



Hypnosis and Hypnotherapy (2 Volume Set)

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Once thought pure entertainment akin to magic acts, hypnosis is now a growing field being practiced by psychologists, psychiatrists, and medical doctors. Across all ages—from children to adults and the elderly—patients are finding professional, therapeutic hypnosis can help them recover from mental maladies ranging from addiction to depression and psychosis, and from physical illnesses from chronic pain to obesity and skin disorders. Studies show hypnosis can even speed healing from broken bones, burns, and surgery. These unprecedented volumes, including some of the best-known experts in the field hailing from Harvard, Stanford and other top universities, cover the newest research and practice in this intriguing arena.

Edited by a psychologist at Harvard Medical School, this set explains developments in hypnosis, from its colorful if misguided inception with Anton Mesmer, across clinical techniques developed for health care in the 20th century, to emerging research showing new potential applications to aide mental and physical health. Chapters also highlight what psychologists, neurologists, physicians, and scientists have discovered about how personality, cognition, and brain functions affect, and are affected by, hypnosis. An appendix explains how to tell the difference between an entertainer or charlatan and a practitioner who is trained, credentialed, and practicing research-backed hypnosis. Universities with hypnotherapy programs and courses are also included.

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