in the field of clinical hypnotherapy. This volume is a practical study of some of the attitudes, orientations and skills required of the modern hypnotherapist. It also contains many practical exercises for increasing understanding and competence in the use of Ericksonian techniques. An absolute mine of information and **highly recommended**. Hardback 495 pages with single audiotape £41.45 *Currently out of print* **217**



Hypnotherapy Scripts: A Neo-Ericksonian Approach to Persuasive Healing **R.A. Havens & C. Walters**

Hypnotic trance is an everyday, and therapeutically invaluable, phenomenon. Contains a simple and clear description of the hypnotic experience and a

straightforward explanation of its clinical utility. Of greatest value are the book's step-by-step guidelines for conducting hypnotherapeutic sessions and numerous verbatim transcripts of specific induction and therapeutic suggestion procedures. The accompanying audiotape demonstrates two trance inductions contained in the book. This is intended to introduce readers to the basic techniques for modifying voice tone, rhythm and phrasing. **Highly recommended** to those starting out in the world of hypnotherapy. Hardback 196 pages with single audiotape £34.50 **220**

Hypnotic Methods in Non-Hypnotic Therapies

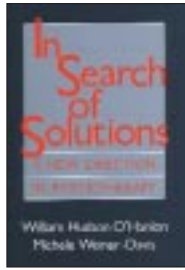
Aaron Noah Hoorwitz PhD

The primary purpose of this book is to teach non-hypnotic therapists to use hypnotic methods without elaborate inductions of formal trance. The author also delineates the paradoxical nature of the hypnotic relationship and shows how the peculiarities of this relationship provide a unifying basis for the "strategic" therapies. The peculiar form of this therapeutic relationship is described here as a model for the "optimal interpersonal context to facilitate change". Utilising theory and case illustrations throughout the book, the author shows how this model can guide the therapist both in maintaining an effective therapeutic relationship and in warning when the ingredients necessary to this relationship are missing. The book is accompanied by an audiotape which provides two excellent demonstrations: Side 1 is an intervention for smoking and Side 2 an intervention for altering a person's relationship with food. Hardback 252 pages with single audiotape £39.50 **221**

Hypnotic Realities: The Induction of Clinical Hypnosis and Forms of Indirect Suggestion **M.H. Erickson & Ernest L. Rossi**

This book is the record of a unique demonstration by Dr. Erickson of the art of inducing clinical hypnosis and the indirect forms of hypnotic suggestion and the process of training and discovery experienced by the Rossis in learning directly from Dr. Erickson. Since the Rossis were absolute beginners in the field, Dr. Erickson had to introduce and demonstrate the basic principles of clinical hypnosis in a manner that makes this book ideal reading as an introductory text. However, as Erickson was such a wonderfully creative innovator, much of the material will be of great interest to all psychotherapists, whatever their level of training and understanding of his work. This is in fact the first in a trio of books which track the learning experiences of the Rossis in working with MHE. **Highly recommended**. The other books in the trio are: **"Hypnotherapy: An exploratory Casebook"** and **"Experiencing Hypnosis: Therapeutic Approaches to Altered States"**. Hardback 326 pages with single audiotape £53.95 *Currently out of print* **223**

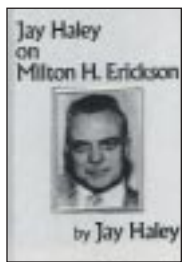
In Search of Solutions: A New Direction in Psychotherapy **William Hudson O'Hanlon & Michele Weiner-Davis**



An exciting new trend – an emphasis on strengths and solutions rather than problems and pathology à la Erickson is sweeping the field of psychotherapy. In this book two clinicians, acclaimed for their clarity and humour of their workshops, trace the evolution of this approach, outline change-promoting assumptions, and then offer clear, concrete and detailed guidelines to translate theory into practice. Hardback 191 pages £17.00 **88**

The Interactional View: Studies of the Mental Research Institute, Palo Alto 1965–74 **Edited by Paul Watzlawick PhD**

Hardback 405 pages £21.00 **156**



Jay Haley on Milton H. Erickson MD **Jay Haley**

An excellent book by this prolific writer in the Ericksonian field. It is composed of a collection of eclectic articles which will engage the reader with its fascinating mosaic of fact, observation, anecdote and commentary. It

contains a very interesting chapter devoted to the subject of "ordeal therapy", a powerful technique successfully used by Dr. Erickson. Haley spent 17 years studying with Erickson, and his unique understanding of the man and his techniques makes this book a compelling read. Hardback 199 pages £26.95 **3111**

Keys to Solution in Brief Therapy **Steve de Shazer**

Hardback £16.50 **1428**

The Language of Change: Elements of Therapeutic Communication **Paul Watzlawick PhD**

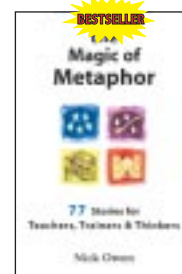
In this ground-breaking book, a world authority on human communication and communication therapy points out a basic contradiction in the way therapists use language. Although communications emerging in therapy are described to the mind's unconscious, dark side, they are habitually translated in clinical dialogue in the supposedly therapeutic language of reason and consciousness. But, Dr. Watzlawick argues, it is precisely this bizarre language of the unconscious which holds the key to the realms where alone therapeutic change can take place. This book is a gold mine of valuable information for all serious therapists. **Highly recommended**. Paperback 172 pages £9.95 **2389**

Learning and Teaching Therapy **Jay Haley**

Paperback £22.95 **12319**

Metaphor Therapy: Using Client-Generated Metaphors in Psychotherapy **Richard R. Kopp PhD**

The use of metaphor in therapy was one of the techniques used by Dr. Erickson. This book presents a number of different psychotherapeutic views including that of Erickson on this intriguing subject. This is a ground-breaking work which introduces the technique of utilising the patient's own metaphors in therapy. **Highly recommended**. Hardback £23.95 **7292**



The Magic of Metaphor : 77 Stories for Teachers, Trainers and Thinkers **Nick Owen**

Foreword by Judith DeLozier

A collection of stories designed to engage, inspire and transform the listener and the reader.

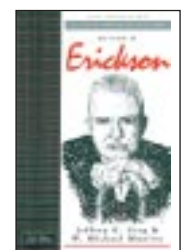
Some of the stories motivate, some are spiritual, and some provide strategies for excellence. All promote positive feelings, encouraging confidence, direction and vision. The stories contained in **The Magic of Metaphor** focus on values, responsibility, and leadership in all its forms. Specially selected to promote change in people's ideas, attitudes, beliefs, visions and behaviours they act as reframes, challenging and disturbing our existing frames of reference, recharting our accustomed maps of the world, and shifting us away from our limited thinking towards new learning and discovery through the use of effective metaphor. Containing helpful hints for effective story telling, advice on organisation, style and story telling skills, and a selection of stories that can be adapted and developed, **The Magic of Metaphor** is an inspirational sourcebook for counsellors, health workers, psychologists, professional speakers, managers, leaders and NLP practitioners, as well as for teachers, trainers, therapists. Providing tools that assist people in making beneficial changes in their lives, these stories will empower all those who hear or read them. Paperback 320 pages £16.99 **15092**



Metaphoria: Metaphor and Guided Metaphor for Psychotherapy and Healing **Rubin Battino MS**

This is an essential text for trainers, clinicians and everyone wishing to explore the fascinating potential of metaphor. **Metaphoria** examines the structure of a metaphor – from its essential

elements to its optional components; the delivery of metaphor; from rapport-building and communication skills to the art of effective story-telling; what makes a metaphor work, with examples of both poor and good usage. Forming a complete reference and resource for the practitioner and therapist, **Metaphoria** investigates: the application of metaphor for all ages; the use of metaphor in specific approaches such as: sleep induction, pain control, trauma, reframing, art therapy, hypnotherapy, healing, preparation for surgery, narrative therapy, solution-focused therapy and ordeal therapy, language forms, metaphor in Ericksonian psychotherapy and hypnosis, themes and ideas. Containing sample scripts and suggestions for basic and advanced metaphors, plus a history of the use of metaphor; it provides readers with everything they need to comprehend fully the metaphor's unique properties and to create new ones for their own purposes. Hardback 376 pages £25.00 **16224**



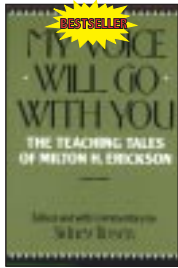
Milton H. Erickson **Jeffrey K. Zeig & W. Michael Munion**

Milton Erickson is one of the foremost figures in the history of hypnosis. This incisive study presents an accessible and lucid account of the key aspects of his research and practices, stressing the significance of an approach that meets the needs of the individual. An intriguing insight into his life and work, this book will prove an illuminating read for all those interested in his widely-practised methods. Assessing the full impact and value of Erickson's approaches, it offers an objective and enlightening overview of a fascinating branch of hypnotherapy. Paperback 148 pages £19.99 **13832**

Mind-Body Therapy: Methods of Ideodynamic Healing in Hypnosis **E. L. Rossi & D. B. Cheek**

On the leading edge of psychobiological thought, this book explores the integration of a powerful new psychosomatic theory. Each of the ten major sections is divided into chapters on Theory, Clinical Practice and Research. The authors illustrate each of the major concepts of psychobiology with newly created images to highlight the major pathways of mind-body communication and healing. Rossi and Cheek present numerous practical techniques using a three-step approach to therapeutic hypnosis: (1) access the psychobiological source of the problems; (2) reframe them therapeutically and (3) ratify the therapeutic gain. Throughout the book, 30 carefully formulated boxed outlines summarise the exact words and approaches used by the authors in a wide range of clinical issues. There are also many hundreds of engaging case reports to support the authors' claims. **Immensely practical and highly recommended.** Paperback 514 pages £17.95 **227**

My Voice Will Go with You The Teaching Tales of Milton H. Erickson (Edited by S. Rosen)



Closely associated to Milton H. Erickson was his use of "Teaching Tales". Erickson's intent was to influence a patient at the unconscious level. Calling upon shock, surprise, confusion – with generous use of questions, puns, and playful humour – he seeded suggestions indirectly and positively. Originally Erickson had agreed to co-author this book of

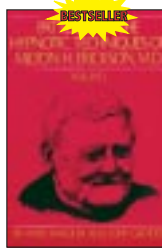
teaching tales but he did not live to see the project beyond the planning stage. Sidney Rosen has collected over one hundred of the tales, many never previously transcribed. Presented verbatim and accompanied by Dr. Rosen's interpretation and commentary they are grouped under such headings as Motivating Tales, Reframing, etc. The thought-broadening messages in these teaching tales speak to all readers. **An ever popular title.** Paperback 253 pages £9.50 **230**

The New Hypnosis **D.L. Araoz**

This interesting book traces the origins of what has become known as the 'New Hypnosis'. It also identifies not only Milton Erickson as one of the originators but also gives credit to the many significant contributions made by others to this field. As the author's area of specialisation is family therapy, it is hardly surprising to find around half of the book devoted to this subject. The remainder is concerned with the general techniques associated with the 'New Hypnosis'. Paperback 214 pages £33.95 **7626**

Pathways to Reality: Erickson Inspired Treatment Approaches to Chemical Dependency **John D. Lovern**

This book links two rival, and hitherto separate, treatment camps: the addictions treatment community and the growing number of psychotherapists who are fruitfully drawing on Erickson's innovative approaches. Refreshingly plain-speaking and non-dogmatic, Dr. Lovern works with the conviction that chemical dependency treatment can be genuinely enriched by the informed, flexible use of Ericksonian techniques. Hardback 240 pages £31.95 **234**



Patterns of the Hypnotic Techniques of Milton H. Erickson MD **Volume I** **Richard Bandler & John Grinder**

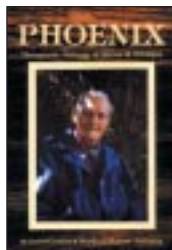
Dr. Erickson wrote in the preface to this book: "Although this book, to which I am contributing the

Preface, is far from being a complete description of my methodologies, it is a much better explanation of how I work than I myself can give. In reading this book, I learned a great deal about the things that I've done without knowing about them". Bandler and Grinder set out in writing this book to provide an explicit model of Erickson's work in such a way as to make the model available to the reader. **This is probably the "bestseller" of all books on Erickson and his work.** Paperback 265 pages £19.99 **126**

Patterns of the Hypnotic Techniques of Milton H. Erickson MD **Volume II**

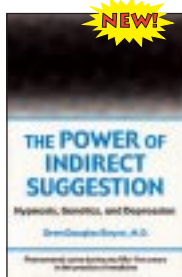
Bandler, Grinder & Judith DeLozier

In this volume the work begun in Volume I is taken forward from modelling the verbal patterning in hypnosis to the area of Erickson's non-verbal communication patterns. The second part of the book contains two previously unpublished transcripts of Dr. Erickson working in hypnosis with clients to achieve therapeutic outcomes. The videos from which these transcripts derive can be hired from the NLP Video Library. Hardback 246 pages £20.99 **127**



Phoenix: Therapeutic Patterns of Milton H. Erickson **David Gordon & Marybeth Mayers-Anderson**

An excellent book for the newcomer to hypnosis or to Dr. Erickson's work. The authors' goal in writing this book was to convey as much of Erickson's therapeutic magic as they possibly could whilst still keeping it simple to understand. In this they have succeeded, and anyone prepared to invest a little time can readily pick up the patterns of MHE's work from this book. **Highly recommended.** Paperback 192 pages £19.99 **235**



The Power of Indirect Suggestion: Hypnosis, Genetics, and Depression **Oren Douglas Boyce, MD**

The subtitle of "phenomenal cures in my fifty-five years in the practice of medicine" tells all: an account of using indirect suggestion in a number of clinical situations. However the true value can be found in the supporting case studies. The book contains many hints and suggestions for treating a number of conditions which are not widely covered elsewhere. Paperback 140 pages £10.99 **15870**

The Power of Your Voice **Patrick Porter PhD**

This is a workbook developed by Dr. Porter based on his work in **Psycho-linguistics** and **Awaken The Genius**. It utilises many of the skills taught in those books including the use of Ericksonian language patterns. Spiralbound 78 pages £9.99 **5668**

Pragmatics of Human Communication: A Study of Interactional Patterns, Pathologies, and Paradoxes **Paul Watzlawick PhD, Janet Beavin Bavelas PhD & Don D. Jackson MD**

This is an exciting book which adds new dimensions to our understanding of communication. The first two chapters are among the clearest expositions available anywhere of the relevance of communication theory – information measurement, cybernetics, and the theory of games and economic behaviour – to the study of interpersonal interactions. The chapter on paradox shares this lucidity. Hardback 295 pages £14.95 **167**

Provocative Therapy **Frank Farrelly & Jeff Brandsma**

Not strictly an Ericksonian book but nevertheless one that is very popular with Ericksonian therapists. It is a provoking book that challenges traditional assumptions about respected limits in the field of professional communications. Whilst the book has some very serious messages to convey, don't read it if you don't like laughing! Written by two highly respected clinicians. Hardback 195 pages £19.99 **168**

Psycho-Linguistics: The Language of the Mind

Patrick Porter PhD

Psycho-Linguistics is a useable, rapid and efficient method for accessing your mind or another individual's mind and making changes to behaviours, attitudes and/or thought patterns. It has been developed from the combined study and theory of the processes of Neuro-Linguistic Programming, self-talk, imagery, and Ericksonian hypnosis. Paperback 170 pages £12.99 **5667**

The Psychobiology of Mind-Body Healing **E.L. Rossi**

This book is a considerable step forward in the development of Erickson's work. The book identifies what the medical profession calls "pathways", that is, the way attitudes or emotions are processed by the body in creating physiological or biochemical change. The past few years have seen extraordinary advances in the knowledge of such pathways. This work provides state-of-the-art information on the interaction of the nervous system, the endocrine system and the immune system. Rossi creates many new approaches for facilitating healing of cancer, asthma, rheumatoid arthritis, mood disorders, and a variety of other mind-body problems. Hardback 229 pages £30.00 **241**

Psychotherapeutic Metaphors: A Guide to Theory and Practice **Philip Barker**

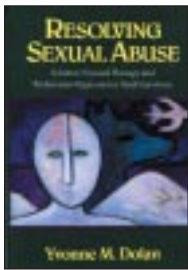
"An internationally renowned author, lecturer, and practitioner, Philip Barker eases us into the world of metaphor, an invaluable technique in expediting psychotherapy." – J. K. Zeig. From the basic construction of the metaphor to successful delivery, this book provides a remarkably lucid and fascinating introduction for those who wish to add this powerful medium to their professional armamentarium. Paperback 161 pages £20.50 **8150**

Putting Difference to Work **Steve de Shazer**

Hardback £17.00 **4631**

Reclaiming Herstory: Ericksonian Solutions

Bell-Gadsby
Hardback £32.50 **8149**



Resolving Sexual Abuse: Solution-Focused Therapy and Ericksonian Hypnosis for Adult Survivors
Yvonne M. Dolan

The approach adopted in this book enables clients to find relief from symptoms stemming from or related to

sexual abuse, to alter feelings associated with memories of trauma so that flashbacks become less intrusive, and to develop a positive, practical and healthy future orientation. In short, clients experience healing and begin to live satisfying lives. Stephen Gilligan has both endorsed the therapeutic work of the author of this book and recommended this book as "a must for anyone working in this field". Hardback 235 pages £21.95 **243**

Resolving Traumatic Memories: Metaphors and Symbols in Psychotherapy
David J. Grove & B.I. Panzer

This book has received rave reviews all round the world. One typical quote comes from the *European Journal of Humanistic Psychology* which says "... a new approach to hypnotherapy ... this is the ultimate in non-directive therapy ... Grove's approach is radically different from anything on the contemporary scene." Hardback with 2 audiotapes £37.95 **244**

Rewriting Love Stories: Brief Marital Therapy
P.O. & W. Hudson O'Hanlon

Represents a radical departure from traditional marital therapy approaches. The authors use the power of validation and solution-oriented strategies to break marital deadlocks. Rather than becoming mired in blame analysis, they help couples look at problems that can be solved, move toward collaboration and change destructive patterns. The authors' approach is hopeful, positive and often humorous, but realistic. They include specific tasks to intervene in old, destructive patterns, rituals and symbols to resolve unfinished business that is blocking marital harmony, and ideas for dealing with situations that go "beyond the limit", such as violence, criminal behaviour or substance abuse, and with one partner's lack of motivation for change. Paperback £10.95 **245**



The Seminars of Milton H. Erickson No 1: Presentation to the San Diego Society of Clinical Hypnosis
Milton H. Erickson MD

The Presentation to the San Diego Society of Clinical Hypnosis, April 29, 1962, is the first offering in a new series of never-before published transcripts culled from the Foundation's private archives. Each edition is designed to highlight new dimensions of Erickson's thinking and practice, laying the groundwork for a scholarly understanding of modern hypnosis, hypnotherapy, and strategic approaches. This seminar describes essential differences between traditional hypnosis and the more versatile practice of modern hypnosis. Information is presented on specific clinical problems, including sexual dysfunction, pain management, psychosomatic problems, and parent-child issues. The contents of this lecture are divided into five chapters: That Which Occurs Within; The Inward Orientation; Frigidity and Impotence; The Individual Approach; and Common Sense Suggestion. Paperback 90 pages £14.50 **16581**

A five CD set of this presentation is available separately or as a set. See audio section.

The Seminars, Workshops, and Lectures of Milton H. Erickson
Edited by Rossi/Ryan/Sharp.

This is a collection of four volumes each covering a specific part of Erickson's work. Each volume contains rare photographs of Erickson at work.

Vol. 1 Healing in Hypnosis

Reveals many important events in Erickson's own life that contributed to the development of his ideas. Records the spontaneous demonstrations on hypnosis and hypnotherapy, given in response to the seminar's participants questions and needs. Paperback 312 pages £16.95 **248**

Vol. 2 Life Reframing in Hypnosis

Shows how Erickson developed the approaches, methods and techniques that would enable people to use their own experiences to change behaviour and to effectively reorganise the understanding of their lives. Paperback 328 pages £16.95 **350**

Vol. 3 Mind-Body Communication in Hypnosis

Here we learn how the languages of the mind communicate with the languages of the body. Erickson's research validates the view that psyche, mind and brain are pervasively integrated in modulating body processes in health and illness. Paperback 304 pages £16.95 **351**

Vol. 4 Creative Choice in Hypnosis

Explores some important questions...
● Is hypnosis a process of manipulation or facilitation?
● Does the hypnotherapist control people?
● Does the hypnotherapist simply give people permission to heal themselves?
Discover how the therapeutic double bind evolved which leads to a profound shift in attitude: creative choice, not control or manipulation, is the essential agent of healing in psychotherapy. Paperback 274 pages £16.95 **352**

The Situation is Hopeless, but not Serious: The Pursuit of Unhappiness
Paul Watzlawick PhD

Anybody can be happy, but it takes extra effort and learning to make oneself unhappy! For those who aren't talented enough to create their own hell, this book offers help and encouragement. Calling upon metaphors, vignettes, and certain other "right hemispheric" language games, Dr. Watzlawick shows how we can (and do) make everyday life miserable and inflate trivialities beyond recognition. All readers will be both amused and startled to find themselves in this book, but there is special delight and enlightenment for therapists and counsellors. A great read, **highly recommended**. Paperback 125 pages £8.95 **173**

Sleight of Mouth
Robert Dilts



Exploring the language of figures such as Abraham Lincoln, Hitler, Gandhi, Socrates and Jesus, Robert Dilts examines the power of words. His intense study reveals those very language patterns that can profoundly affect lives, pinpointing those verbal categories by which beliefs can be constituted and changed. An important resource for about language, it offers real insights into the magic of words. **Highly Recommended**. Hardback 350 pages £27.99 **13420**



Smoke-Free & No Butts!
Dr Geoff Ibbotson & Dr Ann Williamson

This emotionally supportive book shows the smoker not only how to kick the habit, but also how to handle stress levels. Both authors are accredited members of the British Society

of Medical and Dental Hypnosis, and certified NLP Master Practitioners who teach doctors and dentists how to use hypnotic techniques for themselves and within their own practices. For those who really want to give up smoking for good, here's a small book with a large mission – to show you how. Paperback 88 pages £5.99 **12240**

Solution-Oriented Brief Therapy of Adjustment Disorders: A Guide for Providers Under Managed Care

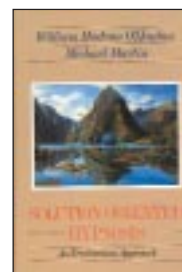
Daniel L. Aroaz
Paperback £20.50 **8151**

Solution-Oriented Woman: Creating the Life You Want.

Pat Hudson
Paperback £14.95 **9480**

Solution-Oriented Hypnosis: An Ericksonian Approach

William Hudson O'Hanlon & Michael Martin



"This book illustrates why Bill O'Hanlon is recognised as a great teacher of both hypnosis and solution-orientated psychotherapy. His commitment to respecting and empowering both therapists and clients in psychotherapy shines through, and his sense of play is liberating." *Stephen Gilligan*. **Highly**

recommended and excellent value for money. Hardback 209 pages £17.95 **1021**



Still - In The Storm: How to Manage Your Stress and Achieve Balance in Life
Dr Ann Williamson

This guide presents a programme of exercises that will offer long-term stress solutions. It identifies and explains the most empowering, enjoyable and effective stress-relieving

techniques, including: hypnosis, cognitive strategy, visualisation, time management, relaxation, exercise, goal setting and positive mental rehearsal. "A small but perfectly formed package of ideas to manage stress and achieve balance in life – genuinely amusing cartoons." *Time Out*. Paperback 80 pages £5.99 **13534**

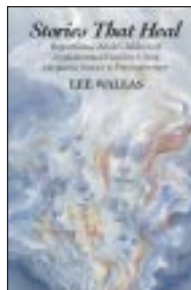
Stories for the Third Ear
Lee Walas

These imaginary fables take the reader into a world of lost children and green dragons, of princesses and gardeners, of secret rooms and elephants who can't cry. Such metaphoric tales evoke but do not literally reproduce the circumstances of the client's life. During hypnotic trance, clients accept what these stories imply about their own problems and are able to consider new solutions. Hardback 178 pages £16.00 **249**

Strategies of Psychotherapy

Jay Haley

This book is about the strategies of psychotherapists and patients as they manoeuvre each other in the process of treatment. How a therapist induces a patient to change, and why the patient changes, is described within a framework of interpersonal theory. Much of the book was written whilst the author was a member of a research project exploring the nature of communication. The project was headed by Gregory Bateson. Milton H. Erickson was a contributor to this work. Paperback 194 pages £9.95 **251**



Stories that Heal

Lee Walas

This book is sub-titled Reparenting Adult Children of Dysfunctional Families Using Hypnotic Stories in Psychotherapy. It is full of teaching tales, told not about the clients themselves but about others "who seem familiar". It starts with the mother's pregnancy and progresses

through the developmental stages, always depicting parenting as facilitative and supportive. Hearing these stories while in hypnotic trance, clients experience healthy reparenting, replacing hurtful past experience with loving infancy, childhood and adolescence. The book includes a step-by-step preparation for increasing clients' receptivity to the stories. Hardback 224 pages £16.00 **250**

Symbolic Hypnotherapy: Featuring Milton H. Erickson MD

Milton H. Erickson MD

Commentary by Jeffrey K. Zeig PhD

Symbolic Hypnotherapy is a video recording that presents information on using symbols in psychotherapy and hypnosis. When metaphoric forms of communication are utilized therapeutic ideas and new understandings are facilitated with greater ease and eloquence. This training video contains segments of hypnotherapy conducted by Milton Erickson with the same subject on two consecutive days in 1978. Jeffrey Zeig discusses the microdynamics of Erickson's symbolic technique. The tape provides an opportunity to watch a master hypnotherapist demonstrate his technique. Video 120 minutes PAL format £89.99 **16585**

Symbol, Story and Ceremony: Using Metaphor in Individual and Family Therapy

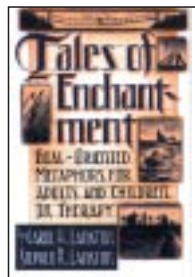
Gene Combs & Jill Freedman

Since the authors were inspired by the life and work of Milton Erickson and Gregory Bateson, they begin this splendid book in Section I on "Fundamentals" with overviews of Ericksonian psychotherapy and the Bateson perspective. They then show how to use metaphor in six basic therapeutic strategies: developing a relationship, gathering information, suggesting ideas, accessing and utilising resources, reframing, and facilitating new patterns of thoughts, feelings and behaviour. In Section II, "How to Construct Metaphors", readers will find a compendium of practical exercises designed to develop flexibility, creativity and confidence in thinking metaphorically. The final section provides ideas on how to set up a context in which to work metaphorically and how to deliver metaphors effectively. **Great value.** Hardback 279 pages £21.15 **252**

Symptom Analysis

M. Gerald Edelstein MD

A fascinating book on the subject of Brief Therapy. The author demonstrates that classical approaches to therapy can be updated and very much simplified. The approach Dr. Edelstein proposes is based upon the following four steps: (1) Uncover the trauma; (2) Learn about the painful feelings; (3) Understand how the symptoms protect the patient; (4) Help the patient understand either that the old dangers no longer exist or that there are better ways to protect oneself. Numerous case examples demonstrate the principles and process of symptom analysis and compare these to other techniques available. An interesting and challenging book. Hardback 173 pages £17.00 **253**



Tales of

Enchantment: Goal-Oriented Metaphors for Adults and Children in Therapy

Stephen & Carol Lankton

A book of stories designed to help therapists assist clients in their movement toward

specific, pre-planned goals. The stories are categorised according to the way they are structured to reach particular types of goals. Therapists are encouraged to borrow these stories and to use them to create more from their own personal experience. **Highly recommended.** Hardback 412 pages £39.95 **254**

Taproots: Underlying Principles of Milton Erickson's Therapy and Hypnosis

W.H. O'Hanlon

An introductory book on Erickson's work and frameworks that his students have subsequently developed. Succinctly describes the core patterns and interventions used by Erickson. **An excellent book, easy to read and understand.** Hardback 180 pages £16.00 **255**

A Teaching Seminar with Milton H. Erickson

M.H. Erickson (Edited by J. K. Zeig PhD)

Erickson discusses his method of therapy and demonstrates his techniques, illuminating specific therapeutic and learning situations. A great book if you are interested in understanding the man as well as his work. Hardback £32.95 **194**

Therapeutic Conversations

Ed. Stephen Gilligan & Reese E. Price

At the leading edge of the new narrative approach, this book presents ground-breaking work converging around the idea that psychotherapy is primarily a special kind of conversation that elicits clients' strengths, competences and solutions. The therapist is seen as an expert in creating conversations that reveal clients' expertise and empower them to change. Contributors include Bill O'Hanlon, Steve de Shazer, Michael White, David Epston and Michele Weiner-Davis. Hardback 250 pages £26.00 **612**

Therapeutic Metaphors: Helping others through the Looking Glass

David Gordon

The author is one of the most respected authorities on the subject of the therapeutic use of metaphor. Here he presents his model for creating metaphors with which you can help clients gain access to some of the rich resources stored within. Incorporates hypnotic language patterns, representation systems, Satir categories and submodalities. A very impressive work on the subject and probably the best book on metaphors from an Ericksonian perspective. Paperback 261 pages £19.99 **143**

Therapeutic Metaphors for Children and the Child Within

J. C. Mills & R. J. Crowley

Presents an extraordinarily effective method for creating and using metaphors that constitute a healing array of unconscious learning and resources in child and family therapy. Of special interest is the use of cartoon characters favoured by the child as "ready made" metaphors that can help provide support and solutions for a wide range of childhood difficulties. This book was rated very highly in the U.S. publication "Hypnotherapy Today". **A very popular title.** Hardback £24.50 **257**

Therapeutic Trances:

The Co-operation Principle in Ericksonian Hypnotherapy

Stephen G. Gilligan

The cornerstone of this book is the principle of cooperation, which directs practitioners to join with and utilise the client's ongoing experience as the basis for all communications. An experiential approach to translating problems into solutions via the therapeutic relationship is described in the varied chapters. Specific topic areas covered include: An overview of Erickson's approach; The experience of trance; The general approach of the Ericksonian hypnotherapist; Cooperation Strategies; Creating a context for therapeutic trance; Associated Strategies for developing therapeutic trance; Depotentiating conscious processes including confusion techniques; Balancing associational and dissociational strategies, and practical issues regarding therapeutic inductions. An **outstanding book, highly recommended** to those with a grounding in the subject area. Hardback 365 pages £37.95 **301**

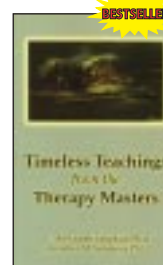


The Thin Book: Hypnotherapy Trance Scripts for Weight Management

Hal Brickman

Provides a variety of scripts that engage with the unconscious meaning of uncontrolled eating, promoting permanent change in the perception of food. An excellent

resource for therapists of scripts that deal specifically and effectively with this problem. This book addresses: weight loss for those who have never been hypnotized; resistance; late-evening eating; sabotage; exercising; cravings; slowing down the act of eating; self-definition; resolve; punishing oneself; compulsive eating and feelings; anxiety and depression; passivity and hostility. Paperback 126 pages £17.95 plus audiotape with scripts **1490**



Timeless Teachings from the Therapy Masters

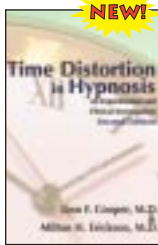
C. Alexander Simpkins & Anellen M. Simpkins

This book primarily uses the teachings of: Jerome D. Frank, John C. Whitethorn, Carl Rogers, Arthur Combs, Milton H. Erickson and G. Wilson Shaffer. The authors'

goal was to establish the main determinants of psychotherapeutic effectiveness. The outcome is an excellent work which provides a whole new perspective on how these outstanding therapists thought about their clients and what caused them to use specific therapeutic interventions. This wonderful book has recently won first place in its category at the San Diego Book Awards and received many outstanding reviews. **"Timeless Teachings** gives instruction, clarity, encouragement and a vivid personal picture that learning and the attainment of wisdom is a life-long process. It entices each reader to review the essence of self and of the process of becoming the best that each can become."

John Gladfelter PhD, Milton H. Erickson Newsletter.

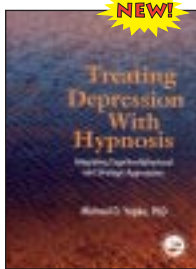
Paperback 160 pages £16.99 **15506**



NEW!
Time Distortion in Hypnosis: An Experimental and Clinical Investigation
 Second Edition
Linn F. Cooper MD & Milton H. Erickson MD

Back in print! This was the first book written by Milton H.

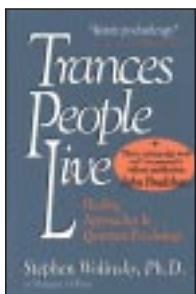
Erickson, with co-author Linn Cooper, originally published in 1959, revised and updated in 1982. It annotates the authors' experimental and clinical work in this intriguing field. This important book has been out of print for many years, leaving a gap in our knowledge and understanding of Erickson's work. It is therefore a most valuable and welcome addition to every clinician's library. **Highly recommended.** Paperback 216 pages £18.99 **16749**



NEW!
Treating Depression with Hypnosis: Integrating Cognitive-Behavioral and Strategic Approaches
Michael D. Yapko

The author is renowned for his work in the field of depression and has authored several other books on the

subject which have all been highly acclaimed. This work lives up to that standard and includes much new work and thinking on this subject as well as providing some excellent and easy to adapt scripts. The main psychotherapeutic approach focuses on the structuring and delivery of hypnotic interventions for major depression, with substantial use of concepts and techniques from cognitive-behavioural and strategic approaches as a foundation. **Highly recommended.** Paperback 177 pages. £16.50 **15495**



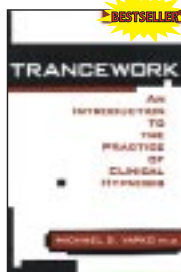
Trances People Live: Healing Approaches in Quantum Psychology
Stephen Wolinsky PhD & Margaret O. Ryan

The missing piece of the dysfunctional puzzle! It is not enough to understand or even relive our childhood

traumas. Dr. Wolinsky shows us how we continue to create those traumas in our adult lives and how to stop creating them. Uncomfortable emotional states and many psychosomatic symptoms are also states of trance. Trance is the "glue" that holds the problem in the present moment. Learning to identify the kind of trance state beneath a problem or symptom gives us the tool that finally dissolves the glue. Combines Dr. Wolinsky's knowledge of Eastern techniques of meditation with Western techniques. **A truly fascinating read.** Paperback 260 pages £14.99 **1396**

Training Trances: Multi-Level Communication In Therapy And Training
John Overdurf & Julie Silverthorn

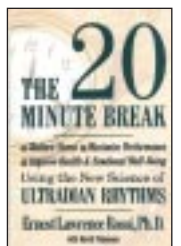
Possibly one of the best books on Ericksonian hypnosis of this decade. Derived from a series of workshops and presented in a similar format, it is packed full of information about carrying out trancework effectively in a simplistic and down to earth manner. **Highly recommended.** Paperback £16.99 **8132**



BESTSELLER!
Trancework: An Introduction to the Practice of Clinical Hypnosis (2nd Edition)
Michael Yapko PhD

This is the revised and updated 2nd edition of this now famous work by Michael Yapko. A complete, practical and thorough introduction to the

field of clinical hypnosis of the Erickson kind, it is constructed in such a way as to provide an excellent tool for learning the subject area. Each chapter ends with a review and a list of "things to do" in order to consolidate learning. An excellent book which has formed the learning foundation of many practising hypnotherapists all over the world. **Highly recommended** for anyone starting in Ericksonian hypnosis. (See also a video and audiotape of the same name.) Hardback 329 pages £40.50 **303**



20 Minute Break: The Ultradian Healing Response
Ernest L. Rossi

A fascinating set of guidelines for achieving a personal balance between active productivity and healing islands of peace throughout your day. The body

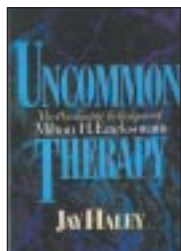
is a practical manual for optimising mind-body communication in everyday life by synthesising ancient and new information about our natural body rhythms. Although not an Ericksonian book, it is included here as Dr. Rossi frequently combines his work in this field with that of hypnotherapy. Hardback 210 pages £17.99 **1242**

Ultra-Solutions: How to Fail Most Successfully
Paul Watzlawick PhD

Hardback 110 pages £11.95 *Currently out of print* **175**

An Uncommon Casebook
W.H. O'Hanlon & A.L. Hexum

This book presents hundreds of Erickson's published and unpublished case histories in a concise, easily understandable manner. After each summary there is a brief review of the presenting problems, age group, modality, problem duration, treatment length, results, follow-ups, techniques used, etc. An excellent book and a mine of information. **Highly recommended.** Hardback 350 pages £26.00 **196**



Uncommon Therapy: The Psychiatric Techniques of Milton H Erickson
Jay Haley

Provides a comprehensive look at Dr. Erickson's theories in practice through a series of case studies covering all kinds of problems that are likely to occur at various stages of the human life cycle. An excellent and very popular book. Paperback 313 pages £9.95 **304**

Using Metaphors In Psychotherapy
Philip Barker
305

When Living Hurts: Directives for Treating Depression
Michael Yapko PhD

Addressing the need for brief, practical and outcome-oriented methods for treating depression, this volume puts at the therapist's finger-tips 91 "directives" – strategies to interrupt specific patterns of depression in individuals. Ranging from the familiar to the highly creative, these act as a catalyst to empower clients with the resources necessary for change. Dr. Yapko emphasises depression a broader lifestyle rather than as a single-dimension emotional disorder and presents a means for diagnosing depression according to identifiable patterns in the client's ongoing experience. A valuable sourcebook for therapists of all persuasions. Paperback 222 pages £12.50 **307**

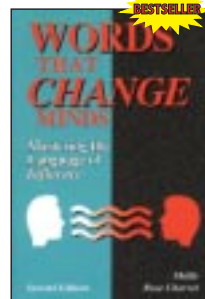
The Wisdom of Milton H. Erickson
Edited by Ronald A. Havens

Originally available as a single hardback, recently published in 2 paperback volumes. They are mainly an abstraction from material published by Milton H. Erickson. A remarkable piece of research work as it is has involved over 140 publications and lectures given by Erickson during his career. The reason – to extract the core wisdom of Erickson's work.

Vol 1 Hypnosis and Hypnotherapy
 £16.50 *Currently out of print* **256**

Vol 2 Human Behavior and Psychotherapy

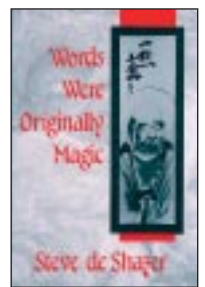
230 pages £16.50 *Currently out of print* **339**



Words That Change Minds
Mastering the Language of Influence (Second Edition)
Shelle Rose Charvet

A phenomenally successful book based on the Language and Behaviour Profile (LAB Profile) – a remarkable tool which enables us to predict

from someone's language in everyday conversation how she or he will behave in a given situation. Packed with practical, real world applications for professionals who need to understand and influence behaviour in order to succeed. Paperback 222 pages £13.99 **7167**



Words Were Originally Magic
Steve de Shazer

Starting with a quote from Freud: "Words were originally magic", Steve de Shazer maintains that words have never lost their original magic and may, indeed, be more magical than Freud imagined.

In spite of, or perhaps because of, this magic, therapist and client can work in a practical way. While challenging assumptions about change, de Shazer includes numerous transcripts to demonstrate the process of using magical words and even magical numbers in solution-focused therapy. Hardback £24.00 **5744**

We also have available from our sister organisation,
NLP Video Library,
 a comprehensive catalogue of videotapes for sale.
 They are also available for hire in the UK and Ireland only.
 Please contact us for details.

Advanced Language Patterns
Connirae Andreas PhD

This tape set is an excellent introduction to Advanced Language Patterns. With this dynamic series you will learn to attune your ears to when and how a person sorts problems and resources, and which language patterns to apply to reach your goal. You will learn specific language patterns for putting problems into the past, bringing resources into the present, and developing pseudo-orientation in time. Learn also to use tag questions to support your work, and the use of presuppositions to create change. Includes several sleight of mouth patterns: change frame size, counter-example, switch referential index, and a new one, reversing presuppositions. **Highly acclaimed and recommended.** Recorded in a seminar. 4 audiotape set plus guide £29.99 **1069**



Con-fidence
Pamela Gawler-Wright

Since ancient times stories have inspired, healed, motivated and helped people make changes in their lives. Recent developments in Neuro-Linguistics have explained the profound effect of therapeutic storytelling on the mind of the listener, validating this powerful healing agent. This **Con-fidence** CD contains an introduction to the power of storytelling, and presents two multi-layered stories, deeply beneficial in the development of confidence. Each is 30 minutes long, and is accompanied by rhythm in the form of music by David Plotel. Single CD £13.99 **15099**

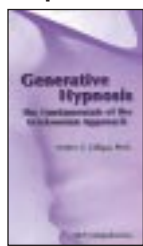
Ericksonian Approaches **BESTSELLER**
Rubin Battino MS & Thomas L. South PhD

This tape is designed to sharpen the hypnosis delivery skills of students using the book of the same name. On Side 1 the authors demonstrate both the correct and incorrect methods for delivery of hypnotic inductions. Side 2 contains two extracts taken from the book to demonstrate the delivery of multiple embedded metaphor and the basic floating hand induction method. **Highly recommended** to students using the book **Ericksonian Approaches** as a study medium. Length 62 minutes and excellent value at only £9.99 **13438**

Focusing on Feeling Good: A Skill Building Self-Management Audiotape Program for Overcoming Depression
Michael D. Yapko PhD

From the author of **Breaking The Patterns of Depression** comes this self-help audiotape set which uses the power of hypnosis to overcome depression. Discover how you can build a positive state of mind, think more clearly, and take sensible (and appropriate) action to make a full and lasting recovery. Includes a manual to enable you to use these tapes to full advantage. 4 audiotape set plus booklet £39.99 **9877**

Generative Hypnosis: The Fundamentals of the Ericksonian Approach
Stephen G. Gilligan

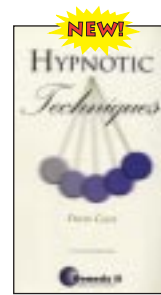


Through lecture, stories, demonstrations and exercises, Dr. Gilligan teaches and models the essential elements, states and skills that you need to be effective at hypnosis. He presents the key concepts of the Ericksonian approach including trance-logic, unity and complementarity, as well as utilising and integrating complementary selves. A new

audiotape set from this highly respected therapist and author. **Highly recommended.** 3 audiotape set plus booklet £29.99 **12865**

Guided Imagery and Other Approaches To Healing **BESTSELLER**
Rubin Battino MS

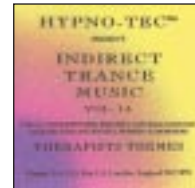
Guided Imagery scripts intended to be used as a companion to the book, **Guided Imagery And Other Approaches To Healing**, but can equally stand as an independent resource. Pioneering new bonding and fusion healing methods, it is a practical and unique tool for doctors, nurses, psychologists, counsellors interested in incorporating guided imagery techniques into their healing methods. **Highly recommended.** 2 audiotape set 113 minutes £15.00 **14376**
Guided Imagery And Other Approaches To Healing Hardback 400 pages £25.00 **13902**



Hypnotic Techniques
David Calof

This audiotape set with booklet features David Calof conducting a hypnosis workshop. A creative clinician and hypnotherapist, highly regarded by Milton H. Erickson, his style is warm and friendly. Here he presents induction techniques, the history of hypnosis, misconceptions about hypnosis, induction

assessment and development, demonstrations including arm levitation, amnesia, parasthesia and classic stage phenomena and self hypnosis. A fascinating and enthralling workshop on audiotape packed with lots of gems. A rare opportunity to experience this eminent and creative trainer! Six audiotape set plus booklet £59.99 **16647**



Indirect Trance Music
Georges Philips

Vol. 1A. Several unique features are included within the music incorporating the use of heartbeat that begins at 78

beats per minute and reduces to 45 beats per minute within a 20 minute period. In addition, the looped music, though seemingly repetitive, creates time distortion due to its cyclical nature. The instruments used encourage the use of deep breathing to enhance calm. CD 51 minutes £16.50 **12891**

Vol. 1B. as Vol. 1A plus a subliminal message to enhance transference. CD £16.50 **12892**

Vol. 1C. as Vol 1A plus a subliminal message to enhance transference. CD £16.50 **12893**

Georges also has two CDs containing copyright-free relaxation music, **The Ocean** CD £13.50 **12894** and **The Lake** CD £13.50 **12895**, both ideal as background music for creating your own tapes as well as for use in a therapeutic environment.

Orientation to the Trance Experience
R.A. Havens

The audiotape which accompanies the book **Hypnotherapy Scripts** and is available separately. Single audiotape £11.50 **2050**

The Process of Hypnotic Induction: Featuring Milton H. Erickson MD 1964
Milton H. Erickson MD, Commentary by Jeffrey Zeig PhD

The Process of Hypnotic Induction is a training videotape featuring inductions by Milton Erickson in 1964. Erickson is seen working with several different subjects. He demonstrates how to individualize the method of induction to fit the unique characteristics of the individual. Jeffrey Zeig discusses the microdynamics of technique that Erickson used in his 1964 inductions. His comments are aimed at the sophisticated audience – clinicians experienced in hypnosis who are looking to refine their skills. Video 90 minutes PAL format £79.99 **16584**

Self-Hypnosis for Problem Solving
Stephen Brooks

Stephen Brooks, well known British hypnotherapist, guides you in learning: how to induce self-hypnosis and to teach self-hypnosis to others; trance-deepening, confidence-boosting and memory improving techniques; how to stop smoking and lose weight; self-hypnosis for pain control; how to be able to set specific goals and achieve them, and much more besides. A very popular tape set at a very reasonable price. 6 audiotapes from a seminar in a binder £35.00 **5006**



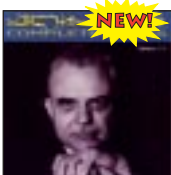
The Art of Indirect Suggestion
Stephen Brooks

This comprehensive eight tape training pack distilled from tapes produced at Stephen Brooks' seminars covers all of the indirect forms of hypnotic suggestion and includes demonstrations on age regression, rewriting traumatic

memories, hypnotising one person whilst talking to another, group inductions and much, much more. 8 audiotape set in a binder £35.00 **5007**

Celebrating Milton H. Erickson MD: A Biographical Sketch
Hosted by Jeffrey K. Zeig PhD & Elizabeth Moore Erickson.
Video Editing, Dan Short PhD

Erickson's approach to therapy was enriched by the life experiences he brought to his work. It is difficult to appreciate the subtleties of Erickson's work without knowing something of his personal history. In 1983, just three years following Erickson's death, Jeffrey Zeig with the help of Mrs. Erickson, produced a biographical slide show detailing significant events in Erickson's life. The original show has been reproduced using digital technology into a video "slideshow" that lets viewers look in on Erickson's upbringing, some of his influences, his family, and his professional path. Delightfully quirky and unusually informative (like Erickson himself). Video 35 minutes PAL format £39.99 **16583**



The Complete Works: Version 1.0
Milton H. Erickson MD

This is the most comprehensive collection of Erickson's work currently available. It includes articles published by Erickson across five decades (1927-1977). Using this CD ROM database the reader can search over 2600 pages of text for a single word or a phrase. Navigation between the articles is facilitated by two lists in date and alphabetical order. Complete Works 1.0 also contains multimedia components: read the transcript and see photographs of Erickson and listen to the sound of his voice as he describes the most essential aspects of hypnotic induction. To provide an understanding of the context in which these articles were written, included are a chronology of Erickson's professional accomplishments and a biographical sketch written by Jay Haley. System Requirements: Windows 98 or newer, 32MB of RAM and 120MB of available hard-disk space. Multi-media CD-ROM £75.00 **16578**

Please note this multi-media CD-ROM contains all the papers published by Erickson in his lifetime but should not be construed as containing everything that he ever wrote.

The Seminars of Milton H. Erickson No 1: Presentation to the San Diego Society of Clinical Hypnosis

Milton H. Erickson MD

Each of the audio CDs corresponds with one of five chapters in the book

That Which Occurs Within: CD 69 minutes £15.99 **16587**

The Inward Orientation: CD 73 minutes £15.99 **16589**

Frigidity & Impotence: CD 61 minutes £15.99 **16591**

The Individual Approach: CD 57 minutes £15.99 **16593**

Common Sense Suggestion: CD 68 minutes £15.99 **16596** Set of 5 CDs £75.00 **16663**

The Philadelphia Presentation August 1955

Milton H. Erickson MD

Two CDs are available of this Presentation available separately or as a set:

Phenomena of Hypnosis: CD 68 minutes £15.99 **16598**

Techniques of Induction & Utilization in Hypnosis:

CD 71 minutes £15.99 **16600**

Two CD Set £29.99 **16665**



Transforming Communication:

Create Co-operative Professional & Personal Relationships

Margot Hamblett & Dr Richard Bolstad

Documenting over 8 hours of live NLP training, this audiotape set from New Zealand's leading

NLP trainers presents a well-structured, powerfully delivered programme in effective communication. Taking us step-by-step through the process of becoming an excellent communicator, it concentrates on the skills of rapport-building, gaining respect, resolving discipline problems, creating action solutions and influencing others. Hamblett and Bolstad succeed in animating the key techniques and ideas of NLP in a way a book never could, making this tape set comparable in its effectiveness to being at a live seminar. An excellent guide to using NLP in communication, and great value for money! 6 audiotape set – 510 minutes plus 48 page spiralbound book £45.00 **14526**

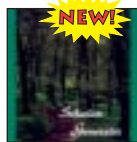


Transforming Sleep Margot Hamblett & Dr Richard Bolstad

An ability to sleep soundly and deeply can transform your waking life. This total mind-body system for curing insomnia will teach you how to sleep satisfyingly whenever you need to, demonstrating how you can:

keep a sleep diary access to the causes of your insomnia; use five NLP-based techniques to anchor yourself to a deep sleep; fall asleep using the double induction relaxation process; use your unconscious mind to make the changes you want in your life – as you sleep. We were most impressed by the effective way New Zealand's leading NLP trainers have applied NLP to the treatment of insomnia. The Transformational Sleep Process in particular proves to be a first class relaxation method, and is part of an excellently devised complete sleep enhancing programme. **Highly recommended.** Single audiotape 70 minutes £9.99 **14525**

An impressive series of CD's by Linda Edwards and Robert Moeller on which their double inductions and clever use of Ericksonian language patterns allow for very effective deep level resolution.



Solution Generator

You never knew problem solving could be so easy! CD £12.99 **16648**



Holistic Balancer

Bring more balance into your life, healing a situation or generally using this CD as part of an integrated healing process. CD £12.99 **16649**



Inner Wisdom

Take a journey to discover your inner wisdom, learning to access your inner guide every time you wish. CD £12.99 **16650**

Trancework: An Introduction to Clinical Hypnosis

Michael D. Yapko PhD

This tape was produced to accompany the first edition of Dr. Yapko's famous book of the same name. It is without doubt one of the best examples of trance induction. The content has been copied and used by many hypnotherapists over the years and still remains very popular. Side 2 is an example of a session to help a client stop smoking. **An excellent value single audiotape at £12.99 311**

Audiotapes from "Changeworks" Carol Erickson &/or Tom Condon

These self-help tapes are valuable personal resources for making profound changes. They employ a variety of sound and linguistic techniques which invoke relaxation, learning and expanded levels of awareness. The hypnotic techniques are offered in a way which evoke powerful unconscious resources. This style of hypnosis is open-ended, indirect and respectful of the listener. Most of the tapes feature two stereo voices speaking simultaneously during hypnosis. The voices weave together in a musical way and the scripts use multiple levels of language including puns, poetry and wordplay (sleight of mouth). Many practising therapists have used these tapes as valuable resources to enhance their own therapeutic interventions. **Highly recommended.** All tapes in the Changeworks series are priced at £11.99 each

Creative Inspiration

Focuses on artistic creativity to free the creative spirit within you. **259**



Creative Problem Solving

Practical creativity for times when you need solutions, ideas and guidance. **526**

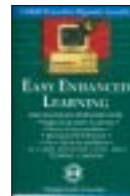
Creativity Unlimited

Unlock your positive potential. Find solutions, ideas, get through creative blocks and access high performance states. Includes Creative Inspiration, Your Creative Dream Team, Overcoming Blocks, Creative Problem Solving, More Creative Problem Solving and Humour Power. A six tape set offering considerable savings over the individual price of the tapes. 6 tape set in a binder £69.99 **382**



Deep Sleep, Sweet Dreams

Double induction hypnotic tape that will assure you a good night's sleep, problem solving, refreshment and renewal. **261**



Easy Enhanced Learning

Helps you to learn faster and retain more of what you learn. Enhances concentration, study habits and self-confidence regardless of topic. **527**

Getting Past Smoking

Ericksonian hypnosis for: a gentle effective approach; the best new techniques; cutting down or quitting; enjoying non-smoking. **1855**

Humor Power!

This Ericksonian hypnosis tape evokes the quality of humour within you and integrates laughter into your personal and professional life. **525**



Natural Self Confidence

Inspiration in a natural setting to find confidence within your unconscious mind. **547**

Opening up to Intuition

This tape uses Multi-Evocation in a lovely natural setting to help awaken and motivate your intuitive abilities. **625**

Quick Stress Busters

Quick trance experiences for your most hectic days. Listen to Mountain Meadow, Tropical Island or Innerspace for relaxation and refreshment. **628**

Rapid Pain Control

The best of "new hypnosis" combined with multi-evocation in a series of musical journeys. For use as fast drug-free relief or an emotional mood elevator. **627**

Self-Hypnosis for Reducing Stress

For stress reduction, goal setting, problem-solving and fresh perspectives. **629**

The Ultimate Library

Takes you on a journey to an inner library where the sum total knowledge of the universe is stored. **1698**

Your Intuitive Guide

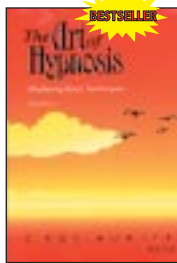
Be introduced to Your Intuitive Guide, the part of you that can answer questions and help you reach decisions. **626**

CARD GAME

Zebu: Hypnotic Language Card Game Robert Anue

This is a normal pack of 52 playing cards with 52 extraordinary language patterns taken from the field of NLP and the work of Milton H. Erickson. Each card in the pack has a language pattern written at the top and bottom, and a commentary in the centre. Zebu is a tool you can use to practise and learn important language patterns, and have fun while doing so. Card pack plus instructions £14.99 **30**

ECLECTIC BOOKS



BESTSELLER

The Art of Hypnosis: Mastering Basic Techniques Third Edition C. Roy Hunter PhD

Latest edition of a classic title. It is largely based upon the training course of the outstanding teacher of hypnotherapy, Charles

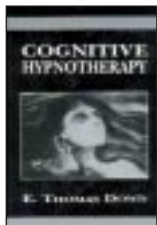
Tebbetts, which has been updated by the author. Tebbetts' training has formed the basis of a large number of hypnotherapy courses taught in both America and Europe. An excellent book and a mine of useful information. **Highly recommended.** Paperback £18.99 **9437**



The Art of Hypnotherapy C. Roy Hunter PhD Second Edition

Without doubt this is one of the best "how to" books on hypnotherapy. The author's approach is eclectic, drawing information from many different schools and varied

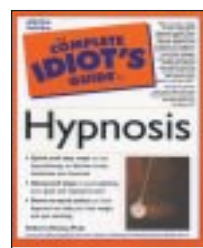
techniques to provide an outstanding work. It covers many areas that other authors have only skirted around including regression and rapid change techniques. Whilst the book is not intended for people totally new to the subject, it does provide many useful scripts and techniques. **Highly recommended.** Paperback £21.50 **8511**



Cognitive Hypnotherapy E. Thomas Dowd

This work contains a glowing foreword by the father of cognitive therapy, Aaron T. Beck. It fills a very important gap in the practice of hypnotherapy as it provides a psychotherapeutic

structure within which hypnosis can be utilized effectively. Apart from the usual chapters explaining hypnosis, its history etc., the subject of cognitive therapy is also briefly explored. Contains chapters on anxiety and phobias, stress-related disorders, depression, habit disorders and overcoming client resistance. A most interesting and informative book offering a different approach to hypnotherapy. Hardback 244 pages £34.50 **13439**



A Complete Idiot's Guide to Hypnosis Dr. Linda Temes

This book is neatly summarised by Elvira V. Lang MD as follows: "Dr. Temes has accomplished an

admirable task: explaining in easily understandable terms the nature, uses, and potential benefits of hypnosis. There are gems for those experienced in hypnosis; useful hints and wordings for the healthcare professional who applies hypnosis; and for the consumer, guidance in avoiding mishaps in the exploration of the hypnotic state and selecting the appropriate professional to apply the process." Paperback 400 pages £12.99 **13817**



The Couple Who Became Each Other: And Other Tales of Healing from a Hypnotherapist's Casebook David L. Calof with Robin Simons

Here, Calof recounts a collection of stories from more than 20 years of hypnotherapy practice, during which he has helped clients to use the power of their own unconscious to gain insights, solve problems and heal physical and psychological wounds, sometimes in the most dramatic way. A wonderful, compassionate and revealing book for everyone who is curious about the human mind, revealing its enormous power and wisdom. Hardback 360 pages £10.99 **9258**



BESTSELLER

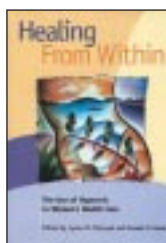
Handbook of Hypnotic Suggestions and Metaphors D. Corydon Hammond

This long-term bestseller contains the single largest collection of hypnotic suggestions and metaphors

ever compiled, with contributions from over 100 of the finest hypnotherapists in the world. An official publication of the American Society of Clinical Hypnosis, it tells us what experienced clinicians actually say to their patients during hypnotic work. This is not intended as a 'cookbook' of suggestions to be used routinely with various clinical populations but rather to provide clinicians with models from which they can develop their own styles and approaches. A truly immense work in every respect, to be savoured and referred to time and time again. **Highly recommended.** Hardback 602 pages £49.50 **66**

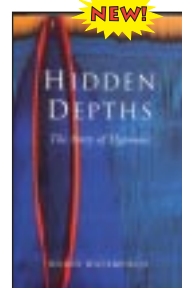
Handbook of Hypnotic Phenomena in Psychotherapy John & Janet Edgette

By describing varied hypnotic phenomena and how they can be used as vehicles of intervention, the book takes the therapist beyond fundamental applications of hypnosis toward a broader, more sophisticated scope of practice. This immensely readable book addresses the selection, elicitation and therapeutic use of more than a dozen hypnotic phenomena. Hardback £33.95 **5275**



Healing from Within: The Use of Hypnosis in Women's Health Care Lynne M. Hornyak & Joseph P. Green

The first comprehensive discussion of how hypnosis and imagery can be used to promote women's health. Assembling a series of fascinating essays from hypnosis and health experts, Hornyak and Green produce an outstanding guide to improving health through hypnosis that considers the following areas: body image; anxiety disorders; cardiac disorders; smoking; cancer; childbirth; infertility; menopause; eating disorders. A stunning source of information and ideas, this book will surely become a standard reference for therapists/hypnotherapists, particularly those interested in women-specific issues. Hardback 300 pages £35.95 **14443**

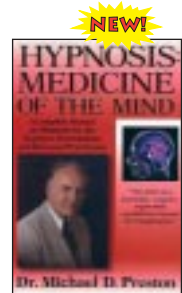


NEW!

Hidden Depths: The Story of Hypnosis Robin Waterfield

In this book the author explores the world of hypnosis in depth. First he explores the past and the history of hypnosis. He then goes on to examine many of the controversies and outlandish claims made for the subject.

He offers the reader a very thorough and probing analysis of many of these claims against a background of a great deal of detailed research. In the process he reveals interesting truths about behaviour and psychology and how hypnosis has been absorbed and accepted in modern society, through advertising and the media. If you are involved in hypnosis you simply cannot ignore this book; it's a cracker! Hardback 464 pages £20.00 **16007**



NEW!

Hypnosis: Medicine of the Mind A Complete Manual on Hypnosis for the Beginner, Intermediate, and Advanced Practitioner (Revised)

Dr Michael D. Preston
Much of this book is devoted to basic elements including

history and how hypnosis works, together with fourteen induction and nine deepening techniques. Specific chapters are devoted to age-regression, hypnotherapy and self hypnosis. Special attention is given to alcohol abuse, drug abuse, depression, frigidity, impotence, insomnia, pain control, stuttering and weight loss. An easy and interesting read for those new to the subject. Paperback 334 pages £22.99 **15498**



BESTSELLER

Hypnosis: A Comprehensive Guide Tad James MS, PhD

Hypnosis studies and discusses methods of hypnosis not usually taught in trainings, the hypnotic techniques of Erickson, Estabrooks and Elman, presenting them in such a way as to allow a clear and

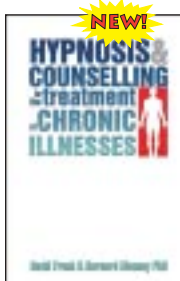
accessible understanding. "This book is an excellent introductory text for students just beginning to study the art and science of hypnosis. For those already knowledgeable about hypnosis, there are many nuances that will enable you to increase the elegance of your work." David Shephard, Performance Partnership. **One of our most popular titles.** Hardback 240 pages £20.00 **13850**

Hypnosis in the Relief of Pain Ernest R. Hilgard & Josephine R. Hilgard

A universally acclaimed compilation of experimental studies and clinical practice. It provides a remarkably well-rounded examination of hypnosis in pain relief. Written by a psychologist and a psychiatrist noted for their expertise as practitioners and researchers, the book illustrates how hypnosis can significantly alleviate the pain of childbirth, medical or dental surgery, burns, cancer and other chronic conditions. Paperback £26.95 **485**

Hypnosis in Europe Editors Peter Hawkins & Michael Heap

This book will keep professionals in hypnosis up-to-date with the current scene in Europe and the implications for the evolution of hypnosis worldwide. Paperback 200 pages £25.00 **12246**



NEW!
Hypnosis and Counselling in the Treatment of Chronic Illness
David Frank & Bernard Mooney, PhD

This book discusses the therapeutic properties of hypnosis in the treatment of life-threatening diseases.

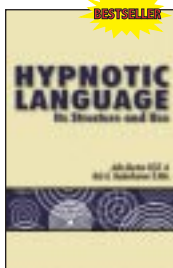
Including a brief history of hypnosis plus a series of case studies, this work examines: the science of hypnosis; successful integration into the cancer treatment programme; myths surrounding the subject of hypnosis in therapy. It raises questions about the direction medicine has taken and considers future developments. Presenting compelling arguments for offering hypnosis to cancer sufferers, this work provides invaluable insight into the body's healing abilities – an insight for all medical professionals and all those interested in the treatment of diseases. **A must read!** Hardcover 160 pages £25.00 **16706**



Hypnotherapy Handbook: Hypnosis and Mindbody Healing
Kevin Hogan

This book is written for the practising hypnotherapist and deals with a multitude of physical and emotional problems through a therapeutic model known as CARPeTS.

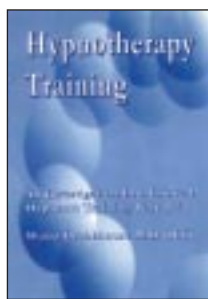
This stands for Case Analysis, Regression Therapy, Parts Therapy, Time Track Therapy and Suggestive Therapy. Some of these techniques may sound familiar to those with experience of NLP and so they are, even if the terms have been slightly altered. What is unique is the elegant manner in which these techniques have been integrated into a whole. The book illustrates many of the techniques by offering scripts as well as defining the technique itself. The book is well presented and is one of those rare works offering a mixture of Ericksonian and Classical approaches to hypnotherapy. Paperback 398 pages £33.99 **13440**



BESTSELLER
Hypnotic Language: Its Structure and Use
John Burton EdD & Bob Bodenhamer DMin

This remarkable book examines the structures of the hypnotic sentence, and the cognitive dimensions that allow hypnotic language to be

effective in changing our minds. Defining the three facets that allow the mind to be susceptible to hypnotic language patterns, **Hypnotic Language** puts these insights into practice in case examples that demonstrate the application and effect of hypnotic language. Teaching us how to create the most effective hypnotic scripts, it provides new language patterns that address beliefs, time orientation, perception, spiritual matters and states of mind, and devises new hypnotic language applications that emphasise the importance of Gestalt principles and cognitive factors. An invaluable resource for hypnotherapists, psychologists, NLP practitioners and counsellors. "Occasionally I pick up a book and find myself wishing that I had written it. This is just such a book." Roger P. Allen, *Dp Hyp Psy V*. **Highly recommended.** Hardcover 300 pages £25.00 **14326**



Hypnotherapy Training: An Investigation into the Development of Clinical Hypnosis Training Post-1971
Shaun Brookhouse PhD

A long-awaited investigation into the development of

hypnotherapy, written by one of the foremost experts in the field. "Dr Brookhouse's work represents a major step forward for hypnotherapy, providing a comprehensive overview of the development of the profession, and outlining all the issues which are faced by the modern hypnotherapist. A must-read for therapeutic organisations, trainers, serious therapists, and anyone interested in the profession." *Dr Chris Forester, Editor, HRS Journal*. Spiralbound 92 pages £9.99 **12239**

Hypnoanalytic Techniques

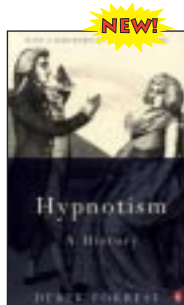
John Watkins

Hardback 336 pages *Currently out of print, awaiting revised edition* **658**

Hypnotherapeutic Techniques

John Watkins

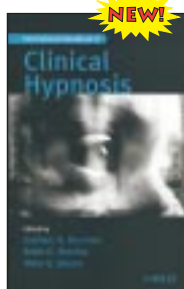
Hardback 336 pages £35.99 *Currently out of print awaiting revised edition* **577**



NEW!
Hypnotism: A History
Derek Forrest

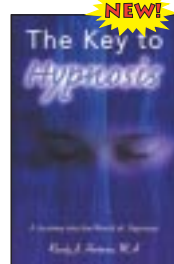
The author of this work is a highly regarded academic the first appointed Professor of Psychology at Trinity College, Dublin. His depth of knowledge of this subject is clearly demonstrated in this book, which is both extremely comprehensive and easy to

follow. Many books on hypnosis contain a potted history of the subject, but as far as we are aware nothing as extensive has previously been produced. An extremely interesting book and a recommended read for all those interested in the subject. Very good value for money. Paperback 334 pages £8.99 **13633**



NEW!
International Handbook of Clinical Hypnosis
Edited by Graham D. Burrows AO, KSJ, Robb O. Stanley & Peter B. Bloom

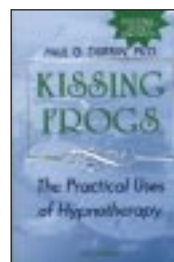
In this book the editors present a number of papers written by well known figures within the clinical hypnosis community. The objective was to provide a work that would be of interest to a wide range of readers from many and varied disciplines beyond the hypnotherapy community whilst at the same time providing a state-of-the-art update for those already using hypnosis in their practices. This they have achieved, and consequently this book is a recommended major resource for a large number of clinicians whether in general medicine or dentistry. Hardcover 353 pages £80.00 **15499**



NEW!
The Key to Hypnosis: A Journey into the World of Hypnosis
Randy J. Hartman

This book is an outstanding introduction demystifying hypnosis wonderfully for beginners. It covers all the key areas from basic induction through to an introduction to

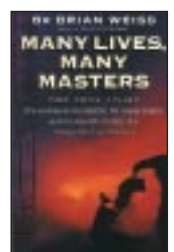
pain management with useful chapters dealing with history and suggestibility tests. It also is well supported by basic scripts which clearly demonstrate the "how" of hypnosis. One of the best introductions we have reviewed for some time. Easy to read and assimilate and, in our view, excellent value for money. Paperback 124 pages £9.99 **16545**



Kissing Frogs: The Practical Uses of Hypnotherapy
Paul G. Durbin PhD

This intriguing book is written by an American Methodist minister and practising hypnotherapist. It covers much of the field of hypnotherapy presented from a caring,

Christian perspective. Much of the work is further illustrated by inclusion of case histories. A mine of useful information for all but especially for those who wish to incorporate a religious element into their work. Paperback 246 pages £16.99 **9383**



Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, his Young Patients and the Past-life Therapy that Changed Both of Their Lives
Brian Weiss

This book (over a million sold!) studies a case that changed Dr

Weiss's scepticism of regression therapy. When routine treatment failed to cure his patient's anxiety the author turned to hypnosis – with astonishing results! Dr Weiss documents fully his explorations into and experiences of hypnosis. Paperback 220 pages £9.99 **5735**

Master The Power of Self-Hypnosis: Program Your Subconscious to Attain Health, Wealth and Happiness

C. Roy Hunter MS

Written by one of the world's foremost hypnotherapists, this book contains techniques and powerful methods that can help you change your life for good! It answers all the most frequently asked questions about hypnosis, and uses simple, creative exercises to help you empower yourself, overcome psychic obstacles, 'creatively' daydream, and use affirmations to remove any ingrained negative programming that is holding you back. When willpower just isn't enough to enable you to make the changes you want in your life, then this is the book need! Paperback 160 pages £10.99 **12763**

The New Hypnosis in Sex Therapy: Cognitive-Behavioural Methods for Clinicians
D. L. Aroz

Presents a clear integration of hypnosis, cognitive therapy and sex therapy. Sex therapists should find new perspectives that can expand and improve upon their existing treatments. Paperback 208 pages £34.00 **11461**



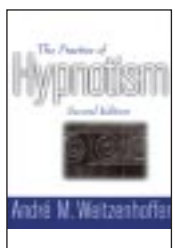
NEW!

Of One Mind: The Logic of Hypnosis – The Practice of Therapy

Douglas Flemons, PhD

As a reviewer of this book I cannot do better than quote Bill O'Hanlon on this work: "How I wish I had had this book when I first began doing hypnosis and therapy. It is like having a wise,

benevolent, and supportive supervisor/consultant whispering in your ear. You can almost see the twinkle in his eye as he weaves a web of engaging anecdotes, ideas, and practical methods that can help you master hypnosis, find its connection to therapy, and think of it in entirely new and sensible ways". This is NOT a how-to-do hypnosis book but a how-can-I-work-better-with-my-clients one. Highly recommended to all using hypnosis in therapy. Hardback 278 pages £23.50 **16293**



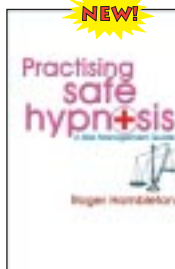
The Practice of Hypnotism

Second Edition

Andre M. Weitzenhoffer

This work completely updates and replaces a two-volume edition of the same name which was first published over forty years ago. As a leading scientific

work in its field, this comprehensive book examines the past and present thinking on hypnotic phenomena in an objective fashion from a semi-traditional/ scientific perspective. It provides valuable background information, ideas for future research, and a wealth of detailed, practical instructions for the production of hypnotic phenomena and the treatment of a large variety of health-related problems. An absolute mine of information including much new material for those interested in the traditional/scientific approach to hypnotism, this work will surely prove to be very popular with those interested in experimental and clinical applications as it is supported by extensive research and corresponding references. Ericksonians should note there is only one small chapter devoted to the Ericksonian approach. Hardback 650 pages £77.95 **14399**



NEW!

Practising Safe Hypnosis: A Risk Management Guide

Roger Hambleton

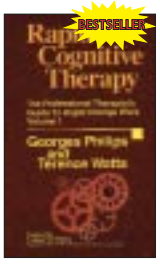
This unique book explores the damage that can be caused by the misapplication of hypnotic techniques in therapy, stage performance and the laboratory. The laws of assault

and negligence are used to assess the hypnotist's criminal and personal injury liability in the English, American and Australian courts. Important reading for all hypnotherapists, hypnotists and members of the legal and medical professions. **Safe Hypnosis** brings together a wide range of recent research and legal case histories.

Topics include:

- Civil and criminal assault
- Induction
- Informed consent
- Hypnotic coercion
- Pre-existing conditions
- Termination

In addition, the reader will find commentary on the history of hypnosis; induction scripts for use in conjunction with best practice; theoretical comparisons and discussion on the nature of hypnosis including the controversial debate surrounding hypnosis as an altered state of consciousness. **Highly recommended.** Hardback 250 pages £29.50 **16705**



BESTSELLER

Rapid Cognitive Therapy

The Professional Therapist's Guide to Rapid Change Work
Georges Philips & Terence Watts

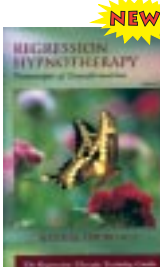
This book presents a brief psychotherapeutic approach to working with clients that reaches

way beyond a description of principles and outline of methods and techniques, to provide an easy-to-understand technology for all. Nearly all the techniques here can be used as adjuncts to conventional behaviourist and analytical approaches to therapy including NLP and Gestalt work. It gives therapists a quick start by outlining structures for the first few sessions and giving full scripts for analytical and non-analytical work with the client. "Written by two excellent and experienced therapists, [**Rapid Cognitive Therapy**] joins the ranks of modern publications in the domain of psychotherapeutic approaches." *Professor V. M. Mathew, President, BMH Examination Board.* **Highly recommended.** Hardback 272 pages £20.00 **12930**

Reaching for the Oversoul

Eugene G. Jussek MD

Dr Jussek, using past life regression therapy with a client, was amazed to discover, along with details of past lives, also what happened between these lives. This period of time he calls the soul state. Here he found a guiding 'friend'. Intrigued by this discovery he then proceeded to contact this guide on numerous occasions. In doing so he was able to help his client with his healing. Dr Jussek, in attempting to prove, in a clinical setting, the existence for each of us of a guardian angel, is able to reveal fascinating new insights into this spiritual realm. Paperback £9.99 **7430**



NEW!

Regression Hypnotherapy: Transcripts of Transformation

Randal Churchill

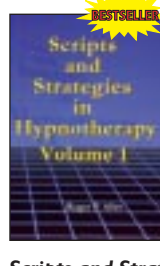
This is a clearly written guide to the complex therapeutic exploration of the subconscious mind. Strategies include

regressing to an initial sensitizing event, emotional clearing, uncovering misconceptions and re-education. It integrates a wealth of techniques such as hypnotic deepening; ideomotor methods; practical guidance in Gestalt strategies; and positive suggestions for inner healing. "Randal Churchill's merging of Gestalt Therapy concepts into regression, re-education and integration processes of Clinical Hypnotherapy is a major advance in the teaching literature of Hypnotherapy. A brilliant blending of theory and practice." Gil Boyne, Executive Director, A.C.H.E., author of *Transforming Therapy*. Hardback 427 pages £37.99 **16556**

Regression Therapy: A Handbook for Professionals – Two Volume Set

Winafred Blake Lucas, PhD

Not strictly hypnosis books but exceedingly popular with hypnotherapists. Volume I is entitled "Past-Life Therapy" and Volume II "Special Instances of Altered State Work". Winafred Lucas has compiled in these two volumes a veritable encyclopaedia of information and concepts drawn from many different authors on the subject of regression therapy. Contains many case studies, and includes preparation work, induction techniques, psychotherapeutic techniques as well as addressing failures. In her clear, incisive style she addresses the nature of human consciousness. To find answers to those powerful questions – where we came from, what our purpose may be, and where are we going – read these books. Vol 1 Hardback 606 pages. Vol 2 Hardback 542 pages. 2 Volume Set £42.50 **8254**



BESTSELLER

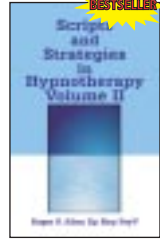
Scripts and Strategies in Hypnotherapy Vol I

Roger P. Allen

The use of scripts in induction procedures provides a framework upon which to build successful therapy sessions. Written by a practising hypnotherapist and now available in paperback,

Scripts and Strategies in Hypnotherapy is a rich, comprehensive source of scripts and strategies to be used by hypnotherapists of all levels of experience. Areas covered include inductions, deepeners and actual scripts for a wide range of problems, from nail biting to getting a good night's sleep, sports performance to past-life recall, pain management to resolving sexual problems. All the scripts may be used as they stand or adapted for specific situations.

"**Scripts and Strategies in Hypnotherapy** provides an imaginative source of scripts covering the most commonly met cases. For the newly qualified therapist, it is a useful addition and for the more experienced it is a source of inspiration." *European Journal of Clinical Hypnosis.* **Highly recommended.** Paperback 180 pages £17.50 **10195**



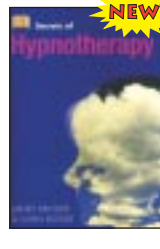
BESTSELLER

Scripts and Strategies in Hypnotherapy Volume II

Roger P. Allen

More indispensable scripts for hypnotherapists. Covers inductions, deepeners and actual scripts and strategies for a wide range of problems. In particular, the book

contains a very comprehensive section on smoking cessation. Other areas covered are stress, amnesia, anxiety, panic attacks, depression, low self-esteem, nail-biting, weight loss, enuresis in children and dealing with bereavement. Includes some of the most popular scripts from Volume I. "Roger Allen has contributed another source of scripts and script ideas that sits comfortably with the first volume and consequently should find a place on every hypnotherapist's book shelf." *Peter Mabbutt, DHyp (Dist), FBSCH.* Hardback 203 pages £25.00 **14908**



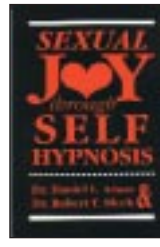
NEW!

Secrets of Hypnotherapy

Janet Fricker & John Butler

This is one of ten books published by Dorling Kindersley under the banner of "Secrets of...". Some of the other titles in the series are Palmistry, Yoga

and Tarot. This is clearly a book designed for those with no previous knowledge of the subject and does not provide any advice on how to apply hypnotherapy. What it does do is to provide clear and concise descriptions for potential clients of what can be achieved with hypnotherapy. Well written and nicely illustrated in full colour and at £4.99 a good buy in a pocket sized book. Paperback 224 pages £4.99 **15748**



Sexual Joy Through Self Hypnosis

Dr Daniel L. Aroz & Dr Robert T. Bleck

Over the years, treatment for sexual dysfunction has been largely limited to hormone treatments and other medicinal approaches. Now Drs. Aroz and Bleck have

developed a method of self-help through the use of hypnosis that has been proven to be highly effective. For those with a satisfactory sex life there is a section on how to improve it even further! Paperback 222 pages £8.99 **1717**

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