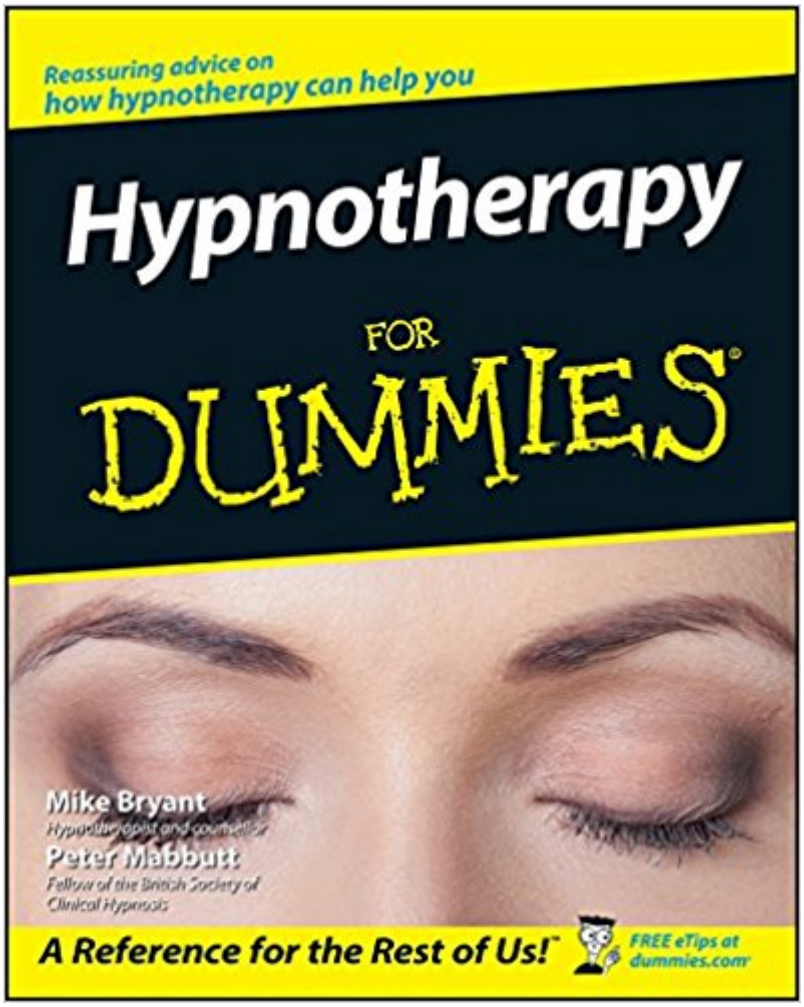
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Hypnotherapy For Dummies



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Synopsis

An easy-to-follow, reassuring and responsible guide that shows how you can use hypnotherapy to identify and overcome unhealthy modes of thinking, deal with emotional issues, improve performance, and banish bad habits. Whether youÃ¢â ¬â„¢re seeking to overcome anxiety or depression, improve your performance professionally or personally, lose weight or beat an addiction, hypnotherapy can help you make the changes you want.

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Customer Reviews

thank you

interesting book

Complete GarbageAs someone else has already stated this is just like an extendedpatient information leaflet.You would be far wiser to spend just a little bit more on a bookwhich is almost twice the size and will truly teach you everythingthat you will ever need to know to become a

successful hypnotherapist.The book I would recommended instead of this rubbish isThe Encyclopedia of Hypnotherapy, Stage Hypnosis & Complete Mind Therapy

A very average book with some good content spread across many pages.Written in a breathless style suitable for dummies or sub-literate high school kids, it features lots of bad jokes and utterly unnecessary exclamation marks (to make it awesome! exciting! edgy!...etc.). Their writing style alone made me sleepy... very sleepy.Essentially this book is one long commercial for hypnotherapists, which the authors happen to be. Unfortunately, it leaves you wondering if the book is about them or you, the reader. There is sound advice buried under the verbiage and their vaudeville routine of smarmy writing but there are easier ways to obtain that info.For example, the 2 books on self-hypnotism by Dr. Charles E. Henderson are infinitely superior and I recommend them over this book.(For the record, my doctorate is in psychotherapy and I've read many books on hypnotherapy, for both professional and personal usage.)

This book is very misleading since most for dummies books are there to help instruct you on how to actually do the subject in question. I thought this book would give me a basic ability to conduct hypnotherapy on others but in reality it is just a description of what hypnotherapy is, a generalization of it. What a misleading waste :P

I decided to purchase the book Hypnotherapy for Dummies after speaking with some friends about various choices for therapy to recommend. What better way to start than to read a book for dummies? The series was always light for me, but always seem to be a nice introduction to those things I am ignorant about before moving on to something more serious. So it is with this book. Written in a breezy style, I did learn about the basics of this type of therapy as well as some of the history behind it. The one reviewer who found the author to be "incredibly arrogant" seems to be way out in left of left field. I didn't find anything 'arrogant' about the author's style at all; anyone with no knowledge of this subject will come out of this book with some basic knowledge as well as some recommendations for resources. All the Dummies' series seem to me to be a kind of bar-room conversation, and if you are really interested, you will go outside and continue the conversation. So it is with this book; it's a good start and I think one comes away ready to learn more.

I found this book to be what we've come to expect from the dummies series: a clear, comprehensive overview that expertly guides the reader through the field. This guide is written by practicing

hypnotherapists and it shows; they demonstrate a thorough understanding of the discipline and do a balanced job of describing the different ways hypnotherapy can be used, both to deal rapidly with problems like smoking and eating disorders, but also to achieve elusive goals and overcome blocks to creativity. I'm not in the profession, but as a curious outsider, I found that the authors put together an accessible, informed and reassuring book that answers most of my questions, and would help me know what to look for in a hypnotherapist. This book would probably also serve as a good intro for the interested mental health professional. If you want a good understanding of the uses and experience of hypnosis, this book is a great choice.

In a field riddled with authors that make questionable claims and have even more questionable training, this book is a welcome dose of sanity.The authors give a clear exposition of Hypnotherapy and what it can achieve. Rather than the do it yourself books that flood the market, Bryant and Mabbutt make it clear that seeing a professional therapist is far more productive. The reader does decide to seek help, this book will make sure that they know what to expect as well as give you the tools to make sure that you are picking the best therapist for you.If you have ever considered hypnotherapy for weight loss, smoking, self esteem, or anything else, this is the book you should read first.

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