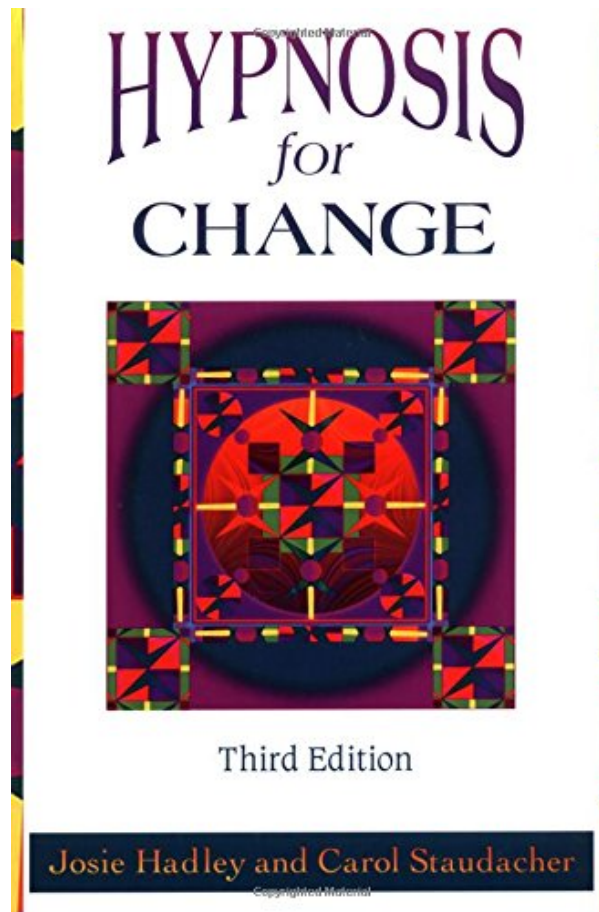


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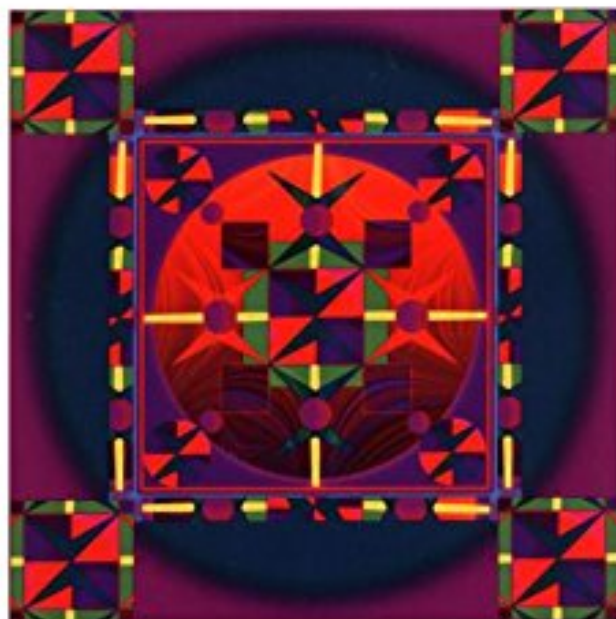


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Are you one of the millions of people searching for natural ways to improve yourself and eliminate bad habits? Hypnosis is a highly effective tool for behavior modification-and this practical and inspiring handbook will show you how to begin today to use hypnosis to change your life.

Hypnosis For Change provides simple, step-by-step details to help you harness the power of your own mind. You'll learn about the different trance states, the effective use of treatment scripts for either self-hypnosis or the hypnosis of others, and the best use of these techniques to bring you success.

### About the Author

Josie Hadley is the founder and director of the California Institute for Medical Hypnosis and the Palo Alto School of Hypnotherapy, where she offers classes and precisely tailored individual sessions.

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- Sales Rank: #377856 in Books
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This is a really good book for those who are new to self hypnosis or those who are looking for better results.

I recorded some of the scripts into my voice recorder, then lie on the bed and listen to them. Excellent results.

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Those who are familiar with hypnosis and hypnotherapy know that one of most important steps is to spot the client's problem.

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This is the kind of book one might well treat as a little manual to gain some new insights with ref. to various problems a client would like to solve.

I'd recommend it to those who are interested in hypnotherapy and aim for a better understanding of these processes and for a positive change.

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