



Secrets of Hypnosis, Janet Fricker, John Butler, Dorling Kindersley Publishing, Incorporated, 2000, 0789467763, 9780789467768, 224 pages. Here is an exciting new series focused on today's most popular healing approaches and spiritual insights. Presented in a clear, concise format, the Secrets of Series demystifies popular alternative approaches and teaches proper application, providing a perfect balance of theory and practice. Learn how to balance negative emotions with Bach Flower Remedies or study the use of pressure points in Reflexology. Perfect for new or casual readers, these handbooks are simple to follow yet thorough and authoritative. Covering a wide range of topics, they appeal to readers from every background..

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Hypnosis for Beginners Reach New Levels of Awareness and Achievement, William W. Hewitt, 1997, Psychology, 288 pages. Introduces the concept of hypnosis, describes exercises designed to teach basic techniques, and discusses regression and self-regression.

Hidden Depths The Story of Hypnosis, Robin Waterfield, 2003, Psychology, 464 pages. This history of hypnosis dispels the myths about this long misunderstood topic--thought provoking and engagingly written..

Hypnotherapy , Dave Elman, Jun 1, 1984, , 336 pages. .

Tricks of the Mind , Derren Brown, 2007, Entertainers, 392 pages. Derren Brown's television and stage performances have entranced and dumbfounded millions. His baffling illusions and stunning set pieces - such as The Seance, Russian Roulette

Jurassic Park Piano Solos, John Williams, 1993, , 32 pages. Arrangements for the intermediate-advanced player. Includes the themes by the great John Williams written for the blockbuster movie. Besides the main theme this folio includes

Quantum Psychology How Brain Software Programs You and Your World, Robert Anton Wilson, 1990, Psychology, 202 pages. Throughout human history, thoughts, values and behaviours have been coloured by language and the prevailing view of the universe. With the advent of Quantum Mechanics

Hypnotism A History, Derek William Forrest, 1999, , 334 pages. An enlightening study of an intriguing and controversial therapy..

Hypnosis Medicine of the Mind A Complete Manual on Hypnosis for the Beginner, Intermediate And Advanced Practitioner, Michael D. Preston, Feb 28, 2006, , 348 pages. Known as the Miracle Doctor, Dr. Preston demonstrates his expertise as a hypnotherapist after years of personal experience and field research, using precise language and script

A handbook of medical hypnosis , Gordon Ambrose, George Newbold, 1980, Medical, 213 pages. .

Through the Open Door Secrets of Self-hypnosis, Kevin Hogan, Mary Lee LaBay, 2000, Self-Help, 266 pages. "This should be a high-priority purchase."-Library Journal
In a radical departure from other self-hypnosis and self-improvement books, internationally known hypnotherapists

John Lennon In His Life, Valeria Manfredi De Fabianis, Sep 7, 2010, , 272 pages. John Lennon is a legend in the history of popular culture, the primary impetus and creative force behind the world's most beloved and influential rock band, an iconoclastic

Here is an exciting new series focused on today's most popular healing approaches and spiritual insights. Presented in a clear, concise format, the Secrets of Series demystifies popular alternative approaches and teaches proper application, providing a perfect balance of theory and practice. Learn how to balance negative emotions with Bach Flower Remedies or study the use of pressure points in Reflexology. Perfect for new or casual readers, these handbooks are simple to follow yet thorough and authoritative. Covering a wide range of topics, they appeal to readers from every background.

Janet Fricker has been a medical journalist for over ten years. She has written for New Scientist, Marie Claire, and the London Times. John Butler has been a psychotherapist and hypnotherapist for over 20 years. He is a lecturer in psychology and neuroscience, and contributes to television and radio programs. Natural Health is the leading periodical in the field of natural health and self care. Published by Weider Publications, Inc., its editorial advisory board includes such esteemed authorities as Dean Ornish, Carolyn Dean, and Andrew Weil.

The authors take the reader from the beginning in how this often-misunderstood facet of the human mind works, and continue building information in small units that are easy to read and concise. They detail the steps and pitfalls, as well as the potential uses of hypnosis. The book is written in a manner so that one does not need an advanced knowledge of behavioral sciences to understand it. The photographs and illustrations are clear and relevant.

As always, I bought this book, based on the other reviews, so I was very surprised to be end up feeling so cheated. If you know virtually nothing about hypnotherapy, and you have a very strong magnifying glass to read the microscopic text, you may learn something from this book. The pages of this already small (110mm x 135mm)book, are heavily padded out (and I mean heavily - more than 50% on average) with blank space or unhelpful, pointless illustrations, for example: A woman sitting in a chair, a woman talking to a boy, a man standing with a briefcase, a boy standing up, a man standing up, a woman standing up, all of which take up half the page, and add absolutely nothing of relevance to the information conveyed by the book. Most of the printing in this book is incredibly small (about 1mm tall, overall) - the smallest text I have ever seen in a book!! Most people need a powerful magnifying glass to read text that small. If the publisher had omitted all the blank space and all the pointless illustrations, and used the resulting space to allow for sensible text size, they would have ended up with a readable book that is far less annoying!

I was excited to get my copy of the book as I was on a Hypnotherapy / Psychotherapy course and hoped that I would be able to get an insight on therapeutic methods. I was initially disappointed. It appeared vague and concentrated on case studies and possible resolution tactics. I felt that it lacked the actual method of treatment.

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