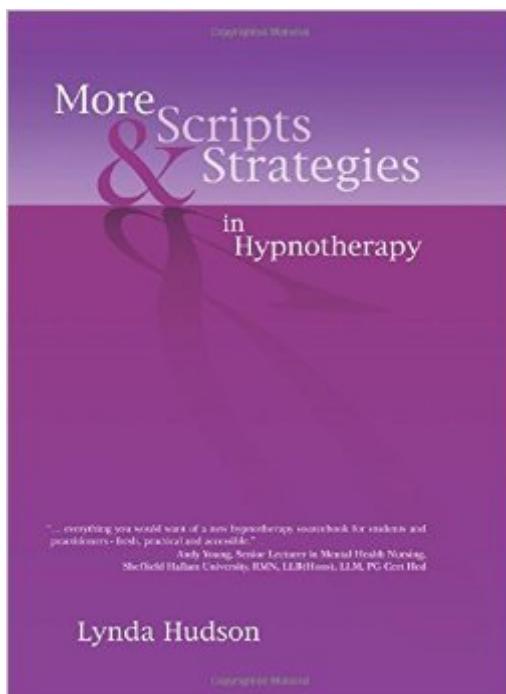


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# More Scripts And Strategies In Hypnotherapy



## Synopsis

This is a collection of brand new hypnosis scripts from Lynda Hudson, author of Scripts and Strategies in Hypnotherapy with Children (978-1845901394). This comprehensive volume covers: Anxiety; Panic Attacks; Phobias; Sexual problems: Breaking habits; Improving sport performance; Managing dyslexia and related social stigma; Essential tremor; Tics and twitches; Urinary incontinence; IBS; Pain control; Preparation for and recovery from childbirth; Sleeping difficulties; Speaking in groups, meetings and conferences; Enhanced business performance; Preparation and recovery from surgery and illness; Coping with mild to moderate depression; Recovering memory (not recovering traumatic memory); and more. Also included is the use of hypnotic language and suggestions for varying scripts for particular clients. This volume is an outstanding complement to the now classic Scripts and Strategies in Hypnotherapy by Roger Allen (ISBN: 9781904424215) and will be welcomed by beginner and experienced practitioners alike.

## Book Information

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This is a wonderful book full of great scripts and very well written. A must have for your therapy room.

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