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# SELF HYPNOTISM:

*The Technique and its  
Use in Daily Living*

*by*

**LESLIE M. LECRON**

*Clinical Psychologist and Author of  
Techniques of Hypnotherapy*

A UNIQUE METHOD OF SELF-ANALYSIS THAT HELPS  
YOU GET TO THE ROOT OF YOUR PROBLEMS AND  
CORRECT THEM WITH THE SIMPLE, SAFE, SCIENTIFIC  
TECHNIQUES OF SELF HYPNOTISM

# Self Hypnotism Technique Its Use In

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## **Self Hypnotism Technique Its Use In:**

**MODERN HYPNOSIS TECHNIQUES. Advanced Hypnosis and Self Hypnosis** Tony Gaschler, 2018-06-25 Visualize how you are hypnotizing a person who then with great relish devours yummy apples although they are actually potatoes Or your subject is convinced that the color YELLOW is actual called RED You can be assured of an astonished audience admiring your new abilities and skills As a byproduct the hypnotizer slowly becomes aware of his or her private and professional success and the associated limitless confidence and self efficacy that the new and powerful abilities generate He or she is admired and held in high esteem life is good With the self help method MODERN HYPNOSIS TECHNIQUE Tony Gaschler has combined only tried and proven hypnosis techniques used in many highly interesting hypnosis experiments into a method You will learn about modern hypnosis techniques and methods as they are practiced around the globe today no prior knowledge is required you will learn everything you need to know to be able to hypnotize others successfully and you will learn this in a systematic and gradual manner After many years of research and based on the successes of numerous hypnosis techniques from the world over the specialized author and hypnosis expert Tony Gaschler developed this unique easy method leading to quick success You learn SELF HYPNOSIS that can serve to improve your life in so many ways to eliminate bothersome habits and characteristics such as nervousness listlessness lack of energy lack of drive smoking excessive weight tensions etc and even some emotional inhibitions You will also learn ADVANCED SELF HYPNOSIS techniques used among others to increase performance eliminate pain or influence others These advanced techniques are practiced by athletes politicians traditional healers and on radio TV at events etc Nonmedical practitioners and physicians can also benefit from the Modern Hypnosis Technique Of course you can also use your acquired skills to astonish and surprise your family friends and acquaintances as the excerpts from the following three experiments shows An EXPERIMENT with FALSE MEMORY Hand the test subject a piece of paper listing a very long number For example something similar to this 164839244312673 778241983711893 Tell the subject Please read and memorize this number Once I take the piece of paper away after a few seconds you will have memorized the entire number and can write it down Then take the piece of paper away from the test subject and say And now you are able to write down the entire number without errors just from memory Remember Each suggestion must be canceled by a counter suggestion An EXPERIMENT with FALSE PERCEPTION Tell the VP the following while handing him or her a peeled onion I am giving you here a nice juicy apple Eat it you will love its taste and it s good for you The subject will think of the onion as an apple and actually eat it like an apple A counter suggestion is here not required since no effect continues after the action has been completed An EXPERIMENT with POST HYPNOSIS You can also use a subject and post hypnosis an action that is to be carried out at a later time Example Call me at 8 in the evening to tell me that you cannot visit me tomorrow When I ask you why you cannot come you tell me you don t have time Remember All these experiments must have a clearly defined effective start and end of a suggestion Never allow an effect to continue after the hypnosis without

first canceling with a counter suggestion The listed experiments were just a small excerpt from the many possible hypnosis techniques Moreover you can also use your own creative ideas to develop and carry out new and interesting experiments The number of fantastic possibilities is endless once you have learned the methods provided by the Modern Hypnosis Technique instructions

**Encyclopedia of New Age Beliefs** John Ankerberg, John Weldon, 1996 This comprehensive indexed volume includes short one page listings of pertinent facts about a particular movement its founder how it claims to work scientific evaluations done and its potential dangers Some topics covered are angels visualization shamanism hypnosis new age medicine and martial arts

**Advanced Self-Hypnosis Techniques** Mary Deal, 2024-10-16 The advanced techniques in these self hypnosis scripts take you deep into your psyche to learn who you truly are acknowledge your hidden potential and enable you to express many capabilities How long have you been waiting to find a way to express the person you have hidden deep inside Now you can stop wishing for change and actually make change happen Learn to achieve your most desired wishes concerning weight loss or stop smoking Replace bad habits with powerful positive ones Learn if you have artistic or musical talent You can express latent creativity you have only dreamed of trying once you dispel your fear of taking that first leap of faith The advanced scripts in Mary Deal s ADVANCED SELF HYPNOSIS TECHNIQUES clear away blockages that keep you from knowing yourself Find solutions to many troubling areas of life by learning the power you possess to make change happen Put these advanced techniques to use and start living the life you wish to live

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Inner

Strengths Shirley McNeal,2024-01-11 Inner Strengths is the first book to meet the need for a comprehensive treatment of approaches to ego strengthening in psychotherapy It provides a historical breakthrough in the history of ego strengthening education and explores contemporary psychodynamic object relations self psychology ego state and transpersonal theoretical models for understanding how and why ego strengthening occurs Written by two experienced psychotherapists who were active in developing the newer projective evocative ego strengthening techniques this book emphasizes the utilization of patients inner resources They survey the history of ego strengthening efforts and show how that which has been considered intrinsically hypnotic connects with the great traditions of psychotherapy Additionally they offer step by step instructions for a diversity of ego strengthening methods that can be used for patient self care internal boundary formation and personality maturation in a wide range of clinical conditions Their discussion of the fundamental concepts of ego strengthening draws on their theoretical and clinical explorations of dynamic internal resources such as memory strength wisdom self soothing and love Throughout the book theory is balanced by an unusual richness of extended clinical examples and a wide variety of practical ego strengthening scripts This classic edition is essential reading for seasoned clinicians of hypnosis and beginners alike

Self-Hypnosis For Dummies Mike Bryant,Peter Mabbutt,2010-12-01 Self Hypnosis For Dummies is your hands on guide to achieving your goals using hypnosis Whether you want to lose weight overcome anxiety or phobias cure insomnia stop smoking or simply stop biting your nails this guide has it covered The reassuring and straight talking information will help you harness the power of your mind and re train your subconscious to think in more healthy and constructive ways and to overcome specific issues such as anxiety and paranoia and break bad habits such as smoking The easy to follow style will guide you through every step of the process empowering you to take control and start making changes right away

**Instant Self-Hypnosis** Forbes Robbins Blair,2004-03-01 Hypnosis is a proven technique that allows people to reprogram their subconscious to change unwanted behaviors Most books on self hypnosis require the reader to memorize or record scripts then put the book aside while they do their hypnosis work But Instant Self Hypnosis is the only self hypnosis book that allows you to hypnotize yourself as you read with your eyes wide open without putting down the book The author s fail proof method allows you to put yourself into a hypnotic state and then use that state to improve your life in myriad ways And because the hypnotic state is induced while you read you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently using the instructions provided

Freedom From Anxiety Paul McKenna,2023-01-31 Do you want to stop worrying Do you want to feel calm whenever you want Do you want to turn off fear and turn on peace Do you want to relax deeply and feel happy Then let Paul McKenna help you Over more than three decades Paul McKenna has helped millions of people to improve their lives with hypnosis NLP and Havening Using the latest psychological techniques Paul will help train your mind and body step by step to control feelings of anxiety and experience deep peace within yourself You will quickly learn to no longer feel overwhelmed by stress worry fear and panic so you can

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fifth edition of Hypnosis with Children describes the research and clinical historical underpinnings of hypnosis with children and adolescents and presents an up to date compendium of the pertinent world literature regarding this arena The authors focus on the wide variety and scope of applications for therapeutic hypnosis including an integrated description of both clinical and evidence based research as it relates to understanding approaches to various clinical situations case studies of practical aspects and how to elements of teaching therapeutic hypnosis skills to clients This new edition includes new chapters on helping children in disasters and pandemics with hypnosis and helping parents This book is essential for therapists and students who wish to gain a complete overview of hypnosis with children and adolescents *Self-Hypnotism*

Leslie M. Lecron,1988 **Weight Loss Hypnosis: Powerful Hypnosis Techniques for Healthy Lifestyle Habits (Burn Fat and Stop Emotional Eating With Deep Meditation and Gastric Band Hypnosis)** Edward Marone,101-01-01 You re

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monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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Fogg,2009-11-28 Play Better Golf in Your Unconscious Mind with Hypnosis and NLP The Secrets of Hypnotic Golf is an

innovative practical guide to playing the golf of your dreams Harness the power of your unconscious mind to play golf beyond your imagination using golf psychology self hypnosis and NLP Andrew Fogg the Golf Hypnotist helps amateur and professional golfers of all ages and abilities to fulfil their golfing potential and enjoy their golf You ll discover and learn how to Use self hypnosis NLP techniques to play better golf Play practice golf in your mind and in your dreams Protect yourself from covert hypnosis on the golf course Play better golf with less time on the driving range Hypnotically steal skills from your golfing heroes Have the caddy of your dreams inside your head Gain the full enjoyment success you deserve from your golf Get in the zone each and every time you play a shot Release your bad shots and capitalise on your good ones

Self-Hypnosis Valerie Austin,2015-08-03 This book will give you the skills to train yourself into deep hypnotic trances ridding yourself of negative thoughts and behaviours and improving any aspects of your life you want to change Discover easy to follow step by step techniques that you can use to hypnotise yourself practical exercises to help you deepen your trance how hypnosis can help you stop smoking eliminate phobias reduce weight sleep better and more how hypnosis can help when you have a major illness Hay House Basics is a new series that features world class experts sharing their knowledge on the topics that matter most for improving your life If you want to learn a new skill that will enhance your wellbeing Hay House Basics guarantees practical targeted wisdom that will give you results     **Reach for it** David E. Corbin,Josie Metal-Corbin,1990



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