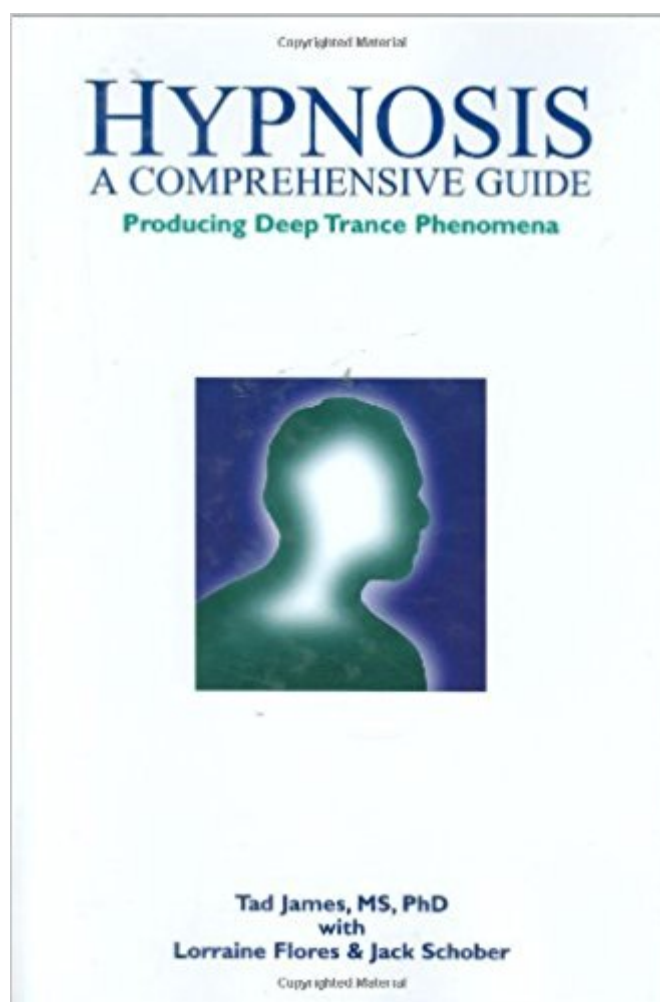


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# Hypnosis: A Comprehensive Guide



## 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

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## Customer Reviews

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.]

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.

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.

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.

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 wouldn't say that this is a stunningly different book to have - but it does act as a summary for many other books. It's easy to read and has a lot of good little tips on it but nothing is like the real practice...

I have read the book, twice, and keep going back to read again. It covers Ellmann, Estabrooks, and Ericksonian styles of hypnosis thoroughly. This is possibly the only book you will ever need regarding hypnosis.

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