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

Adam Eason

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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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