



Discovering the Power of Self-Hypnosis: The Simple, Natural Mind-Body Approach to Change and Healing

Stanley Fisher

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This second, expanded edition adds a new introduction by Gail Sheehy, a new chapter on dealing with everyday stresses, and new sections on the author's own recent, remarkable success using self-hypnosis in preparation for his own quadruple bypass heart surgery. By sharing his own story as well as the fascinating stories and techniques he has used with some of his 3,000 patients, Dr. Fisher describes:

How you can create your own 90-second exercise to alleviate such problems as insomnia, smoking, overeating, memory loss, pain, skin allergies, fear of flying, performance anxiety, and other concerns.

How to use self-hypnosis as a preparation for surgery, which can lessen pain and bleeding and speed recovery.

How to use the technique to help deal with stress, anger, disappointment, and decision-making.

How to evaluate your hypnotic capacity.

What happens when you're in a trance state.

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