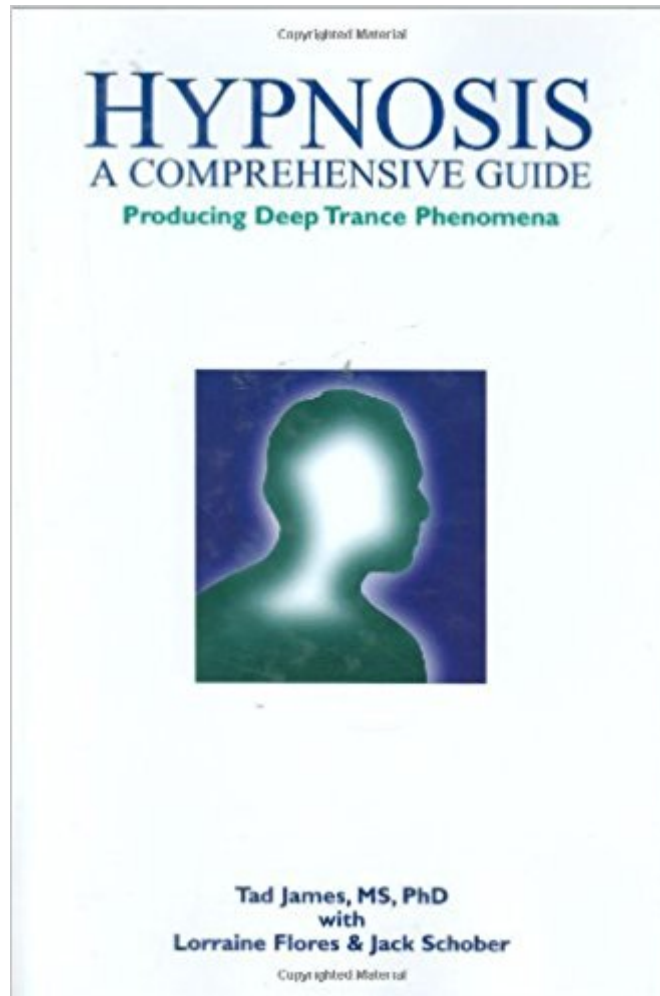




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Hypnosis: A Comprehensive Guide



Synopsis

This book makes three radically different types of hypnosis easy to use in daily hypnosis work, exploring methods that employ Direct Authoritarian approaches, Indirect Permissive approaches, and techniques that place responsibility for hypnosis on the client. An invaluable resource for all trainers and therapists, it includes a range of powerful scripts.

Book Information

Hardcover: 224 pages

Publisher: Crown House Publishing; 1st Ed. edition (April 30, 2000)

Language: English

ISBN-10: 1899836454

ISBN-13: 978-1899836451

Product Dimensions: 6.4 x 0.8 x 9.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 14 customer reviews

Best Sellers Rank: #635,937 in Books (See Top 100 in Books) #15 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Hypnotherapy #48 in Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy #2262 in Books > Medical Books > Psychology > Clinical Psychology

Customer Reviews

An excellent introductory text for students beginning to study the art and science of hypnosis.

--David Shephard B.Sc., The Performance Partnership

Tad James M.S., Ph.D. is one of the world's most influential trainers, and a respected authority on hypnosis. He teaches and appears before audiences for over 200 days every year, and is president of The American Board of Hypnotherapy, one of the world's largest hypnotherapy organisations. Tad is also President of Advanced Neuro-Dynamics, a leading NLP firm, The American Institute of Hypnotherapy, the world's leading hypnosis institute, and American Pacific University, a Hawaii-based institution offering alternative degrees in Hypnosis, Psychology, and Esoteric Studies.

I admire books that gives knowledge about how, but not only what can be done. "Hypnosis: A comprehensive guide" is one of them. Just reading the book is not enough but here are helpful exercises everyone can practice.

Great book.

It's a quick easy read however I'd echo the sentiments of some reviewers who don't like the New Age references implied here. Tad James has gone on to do a lot of Huna stuff since, something that I've looked at several times and keep backing away from. It's too new agey and wishy washy for me :-). I gave it 3 stars because what good stuff there is, is fairly well written and useful. It's a shame there isn't more depth on Estabrooks and Elman however. I read it in about an hour or so. My preference if I had to give someone 10 books only on hypnosis, would be Monsters and Magical Sticks, Training Trances, Ledochowski's Deep Trance Training Manual, Ericksonian Approaches and Tranceformations, Elman's Hypnotherapy, Bill O'Hanlon-Solution Oriented Hypnosis, Therapeutic Trances by Gilligan and of course Erickson's own material--not necessarily in that order either. Then again I am biased as I really enjoyed the books I've mentioned. All the mentioned books go into greater depth in their particular areas (ok, they overlap...a lot) and as far as I can tell none of them head into New Age land either.

The reviews I had read led me to expect great things. Perhaps that is why I was so disappointed. This book is "comprehensive" only in the sense that it briefly mentions many aspects of hypnosis and hypnotherapy. With regard to these mentions, however, I found it to be quite superficial. With only 176 pages prior to the Appendix, not much depth should be expected on any particular topic. I found the sections on Erickson to be a good introduction to his work. There are only 9 printed pages devoted to Estabrooks, so you won't find much here. I also found the sections on Elman to be a good introduction to him. It may inspire someone to further research on these people and their contributions. Unfortunately, I did not find much that I could use in the way of practical application. There is some of that in the book, however I think it would be most useful to someone who is completely new to the subject of hypnosis. I was a bit bothered by the repetitive commercials for Time Line Therapy. I was even more troubled by New Age religion being passed off as therapy. As a hypnotherapist, I think it is important to respect each individual's beliefs and to not impose a particular spiritual belief system onto a client. The chapter on Ericksonian Interventions has little to do with Erickson (who put faith in an individual's life experiences), and a lot to do with New Age beliefs. "Unconscious Mind" is always capitalized as if referring to deity. It is asked to make contact with "Higher Self" to get answers, and then to go ahead and "heal" the client. This was not Milton's way. I would summarize this book as an introduction to hypnosis and a few New Age concepts. OK if

that is all you want.[I apologize for the anonymity. I have seen the attacks on reviewers who did not praise a work, and would rather avoid them.]

This text is well written and should be in every hypnotists library. This book was one of the recommended texts in my hypnosis training and an invaluable one. Tad James and his fellow authors cover the history and development of hypnosis from ancient times to the present day in an informative and easy to read style. The following chapters have many very useful tips and techniques that are easily used in practice and the chapter on utilisation is very informative. Highly recommend this as a text and guide to hypnosis.

I bought this book a day before I wrote this review at the Conscious Life Expo, and in one reading, I can tell that this is a great book I will consult over and over again because of its wonderful nuances and writing clarity on the subject. Of course, I agree with the other reviewer that this is far superior to Estabrooks' singular "you are getting sleepy... Sleepy..." Svengali style basicness with it. But then Estabrooks' was the 1950s, Tad James is a great 1990s, 21st century update. And the advice on Ericksonian hypnosis is practical, economical and without fluff... Just giving you specifics and whys' instead of puffery and "this is hard" thinking about semantics and all that kind of thing. In short, that's why its got the five stars. Captain Josh.

Until this book came out I'd have recommended anyone interested in hypnosis/hypnotherapy to start with 'Training Trances' by Overdurf and Silverthorn. But not any more. Whilst I still rate 'Training Trances' very highly, I'd say this book is significantly better. Firstly because 'Hypnosis' manages to cover so much material in a relatively small space - yet without seeming to miss anything of importance. Secondly, because it teaches by demonstrating three different approaches rather than just the one. When I started out working with hypnosis it was very much in the Estabrooks "You are going to sleep ... you are going into a deep sleep" style. Since discovering the Ericksonian style, some ten years ago, I've found the experience is much more 'harmonious' (for want of a better word) both for myself and for my clients. I believe I am also more effective before. What this book did *for me* was both extend my knowledge and help me to understand why I personally prefer working in the Ericksonian style. Having said that, the book has also given me a better appreciation of the benefits of other styles of hypnosis. So, whilst I thought I detected a slight, but undeniable bias towards the Ericksonian approach, I believe that the book is sufficiently even-handed to be of interest and value to readers coming from almost *any* other form of hypnotherapy.

Best book on hypnosis - again, Tad you've done it again!!!

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