



# 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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