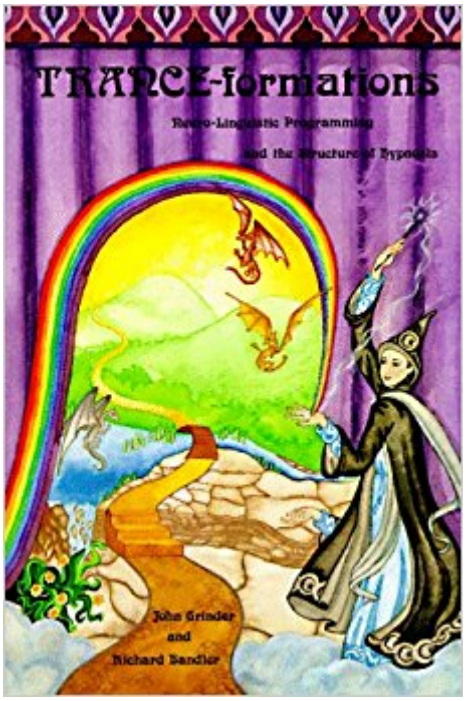
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Trance-Formations: Neuro-Linguistic Programming And The Structure Of Hypnosis



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Synopsis

What is a trance state? How do you access a previous trance state? What is pattern interruption? Stacked realities? Generative change? Reframing? And how in the world do you use all this stuff to do anything productive? Better yet, how do you keep from using all this stuff to be unproductive? Well, this will give a you a taste of what lies in store for you in this book. It’s the best book to learn about real hypnosis, the structure of hypnosis. There are many books that can teach you to hypnotize people, but few that can teach you to break through the consensual trance that you are already in. This book can get you on the road to doing that. "Hypnosis is a word that usually gets strong responses from people" - positive or negative. Often, people associate trance states with mysticism or magic, which has not helped the reputation of hypnosis. We encourage skeptics to suspend their beliefs or assumptions about hypnosis long enough to read this book. NLP cofounders Bandler and Grinder studied the famous therapist Milton Erickson to determine the structure of hypnosis. This book turns the "magic" into specific understandable procedures, some of which are useful in everyday conversation. In addition to the hows of hypnosis (basic and advanced), the authors describe numerous important uses for this science. A great introduction to the subject - and an important reference book for hypnosis practitioners.

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Customer Reviews

What is a trance state? How do you access a previous trance state? What is pattern interruption? Stacked realities? Generative change? Reframing? And how in the world do you use all this stuff to do anything productive? Better yet, how do you keep from using all this stuff to be unproductive?

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Without any doubts ÃƒÂ¢Ã â ¬Ã â œ one of the best books(if not the best) on NLP and the structure of hypnosis. By far one of the best books on the topic. Must read for anyone interested in ÃƒÂ¢Ã â ¬Ã Å“rewiring your brain.ÃƒÂ¢Ã â ¬Ã Â• Surprise a book like this one is even published. Occults are made of the knowledge in Trans-Formation. Ideal, for hypnotist,therapist,people who want to help other people, or anyone interested in achieving greatness. Definitely a pickup. 10/10!

Helpful

Packed with practicsl theory . Essential reading for any atudent of instsnt or theraputic hypnosis. After Ericson come Bandler and Grindler. This was the only book i have bought so far that gave answers and del8vered. Buy this.

As always, a Great Book From the Founders!

This is a good supplemental guide for anyone who is interested in the basics and dynamics of hypnosis (though the writings here are referred to as neuro-linguistic programming, NLP).

First, I agree with the reviewers about this not being a beginner’s book. You would probably get more out of reading a different hypontism book first.NLP is a somewhat controversial approach to

hypnotherapy. The version presented in this book is not really a science so much as an art, which requires deep personal experience and understanding to make work. For this reason it will always be on the fringes of psychotherapy. This book is one of the classic books about NLP and therefore should be read critically by anyone interested in it or related topics (including how the brain processes language).I found the book to crystalize what I had learned from life experience and by watching others. Given that experience I think I got a lot out of the book, perhaps more than the authors intended. However I can understand how others might take wrong turns trying to see this as some sort of short-cut (when it is really a power tool). Having said this, I think if folks read the book critically, it will lead to greater insight.I wasn't sure about all aspects of the book. For example, while I understand the idea of symptom substitution as a possible good, I found the examples in the book to be questionable in the long run (while they might be good for transitional measures, they seem to help rob an individual of the need to address some circumstances directly).All in all, though, a very thought-provoking book and worth reading.

This is THE book for beginners wanting to learn about NLP. .

A great book. It is like a live seminar with Richard Bandler, but put into a book. It teaches you how to do simple and advanced inductions. Talks about how to set up ideomotor signals, and how to use them while in trance state. A good book for anyone interested in NLP.

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