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# Healthy Hypnosis: Simple Truth and Practical Use

*C.H., Paul Gustafson R.N.*

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**Healthy Hypnosis: Simple Truth and Practical Use** C.H., Paul Gustafson R.N.
Inspite of the struggle there has been a quiet growing understanding and acceptance of hypnosis as a tool to relieve many of our day-to-day concerns. It is the accumulating scientific research which is starting to turn the heads of mainstream healthcare practitioners, and when the insurance companies wake-up to the cost saving potential it will all hit the fan for sure. Author, Paul Gustafson, is a registered nurse and brings a wealth of medical experience into a very successful clinical hypnosis practice. He knows what makes people click and has cultivated an enjoyably therapeutic approach at putting individuals at ease and helping them overcome enormous life challenges with hypnosis. Healthy Hypnosis: The Simple Truth and Practical Use offers a unique perspective into the common, everyday application of hypnosis. It takes what once seemed unimaginable and foreign and presents it in a way that just makes sense. Paul guides readers through the A-B-C's of hypnosis, separates fact from fiction, and offers fascinating case studies and samples of some of the actual hypnosis sessions he uses with his clients. Healthy Hypnosis: The Simple Truth and Practical Use shines a bright light on this empowering technique, helping to educate readers on the amazing potential offered by this peaceful process.

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