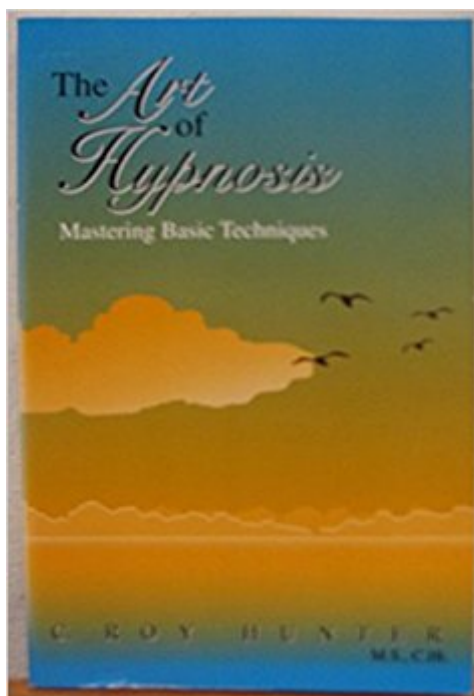


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# The Art Of Hypnosis: Mastering Basic Techniques



## Synopsis

Roy Hunter is an expert in the field of hypnosis. He was specially selected to carry on the work of the Grand Master of Hypnotherapy, the late Charles Tebbetts, who was a master teacher and contributor to the art/science of hypnosis and hypnotherapy. This book is based upon the training course of Tebbetts, which has been updated by Roy Hunter. Tebbetts training has formed the basis of a large number of hypnotherapy courses taught in America and Europe. The Art of Hypnosis is well-written and easy to read and understand, even for the novice. In-depth and practical information is given on how to achieve maximum results in a hypnotic session by phrasing suggestions properly and by using various techniques to determine which approach is best for each individual client. What is hypnosis and why use it? Hypnosis yesterday and today Inductions and awakening Deepening the hypnotic state Testing during hypnosis Ethics and potential dangers Self-hypnosis for stress coping Concepts about the subconscious taught by Charles Tebbetts Introducing the Art of Hypnotherapy The previous edition of this book was published with ISBN 978-075751101-1. --This text refers to an alternate Paperback edition.

## Book Information

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## Customer Reviews

Roy Hunter MS, CHt teaches professional hypnosis and advanced techniques to professionals, and in addition he also teaches self-hypnosis to groups and clients for personal or professional motivation. He was awarded an honorary doctorate in clinical hypnotherapy (for lifetime achievement) from St. John's University in 2004 and in 2009, he was awarded a PhD from Alpha University and California University with a major in clinical hypnotherapy. Other titles by Roy Hunter:

Hypnosis for Inner Conflict Resolution (ISBN 9781904424604) The Art of Hypnotherapy (ISBN 9781845904401) --This text refers to an alternate Paperback edition.

I enjoyed reading this book, because it helped me get a more nuanced view and understanding of hypnosis. The techniques described in the book were very inspirational and whether one is spiritually inclined or not, there are good lessons to learn about how we can all improve the quality of our lives by making active use of the enormous mental potential that we all possess.

I understand that it is an author trying to give his mentor/inspiration his fair credit. It is written like a "Dummies" book-using easy language for the layperson. I like the book-it explains the history of hypnosis and why he's telling you about it-which makes the chapter make sense to read. The rest is cool-I feel like I am really getting the same lesson as if I were sitting in a room watching someone do the steps. I guess some ppl are turned off by the mentor tribute, and the way the author explains why some medical professionals want to keep it for themselves. The chiropractic analogy explains it well-and I, for one, am glad I am getting this perspective. I am hoping to one day train in the art and become a master myself!

Learning hypnosis in Chile is not an easy task; you have courses that cover the basics of Hypnosis in a somewhat proper way but they do not cover all the relevant aspects. This book helped me a lot to understand the foundations of the art of hypnosis, and helped me to enhance my performance as Hypnotist.I would recommend this book to anyone who wants to learn the basics of hypnosis! The author has a deep respect for his late mentor and you can see this reflected in the quality of the book and in its second volumeÃ A The Art of HypnotherapyÃ A that covers some more advanced techniques that in my practice have proven very effective!This book is truly a must have for hypnosis students! So read it, study it and learn the basics that will help you to become a great professional!

Very interesting for a beginner in learning hypnotism. It revealed the many complexities and benefits of the art. I learned a lot.Easy to read and put in laymen terms. I recommend it to those like me beginning their study of the art.

It is awesome! I used this book during my hypnotherapy certification program at the Idaho School Of Hypnotherapy.I definitely recommend this book to other students and professionals.

A must read for every beginner-hypnotherapist. I recommend it.

Excellent Book. I have quite a few of Roy Hunter's books and this one is an excellent reference for any hypnotist.

As a physician and meditator this book is valuable to me. Thank you the author.

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