



# Heal Yourself with Medical Hypnosis: The Most Immediate Way to Use Your Mind-Body Connection

*Andrew Weil, Steven Gurgevich*

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Major medical journals are finally beginning to recognize hypnosis as a legitimate clinical tool, citing proof positive that it can help ease chronic pain, lessen the side effects of chemotherapy, counteract anxiety and sleep disorders, and more. On Heal Yourself with Medical Hypnosis, Dr. Andrew Weil joins Dr. Steven Gurgevich, a leading expert in mind-body medicine, to offer listeners a 2-CD session on how to use this amazing tool for personal healing. On Part One, Dr. Weil discusses the physiological mechanisms behind the mind-body connection, while Dr. Gurgevich demystifies the practice of hypnosis through a concise account of its history and important case studies. On Part Two, Dr. Gurgevich introduces listeners to four trance induction methods, including trance deepening and a full session of self-healing with hypnosis.



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