

Deep Trance Training Manual

Have you ever wished you could create like Leonardo Da Vinci, have the business acumen of Richard Branson, the compassion of the Dalai Lama, or the brilliant mind of Nikola Tesla; or maybe the determination of an Olympic athlete, the flair of a renowned designer, or the strategic ability of a chess grand master? Have you ever wondered what it might be like to sit down and chat with Elizabeth I, seek advice from Abraham Lincoln, or ask for guidance from Nelson Mandela? Imagine having coffee with Babe Ruth, sitting for down for tea with Jane Austen, or shooting the breeze with Wolverine. Who in the world would you most like to meet and receive insight and guidance from? Who would have a place on your personal "dream team" of experts to guide you through life? Within this book, you will learn the hypnotic and neurolinguistic programming (NLP) principles that will allow you do just that. These principles are the secret steps to a pattern used by many of the world's most successful people, the CIA Pattern. This pattern will show you how to tap into the power of your unconscious mind and draw from it infinite amounts of wisdom, inspiration, and success.

Keith Johnstone's involvement with the theatre began when George Devine and Tony Richardson, artistic directors of the Royal Court Theatre, commissioned a play from him. This was in 1956. A few years later he was himself Associate Artistic Director, working as a play-reader and director, in particular helping to run the Writers' Group. The improvisatory techniques and exercises evolved there to foster spontaneity and narrative skills were developed further in the actors' studio then in demonstrations to schools and colleges and ultimately in the founding of a company of performers, called The Theatre Machine. Divided into four sections, 'Status', 'Spontaneity', 'Narrative Skills', and 'Masks and Trance', arranged more or less in the order a group might approach them, the book sets out the specific techniques and exercises which Johnstone has himself found most useful and most stimulating. The result is both an ideas book and a fascinating exploration of the nature of spontaneous creativity.

What would it be like if you could travel back in time to change the past in a way that makes life happier and more fulfilling today? What if your clients could easily let go of the past in ways that leave them deeply transformed and empowered today?

Reimprinting allows you to leverage how memory functions on a neurological level to create deep unconscious change. In this book you will discover a unique approach to reimprinting that is highly conversational and fast. Gone are the days of needing to find an "initial sensitizing event" or worrying over the dangers of regression work. The approach presented in this book allows you to positively influence your clients' memories through conversational hypnosis. To the untrained eye it will look like an engaging conversation while under the surface your clients will break free from disempowering memories. In this book you will discover an in depth explanation and demonstration of this pattern, the 3 times when regression work is indicated, the neuroscience behind reimprinting, and a number of variations on the pattern. Variations include: deep trance reimprinting, Ericksonian regression work, reimprinting through Deep Trance Identification, reimprinting for smoking cessation, and reimprinting through implicit memories. The Mind Illuminated is a comprehensive, accessible and - above all - effective book on meditation, providing a nuts-and-bolts stage-based system that helps all levels of meditators establish and deepen their practice. Providing step-by-step guidance for every stage of the meditation path, this uniquely comprehensive guide for a Western audience combines the wisdom from the teachings of the Buddha with the latest research in cognitive psychology and neuroscience. Clear and friendly, this in-depth practice manual builds on the nine-stage model of meditation originally articulated by the ancient Indian sage Asanga, crystallizing the entire meditative journey into 10 clearly-defined stages. The book also introduces a new and fascinating model of how the mind works, and uses illustrations and charts to help the reader work through each stage. This manual is an essential read for the beginner to the seasoned veteran of meditation.

The Visual Squash is the premier negotiation strategy. It is a powerful technique that allows individuals and groups to move beyond "either- or" dilemmas and generate new ways of meeting personal and group goals. It also helps coaching clients to resolve parts conflicts and secondary gain issues. This book presents the traditional Visual Squash in a detailed, easy to follow manner so you can begin using it immediately. It also illustrates variations including, the Conversational and Deep Trance squashes. Finally you will discover how to apply this powerful pattern in your business and personal life. "This book dives deep into one of my favorite NLP patterns. I teach this process in my classes because it encapsulates many of the most important principles behind good change work. Knowing the authors, as I do, I expected a well thought out and presented overview and breakdown of the visual squash and all it's variations. This book exceeded those expectations in so many ways and on so many levels." "Yes, they deliver the most comprehensive treatment of this pattern that I've ever read, and believe, has ever been written. But, even better, they use this platform to cover the most crucial elements of lasting, generative change that goes way beyond the pattern and into the very nature of change itself. " "In this book you will learn a complex system that aligns all levels of experience from the behavioral up to identity, covering and uncovering the values, beliefs and unconscious motivations behind the problems and, more importantly, the solutions. Shawn and Jess make sure to give you many different ways of adapting this process to fit any client in any context. From a purely conversational approach more appropriate for a business coach to a deep trance variation perfect for a hypnosis session, you are guaranteed to find useful ways of implementing these ideas." "The authors also cover some key linguistic concepts, from temporal and spatial predicates to the whys and hows of addressing nominalizations. This is learning that changes every aspect of the therapeutic/coaching interaction by teaching multi level communication that speaks directly to the unconscious mind. And this, in my opinion, changes everything." Melissa Tiers

Gilbertus Albans has founded the Mentat School, a place where humans can learn the efficient techniques of thinking machines. But Gilbertus walks an uneasy line between his own convictions and compromises in order to survive the Butlerian fanatics, led by the madman Manford Torondo and his Swordmaster Anari Idaho. Mother Superior Raquella attempts to rebuild her Sisterhood School on Wallach IX, with her most talented and ambitious student, Valya Harkonnen . . . who also has another goal-to exact revenge on Vorian Atreides, the legendary hero of the Jihad, whom she blames for her family's downfall. Meanwhile, Josef Venport conducts his own war against the Butlerians. VenHold Spacing Fleet controls nearly all commerce thanks to the superior mutated Navigators that Venport has created, and he places a ruthless embargo on any planet that accepts Manford Torondo's anti-technology pledge, hoping to starve them into submission. But fanatics rarely surrender easily. . . The Mentats, the Navigators, and the Sisterhood all strive to improve the human race, but know that as Butlerian fanaticism grows stronger, the battle will be to choose the path of humanity's future-whether to embrace civilization, or to plunge into an endless dark age. The Holistic Guide to Hypnotherapy is the most comprehensive and detailed guide to hypnotherapy yet. The essence of hypnotherapy appears in a fluid light, interspersed with information, graphics, interesting points, famous quotes, and humorous

memes. Detailed guides to the steps of hypnotherapy, therapies, modalities, and alternate health options help both the novice and the professional. Most hypnotists cannot hypnotize 60 percent of the population, and this book teaches you how to. Your subconscious mind can never be ill, and in this regard, the book concludes with teaching you how to be a consciousness engineer and create the existence you desire and deserve.

This is the second book in the course Key to From the Hypnosis Training Academy. The whole course complete with additional audio and many bonuses can be purchased on request.

The most comprehensive NLP Practitioner course manual ever written. A fully revised and updated edition, it contains the very latest in Neuro-Linguistic Programming, particularly with regard to the Meta-states model and the Meta-model of language. For all those embarking on Practitioner training or wishing to study at home, this book is your essential companion. Written and designed by two of the most important theorists in NLP today.

"So, you wish to learn the ways of the Force..." Written as the ultimate Jedi training manual, The Jedi Academy: Training Manual game supplement reveals the secrets of the Jedi across all eras of the Star Wars saga, from the earliest days of the Old Republic to the Dark Times and the reemergence of the Jedi Order after the fall of the Galactic Empire. It gives players exciting new talents, feats, Force powers, and equipment for their Jedi characters. It also elaborates on the known Jedi fighting styles and provides new ways to build your character around a particular fighting style.

This is the definitive training manual in the art of Ericksonian Psychotherapy. Accessible and elucidating, it provides a systematic approach to learning the subject.

Learn The Real Techniques To Hypnotize People And Talk To Their Subconscious If you have ever wondered about the mysteries of hypnosis, you are not alone. It's something that has always been surrounded by wonder and mystery. However hypnosis it's a natural phenomenon that people have harnessed and focused and if you learn the right techniques you too can successfully hypnotize other people and speak to their subconscious mind. In this book you'll learn everything you need to know to hypnotize anyone using a step-by-step process, from induction to deep trance, to speaking to the subconscious as well as ending the session and setting up goals. This guide will give you all the materials you need if you're starting from scratch, as well as more advanced scripts and hypnotic techniques to progress further. You'll get a strong understanding of the history of hypnosis, the different styles, philosophies, methods, and procedures that will open doors for you in your own practice. You'll also find answers to the most common questions like: How and why hypnosis works? What are we doing when we hypnotize people? What does it feel like? What are the conscious and subconscious? What is the difference between stage hypnosis and clinical hypnosis? Is hypnosis dangerous? Can I hypnotize myself? In This Book You'll Learn: What Is Hypnosis And How It Works 3 Steps To Induce A Trance (With Exact Scripts You Can Use) Hypnotic Techniques World's Top Hypnotists Use Betty Erickson's 3-2-1 Script 5 Techniques To Focus Anyone's Attention And Sneak Into The Subconscious How To Hypnotize Anyone Using Breath, Voice, Memorization And Language The Staircase: How To Use Metaphors To Speak To The Subconscious Hypnotic Tips, Tricks And Secrets That Most People Don't Know How To Use Hypnosis To Help People Achieve Their Goals Easier A Complete Script To Take Someone From Beginning To End In A Hypnotic Session Myths And Frequently Asked Questions About Hypnosis Believe me, once you get started with hypnosis you won't want to stop. Learn the real hypnotic techniques today! Scroll to the top and select BUY NOW!

Have you been looking for a book that lays bare all the secrets of hypnotic play for pleasure and kink? A clear, step by step guide that explains theory as well as practice so that you can develop your own style and flair? Authors James Gordon, a clinical hypnotherapist, and Rebecca Doll, who holds a master's in education, wrote an exhaustive guide. Taking a clear, consent based, non-gendered , approach to hypnotic instruction, we use a scientific and historical approach to de-mystify hypnosis so that anyone and everyone can learn to hypnotize not just highly suggestible individuals, but any partner. We focus on teaching fundamentals so that you can develop your own unique style and flair. Other books are designed to give you a few scripts and tricks, but they are not an entire course in hypnosis. We reveal all the keys that will allow the reader a complete understanding of how to hypnotize. Among many topics we cover: ethics and consent, types of suggestibility, suggestibility testing, hypnotic modalities, inductions, deepening techniques. Designed to be an inclusive course, we offer roadmap of how to recover if you have a problem, and what to do if you experience abreactions or other issues in hypnosis, discussing important issues such as emotional support and aftercare. We tell you the things that are vital to your knowledge and understanding of how to successfully hypnotize even those subjects that have previously proven difficult or impossible to hypnotize. If you've been looking for a respectable source for training in erotic hypnosis with a full and up front discussion of both the easy and hard parts, this book is an excellent guide. In addition to a broad overview of hypnotic skills we include a detailed discussion of play suggestions, including hypnotic bondage, eroticization, orgasm control and orgasm on command , hypnotic roleplay and how to use hypnosis as part of D/s play.

Designed as a practical desktop reference, this official publication of the American Society of Clinical Hypnosis is the largest collection of hypnotic suggestions and metaphors ever compiled. It provides a look at what experienced clinicians actually say to their patients during hypnotic work. A book to be savored and referred to time and again, this handbook will become a dog-eared resource for the clinician using hypnosis.

A new edition of an occult classic, which includes a new introduction by Mary K. Greer, author of Women of the Golden Dawn, and a new afterword with excerpts from rarely seen documents by Fortune herself describing how the book came about. After finding herself the subject of a powerful psychic attack in the 1930s, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defense guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defense. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognize them. This is one of the best guides to detection and defense against psychic attack from one of the leading occult writers of the twentieth century.

Provides salespeople with information on hypnotic techniques and how to use them in sales presentations and script books to win the customer's trust and make sales.

"This book by Carson, Marion, and Overdurf is an excellent exploration of the extraordinary trance process of deep trance identification. It is thorough, practical, and clear thereby providing an excellent guide for those seeking far-reaching transformational change. I highly recommend it" Stephen Gilligan Ph.D Generative Trance. Deep Trance Identification (DTI) has captivated the imagination of hypnotists since the mid 20th century. DTI has been used by countless modelers to master hypnosis skills, musical and acting abilities, emotional transformation, and so much more. Historically very little is written about DTI despite it being at the heart of all unconscious learning and transformation. For the first time DTI is presented here in a practical and easily understandable way. Shawn Carson, Jess Marion, and John

Overdurf have dedicated years to studying and using DTI and in this book they share their discoveries. They present the art and neuroscience of this hypnotic phenomenon and explain how you can use this modality to change your life and the lives of your clients. Deep Trance Identification presents an elegant model for using DTI and outlines comprehensive techniques that make the DTI experience deeply transformative.

Unlock the secrets and share in the knowledge that has educated generations of Jedi—from the history and hierarchy of the Jedi Order to the mastery of the Force and the nuances of lightsaber combat. Handed down from Master to Padawan, each Jedi who has held and studied this copy has annotated the pages—adding his or her personal experiences and lessons they've learned. This copy is now passed to you.

The Deep Trance Training Manual Volume I is the book for everyone exploring deep trance phenomena. Building upon the reader's existing practical ability and basic knowledge, this systematic training approach holds the keys to inducing deep trance states quickly and easily. This work presents practical exercises designed to improve technique and core theoretical principles from all the major hypnotic perspectives, supporting the development of elegant, individual style and language, and mastery of powerful approaches for dealing with others. Chapters include: - Principles in formulating suggestions - The language of deep trance (the Milton Model made easy) - Rapport and personal power - Calibration - Deepening techniques - Rapid inductions (including three different handshake inductions) - Trance termination - Language patterns (including a vital section on creating a natural flow of language).

So you want to learn the ins and outs of creating dance music and looking to improve your production? Then this book is just for you. No matter what genre you are interested in- trance, techno, garage, chill out, house or what tool you are working with- Abelton, Reason, Reaktor or Absynth, Snowman covers every aspect of dance music production- from sound design, compression and effects to mixing and mastering to help you improve your music. No matter what you level of experience the Dance Music Manual is packed with sound advice, techniques and practical tips to help you achieve professional results. The CD provides demo tracks showing what can be achieved when applying the advice contained in the book, including examples of the quality difference before and after mixing and mastering. The CD also contains free software demos for you to download. For even more advice and resources, check out the book's official website www.dancemusicproduction.com

"I enthusiastically endorse Patrick Marsolek's Self-hypnosis Manual. This is more than a 'how-to' manual. After an orientation to hypnosis, trance, the subconscious, and other relevant subjects, Patrick guides his readers in finding self-hypnosis techniques that work for them. Instead of simply teaching a number of self-hypnosis techniques (like most self-hypnosis manuals), it empowers the learner with an understanding of the induction process and the creation of individualized protocols. Furthermore, the Manual guides the reader through creating specific auto-suggestions to maximize therapeutic results. The Manual also is exceptional in the way that it addresses fears and other hindrances to trance (e.g., beliefs and expectations), stresses the normalness and benefits of self-induced trance, provides helpful application techniques (e.g., dealing with pain), discusses each induction technique, and promotes personal confidence in the process. In sum, Patrick gives the requisite understanding and tools to be one's own best self-hypnosis guide." - Whitney Hibbard Ph.D., Author of "Forensic Hypnosis"

Praise for Buying Trances "The genius of Joe Vitale has never shone brighter. This thoroughly documented and easy-to-read book is the first of its kind. Vitale gives you the keys to their minds. All you have to do is turn the keys. They said 'yes' to you long before you said a word and they were begging to buy from you shortly after you uttered your first sentence. Buying Trances is an exciting ride to the edge of the mind. His finest work to date." -Kevin Hogan, author, The Psychology of Persuasion and Covert Hypnosis "This book maps marketing's final frontier-the customer's mind-and exposes the buying trance. Frankly, this may be the smartest marketing book ever written." -Dave Lakhani, coauthor, Persuasion: The Art of Getting What You Want "As with all of Vitale's books, there are magical secrets chucked out like a mad Vegas poker dealer on every page. Not only will you learn to put people into buying trances with this book, the act of reading it will put you in a trance and force you to master it." -Mark Joyner, #1 bestselling author, The Irresistible Offer: How to Sell Your Product or Service in 3 Seconds or Less "Vitale's expertise in hypnotic marketing combined with his extensive research challenges the reader on many different levels. He forces you to delve deeper into the benefits of creating a buying atmosphere and a trance-like desire on the part of your prospect. I found this an absolutely fascinating book." -Joseph Sugarman, President, BluBlocker Corporation "Buying Trances is not your run-of-the-mill marketing book. It's an exceptionally well-written, well thought out, high-level work that gives the reader unique insights into how to capture a prospect's attention. Cutting-edge stuff that is a must for every serious marketer to absorb and implement." -Robert Ringer, author, To Be or Not to Be Intimidated?: That Is the Question "Vitale's understanding of how and why people think and act like they do is remarkable. By unscrambling complex ideas and explaining them in simple language, he reveals how to fashion messages that will turn people into compulsive buyers of our products and services. Now we can take control and create the buying trance. It's a totally refreshing and very effective approach to hugely profitable sales and marketing!" -Winston Marsh, veteran Australian marketer

The Deep Trance Identification Companion is designed to help you streamline your DTI modeling project. The Companion consists of detailed worksheets and step-by-step processes to assist you in modeling excellence. This book represents the core principles of the DTI process as laid out by Carson, Marion, and Overdurf in "Deep Trance Identification." It is recommended that you begin with that book before using the manual.

The Hard Bound Book Mind Control Language Patterns are spoken phrases that can act as "triggers" to the people who hear them. In short, they influence and control how we respond and cause us to be influenced to do things without our knowing. These language patterns are not fantasies but are based on documented uses that come from, psychology, hypnosis, Neuro Linguistic Programming and studies of human behavior. Mind Control Language Patterns can be used to help and hurt. One can use Mind Control Language Patterns to create positive and lasting change in people, as well as feelings of trust, love and affections. They can also be used to induce amnesia, fear, insecurity and doubt. These types of patterns are what we call "dark" pattern.

Hypndomme: Forbidden Erotic Hypnosis reveals mind technologies that are extremely powerful. But they've been held for too long in the hands of people using them for vicious purposes. Inside get a FREE \$97 Audio Training Program upon purchase of this book. Inside discover: -Willing and co-operative hypnotic submissive training! -Recalcitrant and uncooperative hypnotic submissive training! - The Submissive Mind -Get Them Addicted To You -Sex Servitude -The Principles of the Hypnotic Submissive Relationship -The Hypndomme Trance Step-by-Step -Controlled Submissive Erections -Oral Fixated Submission Programming -Erotic Hypnosis Programming -Thresholds "Red Light" -Pain Into Orgasm"

This practical resource makes three radically different types of hypnosis easy to use in daily hypnotic work, exploring the methods of Milton H. Erickson, George Estabrooks and David Elman. "A gem. Well-written, well-paced and packed with information." Andrew Bradbury, author of Successful Presentation Skills and Develop Your NLP Skills

This wonderful book is for anyone interested in making their life significantly better. It is a goldmine of insights and techniques from one of the greatest geniuses of personal change. As you use the techniques in this book, you will exponentially increase your ability to make dramatic life-enhancing differences. It is by far one of the most entertaining and professionally stimulating books I have read. It will change your life!"--Paul McKenna, Ph.D, author of I Can Make You Thin and host of The Learning Channel's I Can Make You More than thirty years ago, Richard Bandler set out to discover how some therapists managed to effect startling change with their clients, while others were arguing about theories as their face patients waited in vain for help. Now widely regarded as the world's greatest hypnotist, Richard Bandler observed

and developed patterns which became the foundation of neuro-linguistic programming (NLP), arguably one of the most profoundly effective approaches for self-development and change. Since coauthoring the internationally influential books, *The Structure of Magic Volume 1*, and *Patterns of the Hypnotic Techniques of Milton Erickson, M.D. Volume 1*, Bandler has traveled the world, honing his skills and helping people solve problems and achieve goals when other "experts" have been unable to help. Richard Bandler's *Guide to TRANCE-formation*, he returns to his roots: hypnotic phenomena, trancework, and altered states to provide a highly compelling prescription for personal change. According to Bandler, "trance" is at the very foundation of human experience. People are not simply in or out of trance, but are moving from one trance to another. They have their work trances, their relationship trances, their driving trances, and their parenting trances. Some of these states are useful and appropriate; others are not. With his signature wit and contrarian approach to therapy, Bandler shows how anyone can reset or reprogram problem behaviors to desired alternatives, with lasting and life-altering results. Peppered with case studies and more than thirty exercises, *Richard Bandler's Guide to TRANCE-formation*, is an intriguing, engaging, and often amusing, read for anyone, whether they are new to NLP, want to further their NLP training, or simply want to make a positive difference in their own lives.

Reprint of a fascinating old book that everyone who is interested in sports and athletics must read. Everything one should know about how one can gain unusually great strength, about the famous strongmen of the past and their training methods... By one of the absolutely best informed - the authentic strength training super-expert Earle Liederman.

Now in vibrant full color, *Manual of Orthopaedics, Eighth Edition*, provides the must-know information you need to diagnose and treat musculoskeletal injuries and diseases with confidence. This quick-reference manual has been completely updated and revised to include content particularly valuable for orthopaedic physician assistants, while retaining key information for orthopaedic residents and nurse practitioners, primary care physicians, and orthopaedic providers in all practice environments.

Teaches readers how to use self-hypnosis to discover past lives, contact departed loved ones, meet guardian angels, and increase self-confidence

Recently starting out as a hypnotherapist or still in training? Then this is the book for you. Written by eight leading specialists in their field, the *Hypnotherapy Handbook* is a unique guide for both newly qualified hypnotherapy practitioners and students of hypnotherapy. It covers the main issues that clients bring to therapy as well as the key topics of building a successful hypnotherapy practice. The *Hypnotherapy Handbook* guides the reader from how to work with a variety of client problems such as weight loss, anxiety and smoking cessation through to business topics such as marketing and business building. 'The *Hypnotherapy Handbook* is so much more than just a handbook. I have been practising hypnotherapy for more than 40 years yet I found this book provided many new insights for me' Dr Brian Roet Do you feel intrigued and slightly nervous about hypnosis? Or wondered how to use it in your practice? *Hypnosis for Curious Counsellors* shows you how to use hypnosis by building on skills you already have to help your clients even more. It will answer your questions but keep you curious enough to find out more about this wonderful, effective tool. *Training Trances* is about how to therapeutically communicate with the unconscious mind. The authors present their own unique integration of Ericksonian techniques, traditional models of hypnotherapy, and recent research in related areas. Numerous new patterns modeled from the work of Milton H. Erickson, M.D. are clearly explained and demonstrated. The use of trance in training design, to unconsciously install the skills being taught to the participants, is also covered. The book developed from transcripts of a four day workshop, and the design of the book parallels the design chosen for the training itself. Individual exercises or those done in groups of two or three are offered so that the reader may practice the techniques and learn the skills. There are numerous "live" demonstrations, inductions, and double inductions which create for the reader a real "feel" of how hypnosis is done and which are also a rich source for linguistic analysis for the advanced reader. Written with insight and humor, this book's most unique twist is its use of multi-level communication and hypnotic language to create a "training trance" for the readers as they journey through the text. Some hypnotic references are obvious and explicit -- those which are not obvious will create enjoyable "ah-ha!" experiences for the reader as they are discovered.

This is a book about how to be a hypnotherapist. It will take you on a journey towards becoming competent and confident and teaches you the tools, techniques and attitude that you need to practise as a professional hypnotherapist. In conjunction with tutor-lead study and hands-on practical training and assessment, this material forms a full General Hypnotherapy Register accredited training course. Written by experienced hypnotherapists and trainers and based on the successful Semillion hypnotherapy and NLP training, this book is both a training and reference manual.

Crown House is pleased to announce the publication of the third edition of *The Art of Hypnosis: Mastering Basic Techniques* by Roy Hunter. This updated third edition includes a new introduction by Conrad Adams PhD together with a revised Chapter 1. Roy Hunter is an expert in the field of hypnosis. He was specially selected to carry on the work of the 'Grand Master of Hypnotherapy', the late Charles Tebbetts, who was a master teacher and contributor to the art/science of hypnosis and hypnotherapy. This book is based upon the training course of Tebbetts, which has been updated by Roy Hunter. Tebbetts' training has formed the basis of a large number of hypnotherapy courses taught in America and Europe. *The Art of Hypnosis* is well-written and easy to read and understand, even for the novice. In-depth and practical information is given on how to achieve maximum results in a hypnotic session by phrasing suggestions properly and by using various techniques to determine which approach is best for each individual client.

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