



# Understanding Hypnosis: A Practical Guide to the Health-Giving Benefits of Hypnotherapy and Self-Hypnosis

*Brian Roet*

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Understanding Hypnosis is a much-needed clear, authoritative and user-friendly guide to hypnosis and how to use it to treat a range of common ailments.\* This book takes you step by step through what hypnosis is and how to use it. It explains how by learning simple self-hypnosis techniques you will be able to take control of your own health.\* It examines the growing importance placed on hypnotherapy by the medical profession and recognises its place in modern medicine.\* Provides techniques for dealing with pain, stress, obesity, self-confidence, phobias, smoking and digestive problems.\* It explores past life regression and other uses of hypnosis and how it can benefit you.\* Throughout the book there are case histories and easy, safe exercises to illustrate the techniques.

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