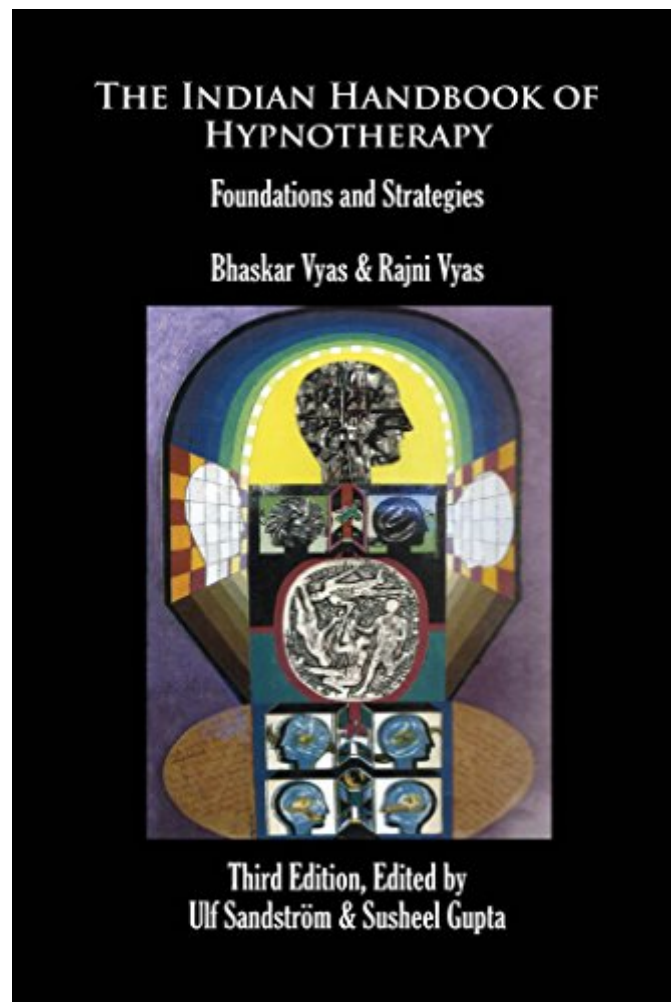


# The Indian Handbook of Hypnotherapy - Third Edition: Foundations and Strategies PDF



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The Indian Handbook of Hypnotherapy - Third Edition: Foundations and Strategies by Bhaskar Vyas, Rajni Vyas ISBN B00O3GGXHQ

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Over 60 years of combined experience from two Doctors and hypnotherapists are at your disposal in this extensive and scholarly book of 548 pages on hypnosis with medical research, client sessions, an Indian perspective, and a strong fundament in science and philosophy. This is a must have if you are actively studying or involved in hypnotherapy.

Hypnosis can help you focus your attention, rethink problems, relax, and respond to helpful suggestions. Hypnosis can alter perception of pain and other sensations and gain control over

emotional and physical responses. Hypnosis can help control chronic cancer pain, menstrual pain and headaches; make labor and child-birth more comfortable; decrease the amount of medication needed during surgery; and shorten surgery recovery time. Hypnosis has been shown to alleviate the symptoms of irritable bowel syndrome and those of asthma. Some people can gain control of unwanted behaviors such as tobacco smoking, bed-wetting, nail-biting, teeth-grinding, phobias, overeating, and difficulty in sleeping.

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