



# The Science Of Self-Hypnosis: The Evidence Based Way To Hypnotise Yourself

By Mr Adam Eason

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## The Science Of Self-Hypnosis: The Evidence Based Way To Hypnotise Yourself By Mr Adam Eason

### The Science of Self-Hypnosis:

#### *The Evidence Based Way To Hypnotise Yourself*

is a book written for anyone wanting to learn about self-hypnosis and how to use it.

This book is ideal for anyone; ranging from beginners who are new to the field of self-hypnosis, to experienced clinicians hoping to teach patients how to use self-hypnosis for therapeutic gain.

Contained within this book are a range of methods for anyone to apply:

- to achieve a hypnotic mindset,
- develop hypnotic skills,
- induce self-hypnosis,
- deepen the experience of hypnosis,
- apply a range of evidence-based techniques and strategies for self-improvement and then
- exit hypnosis.

The book offers a modern historical explanation of the development of this fascinating field as well as serving as a guidebook for practical application.

All of this is done by dispensing with notions of an '*unconscious mind*' or a '*special trance state*', instead showing hypnosis to be an **ordinary skill that anyone can learn**, to be good at and derive benefit from.

As the book title suggests, it adheres to research findings and the evidence-base available as much as possible while offering up a substantial literature review of this topic.

The second half of the book looks specifically at applying self-hypnosis for

- stress management,
- anxiety reduction,
- depression,

- pain control
- and sleep enhancement;

all showcasing techniques which can be applied to a range of other issues too.

This is a comprehensive volume that aims to result in it's readers becoming proficient self-hypnotists.

Adam ends his book with these words:

In my opinion, there are not enough people in the world who have these skills. Self-hypnotists have the opportunity to make real beneficial changes that make each day an exciting prospect; the self-hypnosis adventure and exploration starts here.

That indeed is an exciting prospect!

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### **Editorial Review**

#### **About the Author**

Adam Eason is a self-confessed hypnosis geek.

He has been a qualified hypnotherapist since 1997. Since then he has worked with several thousand individual therapy clients in his consulting rooms and as Principal his own training school, has taught many more individuals therapeutic hypnosis and self-hypnosis in his classrooms. His work has featured on primetime television as well as a wide array of other mainstream media.

Author of a number of books on the subject of hypnosis and creator of many hypnosis audio programmes that sell globally. He has lectured on the subjects of hypnosis and self-hypnosis around the world.

The Science of Self-Hypnosis is the culmination of his love for self-hypnosis that he has had since the early 1990s.

He lives by the English seaside with his family. In his spare time he runs marathons, studies and maintains his cottage garden

### **Users Review**

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