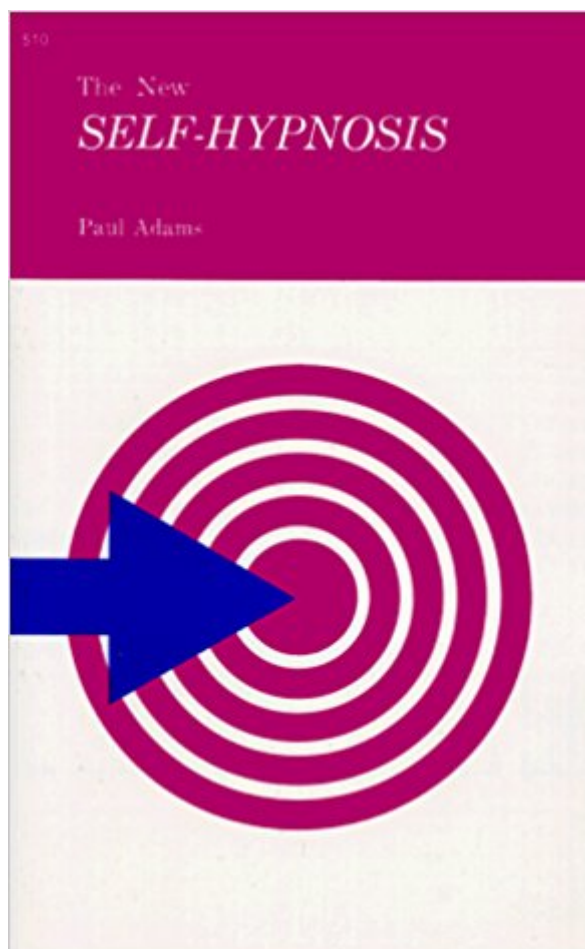


The book was found

# The New Self-Hypnosis



## Synopsis

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

## Book Information

Paperback: 232 pages

Publisher: Wilshire Book Company (March 1, 1982)

Language: English

ISBN-10: 0879802332

ISBN-13: 978-0879802332

Product Dimensions: 8.3 x 5.2 x 0.5 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.4 out of 5 stars 4 customer reviews

Best Sellers Rank: #645,169 in Books (See Top 100 in Books) #319 in Books > Self-Help >

Hypnosis #10878 in Books > Self-Help > Personal Transformation #24929 in Books > Health, Fitness & Dieting > Psychology & Counseling

## Customer Reviews

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

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

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

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

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

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

[Download to continue reading...](#)

Self Hypnosis: The Ultimate Guide on How to Master Self Hypnosis, hypnotize:hypnosis Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Perfect Self Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You [With 6-Page Study Guide] [SELF HYPNOSIS DIET 3D] [Compact Disc] Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on Hypnosis for the Beginner, Intermediate and Advanced Practitioner Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Self-Hypnosis: The Complete Guide to Better Health and Self-change Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation Mastering the Power of Self-hypnosis: A

Practical Guide to Self Empowerment Healing from Within: The Use of Hypnosis in Women's Health Care (Dissociation, Trauma, Memory, and Hypnosis Book Series) Hypnosis Beginners Guide:: Learn How To Use Hypnosis To Relieve Stress, Anxiety, Depression And Become Happier The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss\*\*Guided Meditation and Hypnosis CD Rapid Weight Loss: Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight via Beach Hypnosis and Meditation Hypnosis: Powerful And Fast Working Hypnosis Techniques To Hypnotize Anyone Now ! Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Past Life Regression Sleep Hypnosis: Discover Your True Nature and Uncover Your Past Lives During Sleep with Hypnosis and Meditation

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)