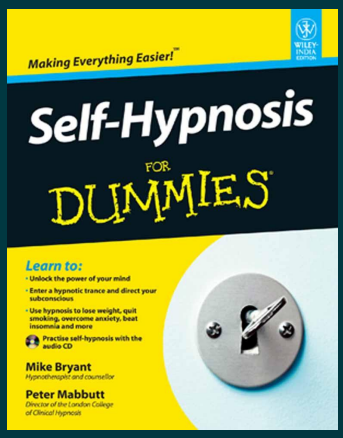
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# Self - Hypnosis for Dummies

By Mike Bryant, Peter Mabbutt

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## Description

Self-Hypnosis For Dummies is a hands-on guide to achieving your goals using hypnosis. Whether you want to lose weight, overcome anxiety or phobias, cure insomnia, stop smoking, or simply stop biting your nails, this guide has it covered! The reassuring and straight-talking information will help you harness the power of your mind and re-train your subconscious to think in more healthy and constructive ways, and to overcome specific issues, such as anxiety and paranoia, and break bad habits, such as smoking. The easy-to-follow style will guide you through every step of the process, empowering you to take control and start making changes right away.

## About the Author

**Mike Bryant, Peter Mabbutt**

Mike Bryant is an experienced counsellor and hypnotherapist who also works as a Staff Counsellor at Goldsmiths University

## Table of Contents

Introduction

Part I: Identifying Your Needs and Preparing the Way

• What Is Self-Hypnosis?

• Getting Your Mind and Body Working Together

• Using Self-Hypnosis to Achieve Your Goals

• Resisting Resistance and Avoiding Relapse

Part II: Training Your Mind with Self-Hypnosis

• Entering a Hypnotic Trance with Traditional Self-Hypnosis

• Working with Words: Becoming Your Own Recording Star

• Consciously Directing Your Unconscious

• Using Unconscious Self-Hypnosis

Part III: Improving Your Outlook with Self-Hypnosis

• Putting Paid to Panic, Anxiety, Phobias and Fear

• Signing Up to Self-Esteem

• Minimising Pain

• Ironing Out Anger

• Overcoming Insomnia

Part IV: Overcoming Problems with Self-Hypnosis

• Quitting Smoking

• Keeping a Handle on Your Drinking

• Controlling Your Eating Habits

• Fostering Good Relationships

Part V: The Part of Tens

• Ten Creative Ways to Enter Trance

• Ten Ways to Know You're in Trance

• Ten (or so) Reasons to Seek Professional Help before Trying Self-Hypnosis

Appendix A: Self-Hypnosis and Hypnotherapy Resources

Appendix B: About the CD

Index

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