

Health, Well-being and Therapy
Catalogue 2022

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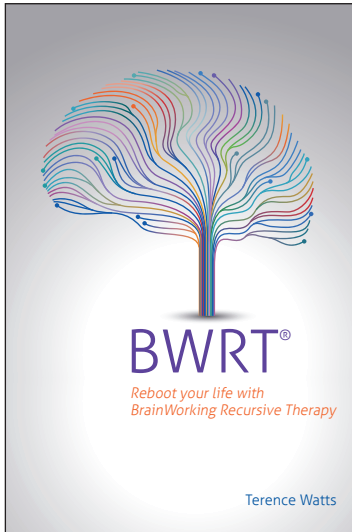
Key

 - This is an Independent Thinking Press title

CAN N/A - This title is not available in Canada

US N/A - This title is not available in the USA

Please note that all prices and content are correct at time of printing but may be subject to change without notice.



Terence Watts is a Fellow of the Royal Society of Medicine, and the only psychology related therapist to have been awarded the MCGI (Member of the City & Guilds Institute). Founder of the Essex Institute of Clinical Hypnosis, the Institute of BrainWorking Recursive Therapy and The British BrainWorking Research Society, he is an international lecturer and trainer and runs popular online training seminars.

BWRT® Reboot your life with BrainWorking Recursive Therapy

Terence Watts

Written by Terence Watts, BWRT®: Reboot your life with BrainWorking Recursive Therapy is an engaging self-help guide to using BWRT: a psychological approach designed to tackle stress, anxiety, phobias and many other of life's challenges.

BWRT is a completely personalised therapy that is customised specifically to the way your brain and mind work, and is scripted in such a way as to enable you to overwrite any problem you're experiencing with new thinking.

The technique has a strong foundation in science and evolutionary biology and is designed to work directly in the cognitive gap between the reptilian complex responding to a trigger (such as a stressful situation) and the individual becoming aware of what's happening.

Suitable for anyone wanting to rewire their psychological responses to life's challenges.

BrainWorking Recursive Therapy (BWRT) is a registered trademark of Terence Watts.

Health and Well-being

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Sweet Distress

How our love affair with feelings has fuelled the current mental health crisis (and what we can do about it)

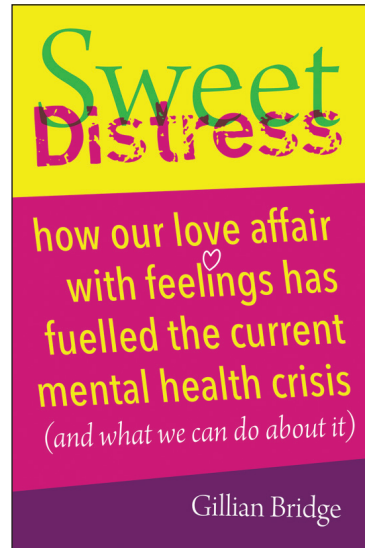
Gillian Bridge

Cutting its way through the media frenzy, *Sweet Distress* puts emotional resilience centre stage.

Using an approach rooted in no-nonsense logic, author and psycholinguistic consultant Gillian Bridge delves into a range of problems which seem to be most frequently cited as sources of mental distress. These include stress, anxiety, depression, loneliness, body image, eating disorders, social media, substance abuse, behavioural disorders, academic pressures and bullying.

The author explores how these issues have contributed to turning life events that may, at other times or in other places, have been little more than nuisances or inconveniences into sources of genuine psychic pain.

Packed with realistic and effective takeaway strategies for parents and educators, *Sweet Distress* challenges under-researched but over-promoted ideology and shares evidence-based help and advice for anyone wanting to improve the mental health of those they care about.



Gillian Bridge is a qualified teacher of English, an addiction therapist and a member of the British Association for Counselling and Psychotherapy. She has taught, lectured and coached in the field of brain language and behaviour and has also worked in prisons and on Harley Street.

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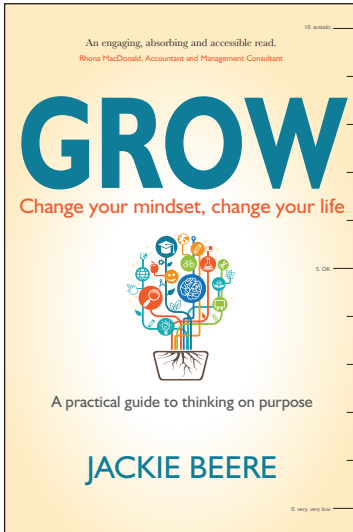
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Jackie Beere, OBE is an Independent Thinking Associate who worked as a newspaper journalist before embarking on a career in teaching and school leadership. She was awarded an OBE in 2002 for developing innovative learning programmes and is the author of several bestselling books on teaching, learning and coaching. Since 2006, Jackie has been offering training in the latest strategies for learning, developing emotionally intelligent leadership and cultivating a growth mindset.

Grow

Change your mindset, change your life – a practical guide to thinking on purpose

Jackie Beere

Demonstrates how we can all change our mindsets, learn to learn and choose to think on purpose.

Our thoughts and beliefs lead us to develop habits that can predict our success or failure. We can all choose to grow – and coach our loved ones to do the same – by fostering and sustaining a mindset that will keep us healthy and happy in future years.

Jackie Beere believes the key to this is thinking on purpose and metacognition. Jackie shows you how you can understand yourself and others so that you can be flexible, fearless and happy.

Life is full of changes and challenges but by thinking on purpose, we can all become more resilient, adaptable, self-confident and successful.

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101 Days to Make a Change

Daily strategies to move from knowing to being

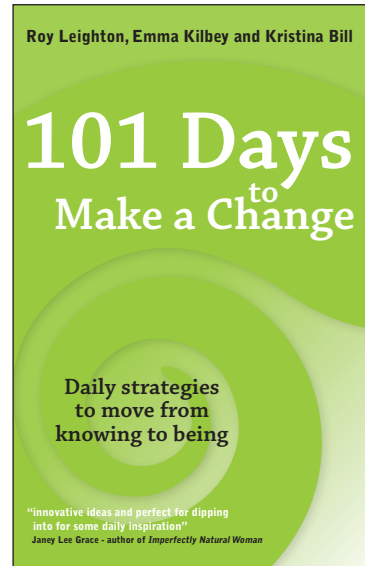
Roy Leighton, Emma Kilbey and Kristina Bill

A constructive and compassionate companion that will help get you back in the driving seat of your life – in just over three months.

101 Days to Make a Change's expansive ideology is grounded by an achievable process with a realistic timeframe to help chart progress and acknowledge results.

Its programme will give you rigorous tools in order to truly understand what makes you who you are, so you can plan for your best future, both personally and professionally. You'll be led by clear and practical steps to uncover your drives and motivation and identify your attitude to learning and change. Armed with these valuable insights your confidence will increase and your stress levels will be reduced while you develop new skills and start achieving firm goals.

A variety of exercises and activities, alongside motivating quotes and calls to action will ensure that you stay focussed, supported and positive as you journey towards a more optimistic and successful you.



Emma Kilbey originally trained as a journalist, and now co-runs a successful theatre company. She is also an actress, director, scriptwriter, diversity trainer and occasional cabaret crooner.

Kristina Bill is a certified life coach and has developed and run training for adults for over 20 years across Europe and the US.

Roy Leighton has been working in value-based areas in education, the arts and business environments in the UK and internationally for over 25 years.

Health and Well-being

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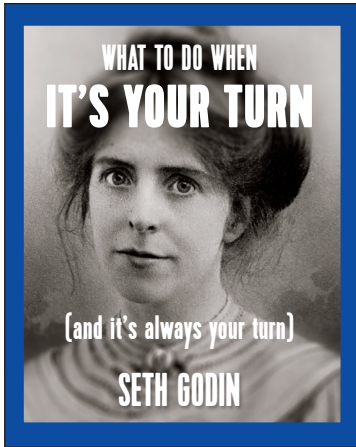
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Seth Godin is the author of 19 international bestsellers that have been translated into 35 languages. He's the founder of several companies, a member of the Direct Marketing Hall of Fame and an influential speaker around the world. He writes about treating people with respect, the changing economy and ideas that spread.

What to Do When It's Your Turn (And it's always your turn)

Seth Godin

A book about seeing the stuck, getting unstuck, and working within and swimming upstream in a system that often would prefer that you merely stand still.

It's about realising that it's your turn, always your turn, and understanding that once you see the opportunity, it's yours. Most of all, it's about freedom and our almost automatic insistence on avoiding it at all costs.

Written by bestselling author Seth Godin, *What to Do When It's Your Turn* is as thought-provoking as his other titles – but this book is different. Seth has pushed the boundaries once again, this time packaging his thoughts in a beautiful full-colour format to spread its message as far and wide as possible. It is a collection of short stories and essays that help the reader know 'what to do when it's your turn' in life.

Seth pushes us to dig deep inside so we can do better work and impact the things we care about – and his message is urgent, personal, in-your-face and as honest as he could make it.

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Super Blend Me! Super lean! Super Healthy! Super fast!

Jason Vale

Designed with everyone in mind – whether you have an enormous amount of weight to lose, or just want to get a little healthier and shredded – *Super Blend Me!* is the perfect plan for all. Due to its rich, plant-based high-protein recipes, it has also been designed with physical exercise in mind. So whether you're an athlete or just someone who likes to exercise daily, you can run or lift to your heart's content on this programme.



King the Drink... Easily!

Jason Vale

There is no such thing as an alcoholic and there is no such disease as alcoholism (as society understands it)! Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard-hitting look at people's conceptions of our most widely consumed drug.



Juice & Blend Jason Vale

Bestselling author Jason Vale returns with a 7-day programme of simple, delicious, nutrient-packed juices and blends guaranteed to help you achieve incredible health and weight-loss results.

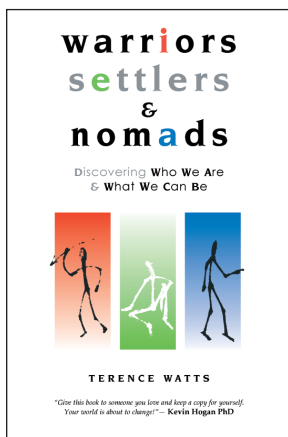
Taking inspiration from his two decades of experience in this field, Jason has picked his very best plant-based macro-nutrient blends (fat, protein, carbohydrates) and micro-nutrient juices (vitamins, minerals and phytonutrients) and combined them into one revolutionary 7-day plan.

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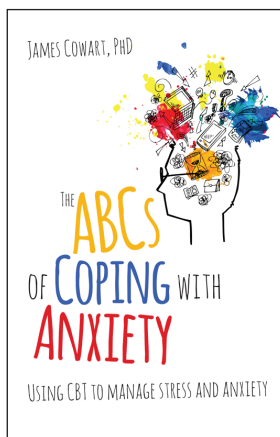


Warriors, Settlers and Nomads

Discovering who we are and what we can be

Terence Watts

Are you a Warrior? Are you a Settler? Are you a Nomad? Based upon the concept of evolutionary psychology, this is a guide to self-discovery and self-liberation. *Warriors, Settlers and Nomads* utilises powerful hypnosis and visualisation techniques in a programme designed to release our hidden potential.



The ABCs of Coping with Anxiety

Using CBT to manage stress and anxiety

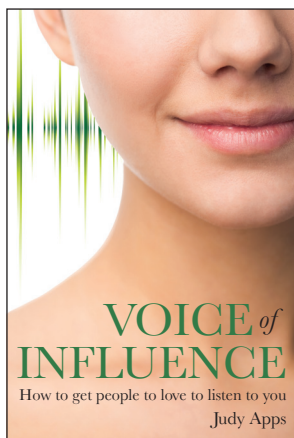
James Cowart

Takes a concise collection of tried-and-tested strategies from cognitive behavioural therapy (CBT) and makes them accessible to people who are learning to cope with their anxiety on a day-to-day basis.

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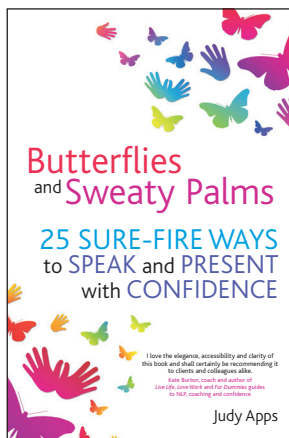


Voice of Influence

How to get people to love to listen to you

Judy Apps

Leading voice coach Judy Apps shows you how to awaken the energy of your authentic voice to speak from head, heart, gut and soul. Bringing together knowledge from voice training, NLP, Aikido, Alexander Technique, Bioenergetics, Feldenkrais and other mind-body work, *Voice of Influence* gives you the means to reach people at a deeper level where you'll motivate and inspire.



Butterflies and Sweaty Palms

25 sure-fire ways to speak and present with confidence

Judy Apps

If you have ever carried a lucky talisman in your pocket to give yourself courage before a big event then carry this book instead. Based on NLP, the groundbreaking solutions to performance anxiety in this book will carry you through the most daunting experience of public speaking.

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Improve Your Eyesight Naturally

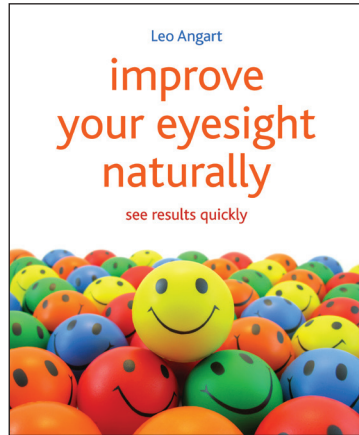
See results quickly

Leo Angart

Details strategies designed to improve your eyesight by literally exercising your ability to see.

Leo Angart explains how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. The book is effective for:

- Near-sight – the inability to see at a distance
- Astigmatism – uneven stress patterns in the cornea
- Presbyopia – the need for reading glasses
- Eye coordination – when the eyes point beyond or closer than the object of interest
- Anisometropia – when the two eyes have different degrees of near-sight
- Amblyopia – also known as ‘lazy eye’, a condition where the brain switches off one eye
- Strabismus – when one eye diverges in or out.



Leo Angart is a business consultant, author and trainer. Having worn glasses for more than 25 years, he speaks from personal experience. It has now been more than 20 years since he threw away his glasses.

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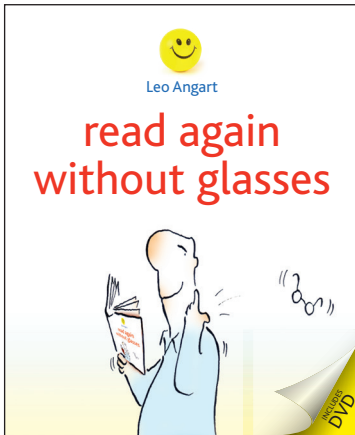
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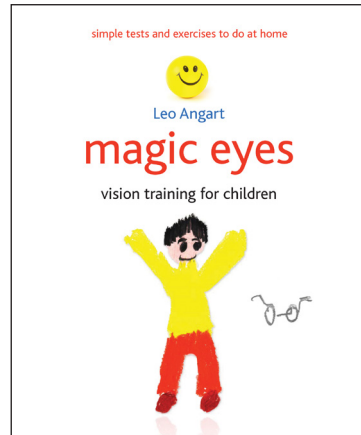


Read Again without Glasses

Leo Angart

Read Again without Glasses

concentrates on curing presbyopia, the inability to focus on near objects. It explains what presbyopia is and how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. Includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvements.



Magic Eyes

Vision training for children

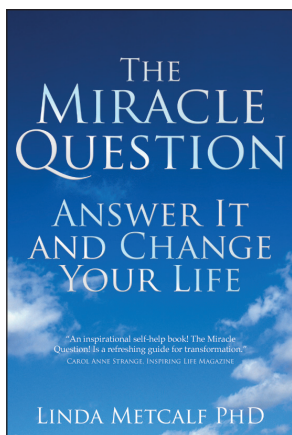
Leo Angart

Leo Angart regularly encounters children whose eyesight is being adversely affected by their glasses or who don't really need glasses at all. In *Magic Eyes* Leo shares his experience and explains what you can do to help transform your child's eyesight, eliminating the need for glasses.

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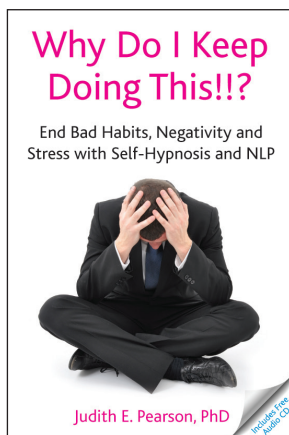


The Miracle Question

Answer it and change your life

Linda Metcalf

Specifically addressing substance abuse, parenting problems, marital stress and trauma fallout, *The Miracle Question* is a step-by-step approach for people who feel 'stuck' and overwhelmed by their lives. It offers methods for tapping into sources and resources they already have. Readers can discover that their abilities have simply been in limbo, ready to use as solutions.



Why Do I Keep Doing This!?

End bad habits, negativity and stress with self-hypnosis and NLP

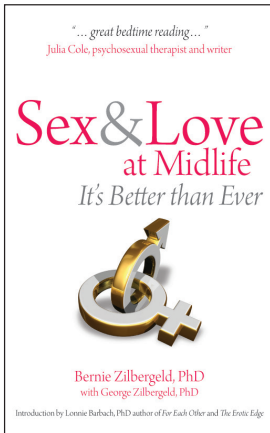
Judith E. Pearson

When you try to break a habit your brain sends out signals of alarm and discomfort. To get past this, you must put your logical brain in charge. This can be achieved using self-hypnosis and NLP.

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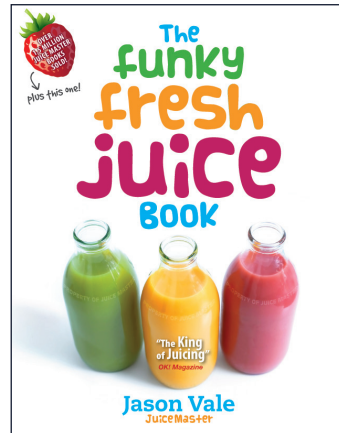
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Sex and Love at Midlife It's better than ever

Bernie Zilbergeld with
George Zilbergeld

In this honest, down-to-earth book, Bernie Zilbergeld – a world-renowned sex therapist and bestselling author – draws on his many years of clinical experience to explain why we should be enjoying our love-making and intimacy even more as we mature. He honestly tells us why age is no barrier to a better and more rewarding sex life.



The Funky Fresh Juice Book

Jason Vale

Warm up your juicer, dust off your blender and brace your taste buds for the most mouth-wateringly tantalising fruit and veggie fusions ever created. Includes a special 'Celebrity Juice' section, with juice and smoothie concoctions from Katie Price, Beverley Knight and other celebrity juicers.

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Super Juice Me!
Jason Vale

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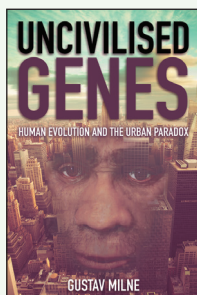
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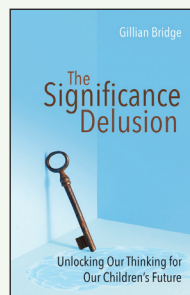
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Gustav Milne

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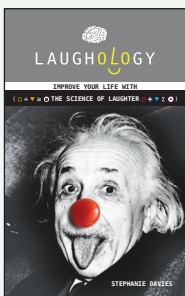
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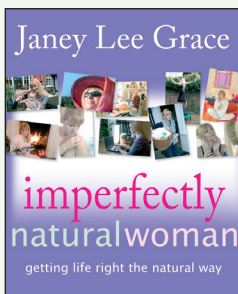
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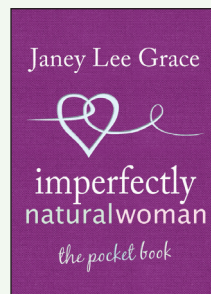
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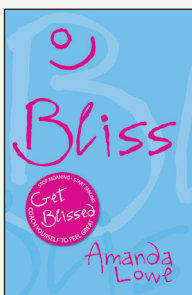
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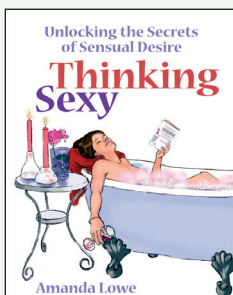
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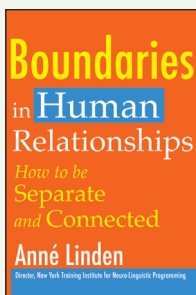
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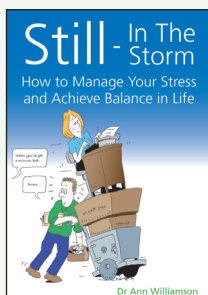
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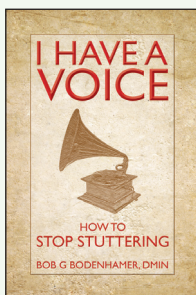
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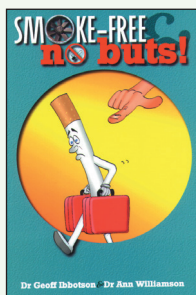
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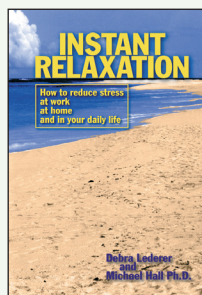
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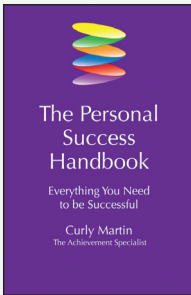
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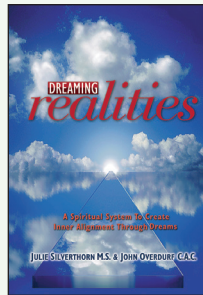
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Health and Well-being



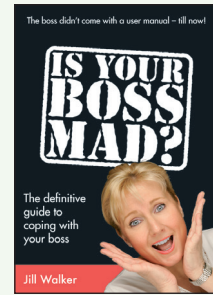
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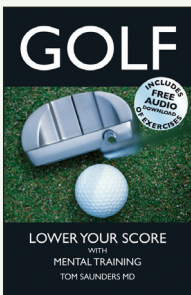
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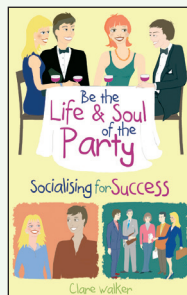
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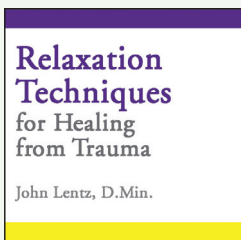
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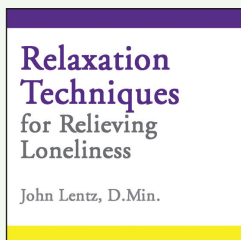
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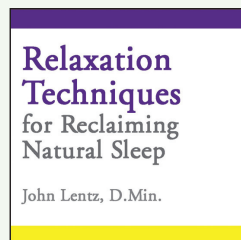
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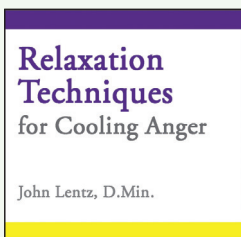
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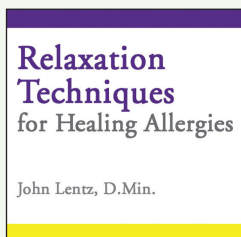
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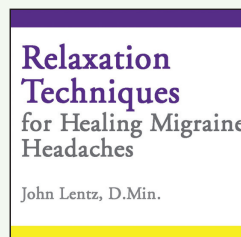
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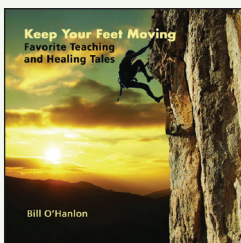
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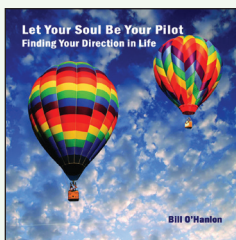
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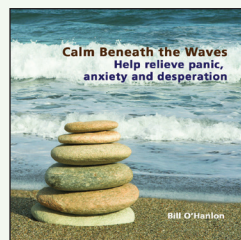
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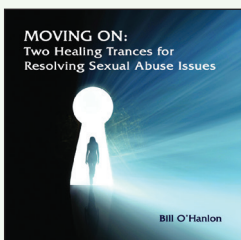
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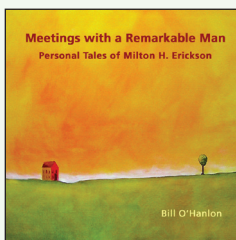
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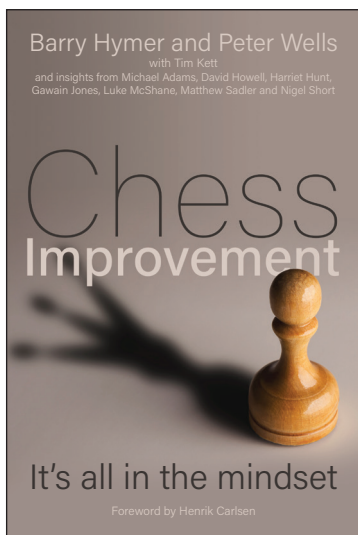
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Barry Hymer is Emeritus Professor of Psychology in Education at the University of Cumbria and Chief of Science for the leading online chess learning platform, Chessable.

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The Board Game Family

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Offers a roadmap to integrating board gaming into family life and presents inspiring ways to engage even the trickiest of teenagers and manage game nights with flair.

In *The Board Game Family*, teacher and educationalist Ellie Dix aims to help fellow parents by inviting them and their families into the unplugged and irresistible world of board games. The benefits of board gaming are far-reaching: playing games develops interpersonal skills, boosts confidence, improves memory formation and cognitive ability, and refines problem-solving and decision-making skills.

The book contains useful tips on the practicalities of getting started and offers valuable guidance on how parents can build a consensus with their children around establishing a set of house rules that ensure fair play.

Ideal for all parents of 8–18-year-olds who want to breathe new life into their family time.



A teacher and educationalist, and former co-owner and director of Pivotal Education, [Ellie Dix](#) has been obsessed with board games from an early age. Ellie now puts her teaching skills, understanding of behaviour and experience with gamification to use by helping parents to introduce board games to family life.

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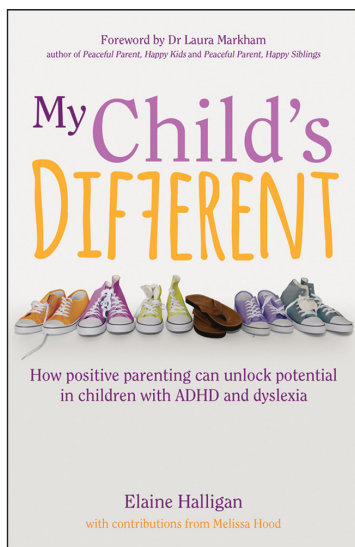
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Elaine Halligan is a director at The Parent Practice and has been a parenting specialist since 2006, helping parents raise competent and confident children through parenting classes, private coaching and keynote speaking in schools and corporate settings both in the UK and overseas. She is frequently quoted in the broadsheet press and regularly appears on Sky News, BBC world news and BBC local radio.

My Child's Different

The lessons learned from one family's struggle to unlock their son's potential

Elaine Halligan

Explores the enabling role that parents can play in bringing the best out of children who are seen as 'different' or 'difficult'.

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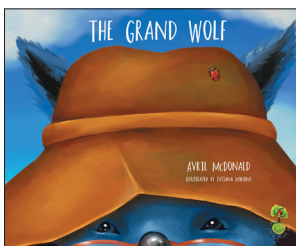
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The Wolf is Not Invited

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Wolfgang is left heartbroken when his best friend Catreen runs off without him to play with Clarissa. Spider shows Wolfgang how to make his own fun and Wolfgang realises that there are other great friends out there just waiting to be met! There are some situations and feelings that we cannot change and there are some that we can. Knowing the difference between the two (and some ways to make ourselves feel happy) is a great trick to have up our sleeves!



The Grand Wolf

Avril McDonald

Wolfgang and his friends love to visit the Grand Wolf but one day they arrive to find that he has gone and this makes them all feel very sad. Spider shows Wolfgang that by just seeing things a little differently he can feel happy again, knowing that true love never ends. Our lives are in a constant state of change and only we can ever know how big each change feels to us. The more we can talk about and embrace change, the better we get at it (whatever shape or size it comes in).



The Wolf and the Shadow Monster

Avril McDonald

Wolfgang is excited to be allowed to have his friends over to stay for the whole night - until the lights go out and Wolfgang's secret fear of the dark is revealed. His friends laugh at him until they hear his story and see the Shadow Monster for themselves! Spider shows Wolfgang a special magic spell to make scary things go away. Life can sometimes be scary but there are some great tricks out there to make scary things not so scary anymore.

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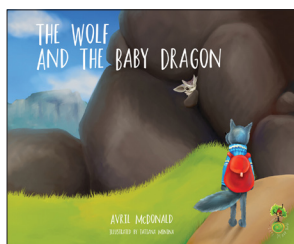
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The Wolf's Colourful Coat

Avril McDonald

Wolfgang can't wait for it to get cold enough for him to wear his brand new colourful coat but when the time finally arrives, some nasty creatures make fun of it. Wolfgang feels upset and is afraid that they will hurt him again, so he hides away in the tree house. Spider encourages Wolfgang to tell someone he trusts about how he is feeling and he learns that things aren't always as they seem.



The Wolf and the Baby Dragon

Avril McDonald

When Wolfgang and his friends learn about a secret cave where a baby dragon is growing they quickly run off to find it but, sadly, Wolfgang gets left behind. His bag is full of heavy worries that are making him slow and he just can't let go of them. When he trips on a rock and falls, Spider shows him how to rest his busy mind and tells them that worries aren't so bad if you share them.



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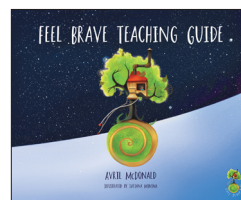
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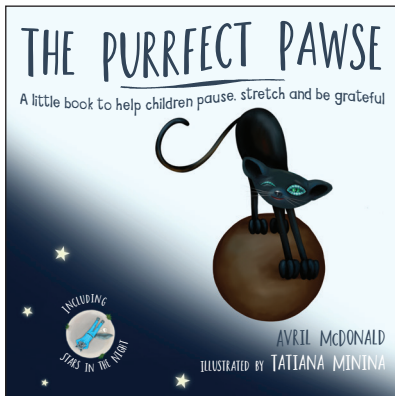
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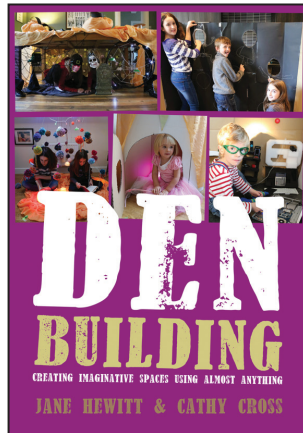


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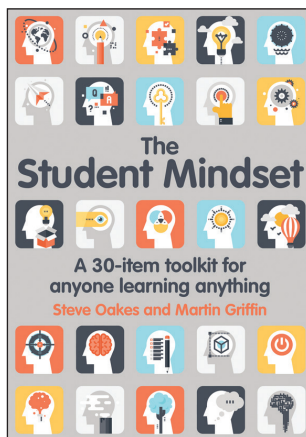


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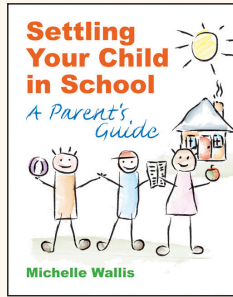
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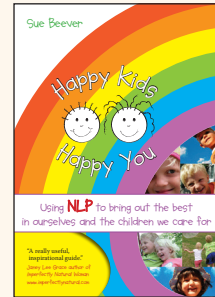
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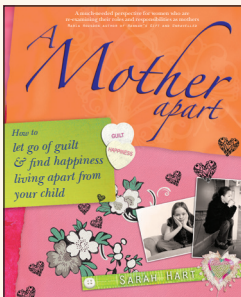
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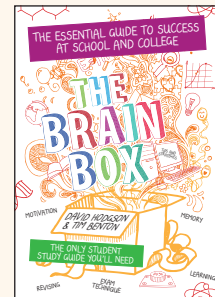
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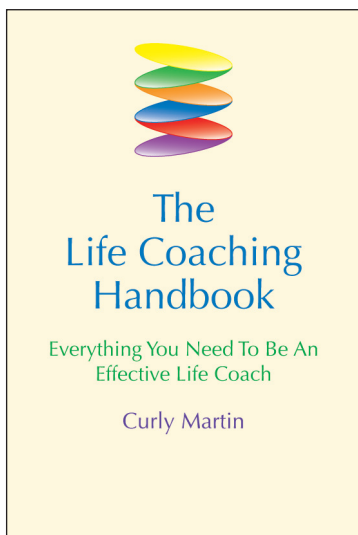
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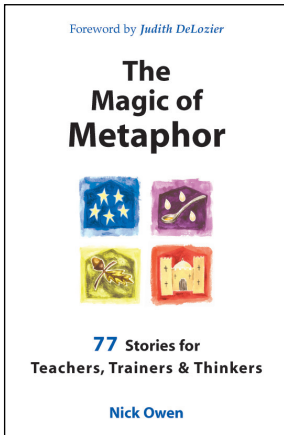
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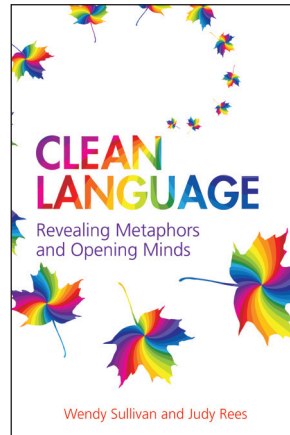
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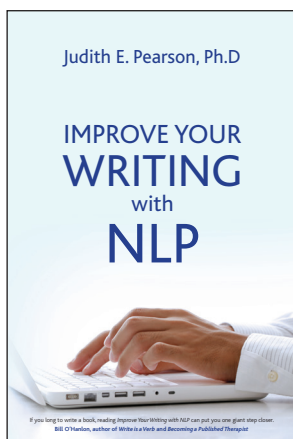
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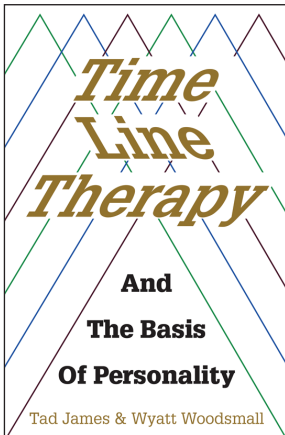
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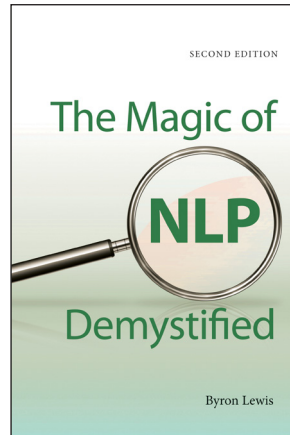
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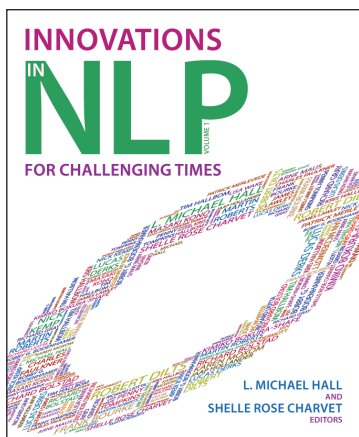
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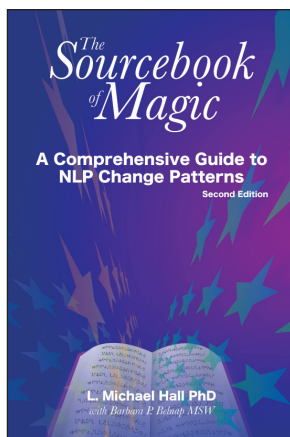
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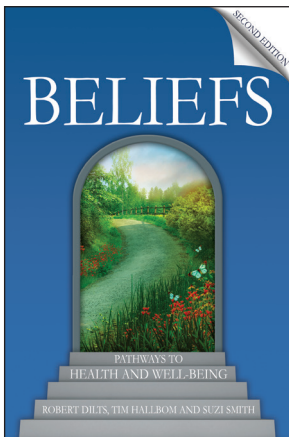
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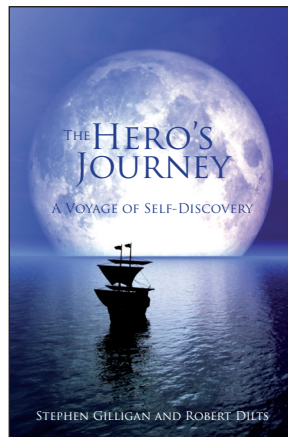
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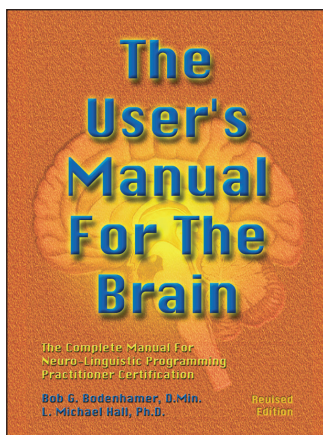
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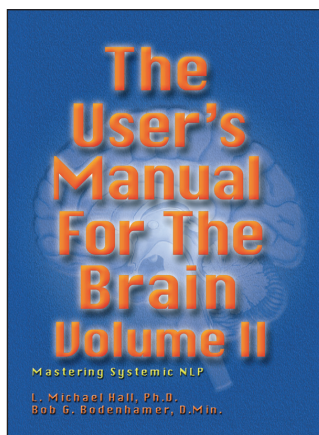


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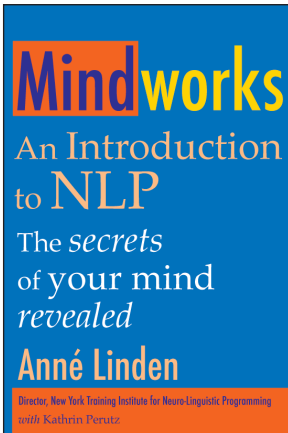
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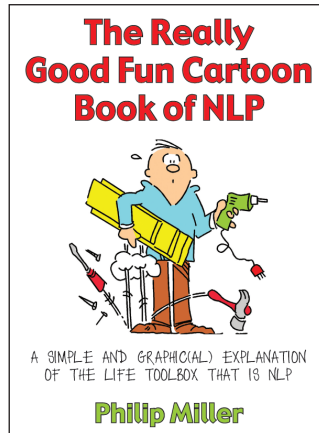
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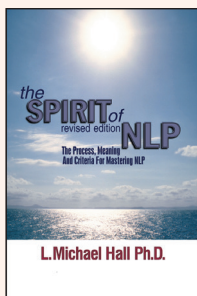
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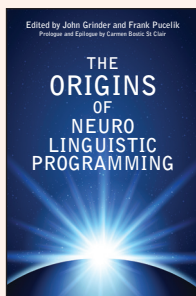
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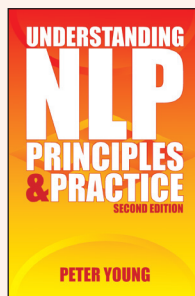
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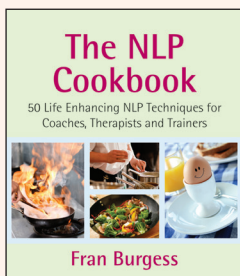
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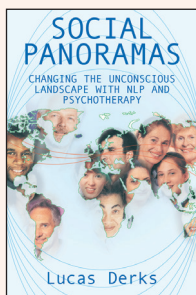
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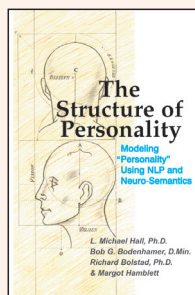
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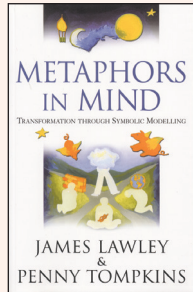
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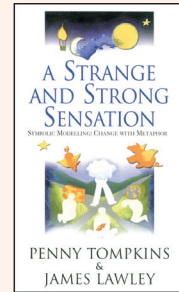
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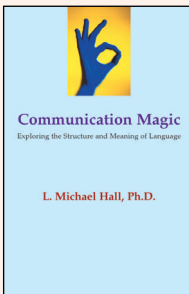
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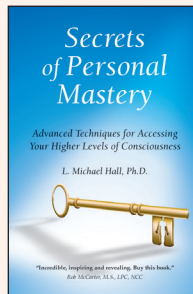
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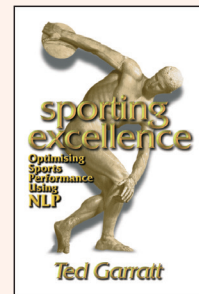
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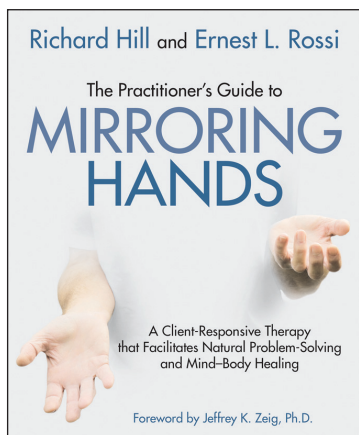
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Richard Hill is acknowledged internationally as an expert in human dynamics, communication, the brain and the mind.

Ernest L. Rossi held a diploma in clinical psychology and was the recipient of three lifetime achievement awards for outstanding contributions to the field of psychotherapy.

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Richard Hill and Ernest L. Rossi

Describes in detail how Mirroring Hands is conducted, and explores the framework of knowledge and understanding that surrounds and supports its therapeutic process.

Foreword by Jeffrey K. Zeig.

Mirroring Hands is a practical therapeutic technique that can be utilised by all practitioners for the benefit of their clients. With a tranquil state of focused attention as the starting point, the practitioner invites the client to explore an issue by projecting it into their hands; with one hand representing the difficulty or disturbance, the other becomes the natural container for the opposite reflections – resolution, ease and comfort. This enables the client to engage with their deeper therapeutic self and connect to the natural flow, cycles and self-organising emergence that shift the client toward beneficial change.

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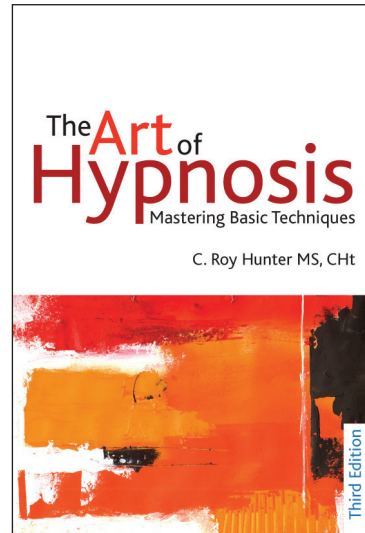
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Roy Hunter is an expert in the field of hypnosis. He was specially selected to carry on the work of the 'Grand Master of Hypnotherapy', the late Charles Tebbetts, who was a master teacher of the art/science of hypnosis and hypnotherapy. This book is based upon the training courses of Tebbetts, which have been updated by Roy Hunter. Tebbetts' training has formed the basis of a large number of hypnotherapy courses taught both 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.



C. Roy Hunter teaches professional hypnosis and advanced techniques for professionals and teaches self-hypnosis to groups and clients for personal or professional motivation. He was specially selected to carry on the work of the late Charles Tebbetts.

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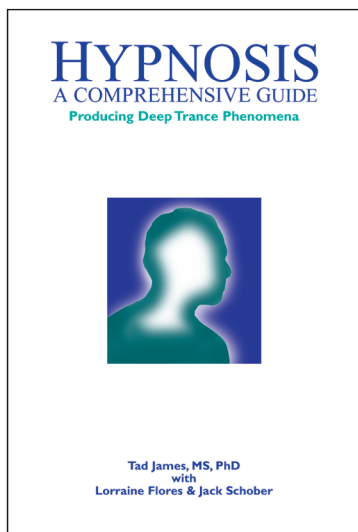
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A comprehensive guide

Tad James with
Lorraine Flores and
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Research shows that many people react differently to different types of hypnotic induction – yet many hypnotherapists are confined to using only one technique.

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An excellent introductory text for students beginning to study the art and science of hypnosis. For those already knowledgeable about hypnosis, there are many nuances that will enable you to increase the elegance of your work.

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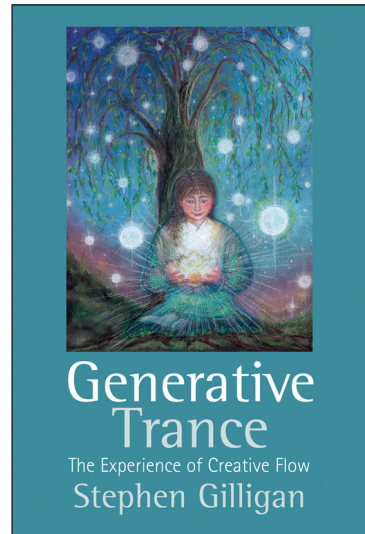
The experience of creative flow

Stephen Gilligan

Offers a framework for developing a more creative consciousness and lays out the step-by-step processes by which this can be done.

In *Generative Trance* renowned trainer Stephen Gilligan shows you how to harness the relationship between the unconscious and the conscious mind for a much more powerful and effective therapeutic intervention, and reveals how life can be lived as a great journey of consciousness.

Emphasising that reality and identity are constructed by ourselves, Gilligan explains how generative trance is crucial in creating new realities and possibilities for clients. It is a view that differs markedly from the traditional hypnosis ideas of a client losing control, as well as from Ericksonian approaches that feature a benevolent hypnotist who bypasses the conscious mind to work with a client's unconscious mind. Instead, generative trance stresses a 'disciplined flow' process in which a person's conscious and unconscious minds cooperate to weave a higher consciousness capable of transformational change.



Stephen Gilligan has become a leading figure in Ericksonian hypnotherapy. He is the developer of the Generative Self approach to personal growth. A licensed psychologist, Stephen maintains a private practice in Encinitas, California.

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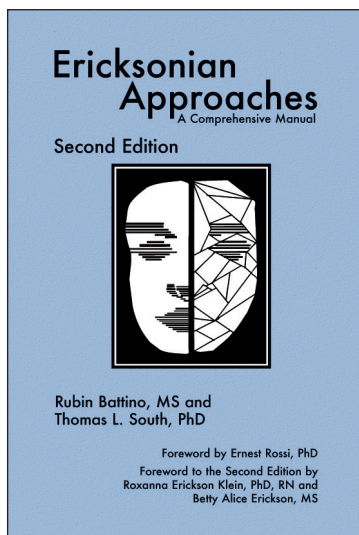
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Rubin Battino has a private practice in Yellow Springs, Ohio, and is an Adjunct Professor for the Department of Human Services at Wright State University.

Thomas L. South has a PhD in clinical psychology and has taught courses in Ericksonian hypnotherapy at the University of Dayton and at Wright State University.

Ericksonian Approaches – Second Edition

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The most comprehensive manual on Ericksonian hypnotherapy yet published.

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In the words of Roxanna Erickson Klein, 'This work is the stately tree, supporting individuality, cooperation and diversity. It is filled with common sense and uncommon sense, with atmosphere and sunshine, with metaphors for more individual growth, with practice exercises for the present and with thoughts for the future.'

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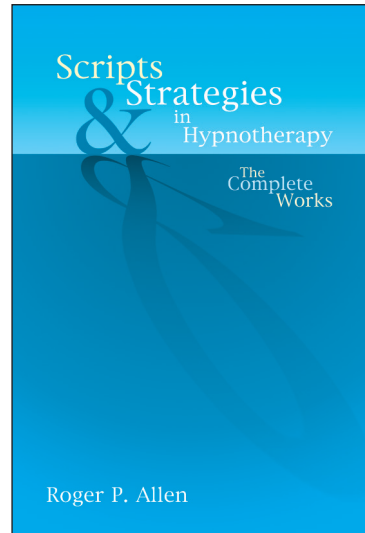
The complete works

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Recently updated, this book presents a comprehensive source of scripts and strategies that can be used by hypnotherapists to build a successful framework for any therapy session.

It is designed to be of assistance to all therapists as they unlock the possibilities that exist for their clients and help them make significant and beneficial changes to their perceptions and beliefs. Upon compiling it, Allen's ultimate aim was to provide practitioners with the best toolkit of strategies possible, replete with a variety of practical scripts to serve as the basis for their interventions, derived from his own experiences as a therapist.

All of the scripts can be used as they stand, or adapted as necessary for specific situations and for client-specific needs and concerns.



Roger P. Allen is a practising hypnotherapist based in Portsmouth, UK. He constantly seeks to improve therapeutic practice by integrating into his sessions a wide range of established and experimental techniques and theories.

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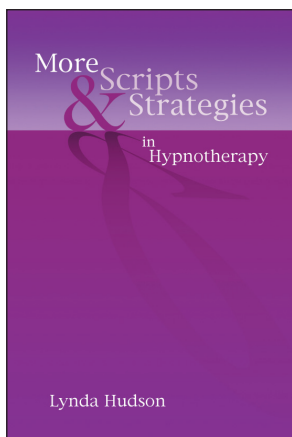
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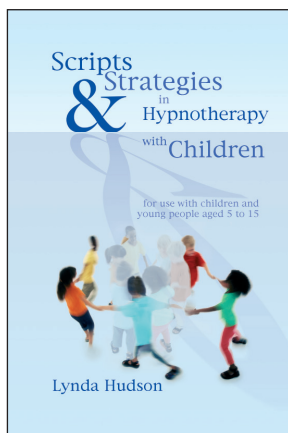
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More Scripts and Strategies in Hypnotherapy

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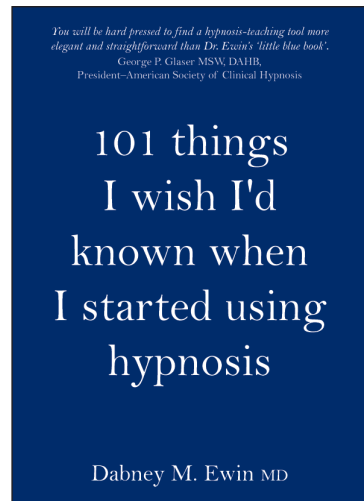
101 Things I Wish I'd Known When I Started Using Hypnosis

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This simple but immensely powerful book is a testament to all the ideas that Dabney Ewin wished he had known about when he first starting practising hypnosis.

He has sought to make this publication as little as possible, consistent with the message of seeking to take a complicated idea and presenting it in the simplest way.

The words and phrases are designed to give any beginning or experienced student a foundation about the working of hypnosis. Divided into five sections, along with a comprehensive reference section for further reading, this book can be taken one page at a time from the beginning or browsed through randomly.



The US version of this title has a different cover.

Dabney Ewin is a Clinical Professor of Surgery and Psychiatry at Tulane University Medical School in New Orleans, Louisiana. An adjunct Faculty member and practising physician, Dabney has taught hypnosis at Tulane since 1970. He is also Clinical Professor of Psychiatry at Louisiana State University Medical School.

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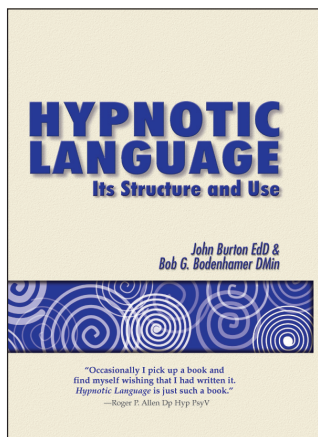
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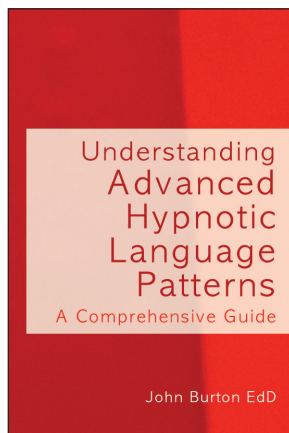
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Its structure and use

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The use of language lies at the core of most hypnotic interventions. In this remarkable book, the authors build on Erickson's approach and develop it considerably further. This is amply demonstrated by means of scripts and case studies ensuring a comprehensive understanding of the techniques involved.



Understanding Advanced Hypnotic Language Patterns

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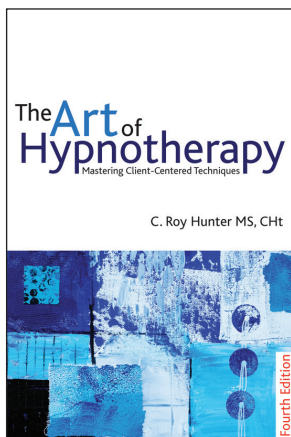
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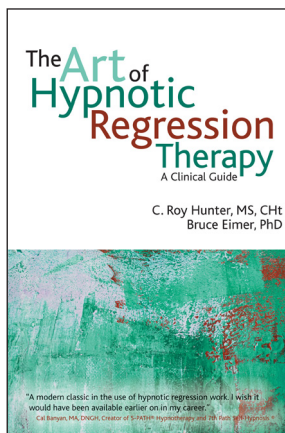


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Now in its fourth edition, this classic text is a comprehensive guide to the practice of client-centred hypnotherapy. It shows students how all hypnotic techniques revolve around four main therapeutic objectives: suggestion and imagery; discovering the cause; releasing; and subconscious relearning.



The Art of Hypnotic Regression Therapy

A clinical guide

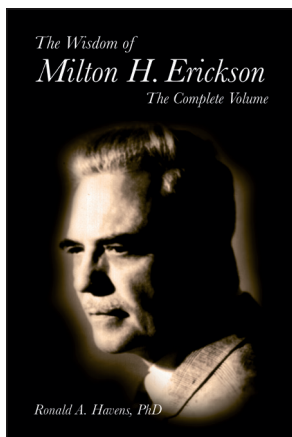
C. Roy Hunter and Bruce Eimer

This volume removes the fear of the dangers of mishandled hypnotic regression therapy (HRT) by presenting an organised, client-centred approach. You will learn when and how to use HRT effectively to help clients discover and release the causes of their problems and symptoms.

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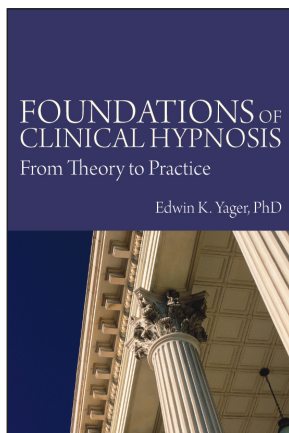


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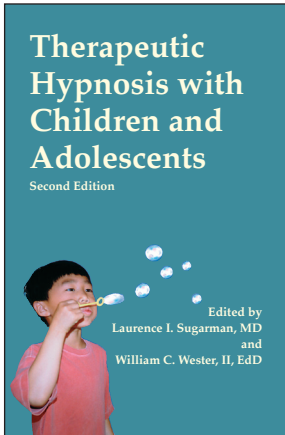
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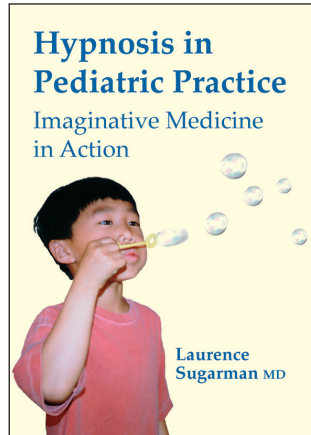
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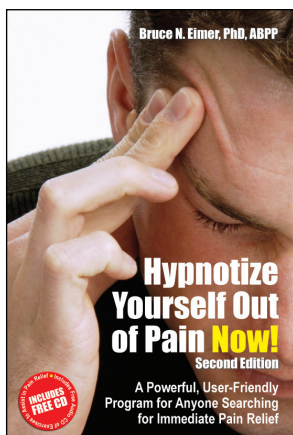
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This professionally produced 70-minute DVD demonstrates the use of a variety of hypnotic techniques with children. The use of hypnosis can comfort children and adolescents during procedures, injections and examinations, and help them to manage stress and cope with chronic disease.

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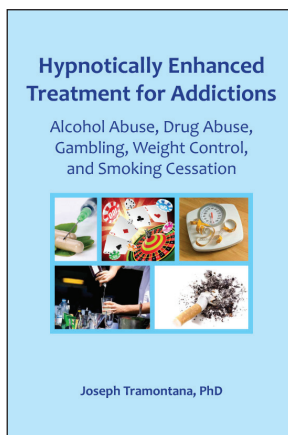


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Focuses on your role in being your own healer and looks at ways to improve your relationship with yourself. It will help you explore a wide range of self-hypnosis techniques for improving your ability to cope with and manage discomfort.



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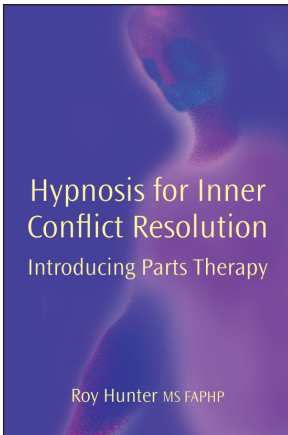
Offers new strategies, techniques and scripts, as well as reviewing traditional methods of treating addictions.

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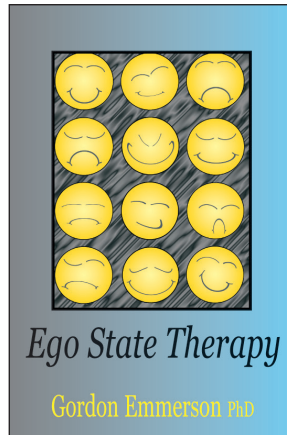


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An increasing numbers of therapists around the world are discovering the benefits of Parts Therapy and its variations, such as Ego State Therapy and voice dialogue, to help clients get past personal barriers. This outstanding book on Parts Therapy will show you how best to use this method with your own clients.



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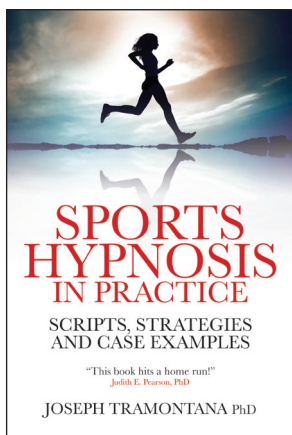
Gordon Emmerson

Mastering Ego State Therapy can foster an improved psychological and physical experience of life. Emmerson's innovative book presents the theory and practice of working with ego states, helping to understand them, recognise and use them. The practical techniques help you to locate ego states in pain, trauma, anger or frustration and facilitate expression, release, comfort and empowerment.

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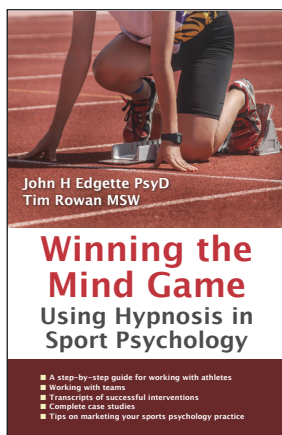


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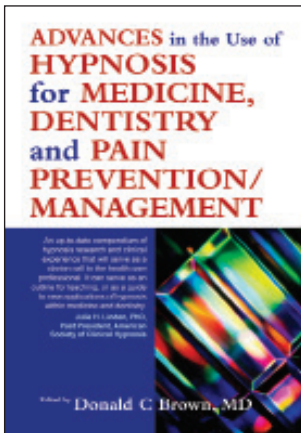
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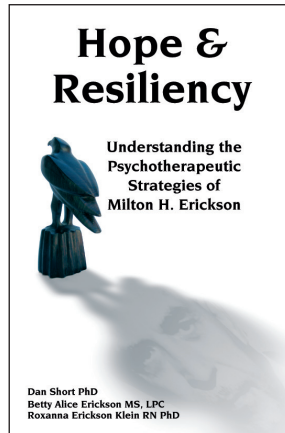
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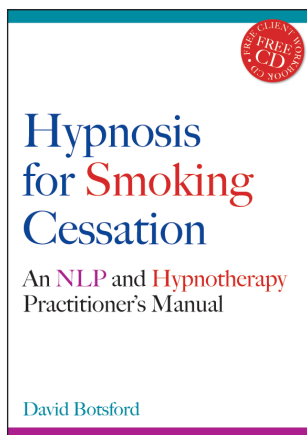
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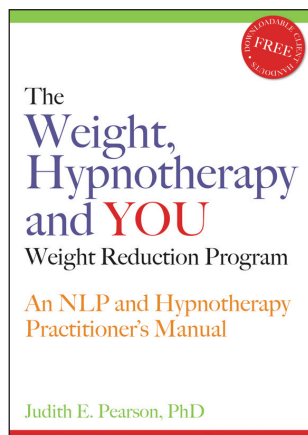


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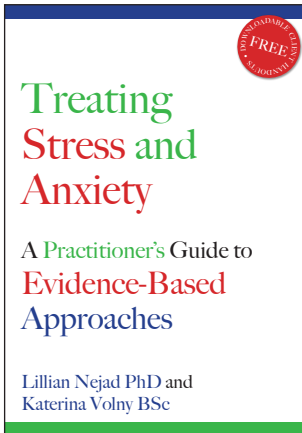
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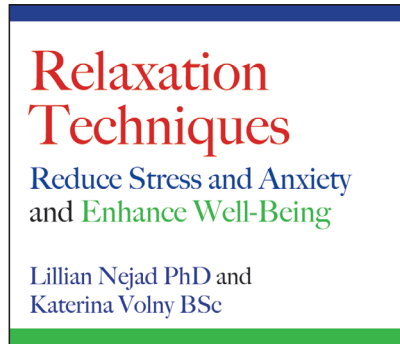
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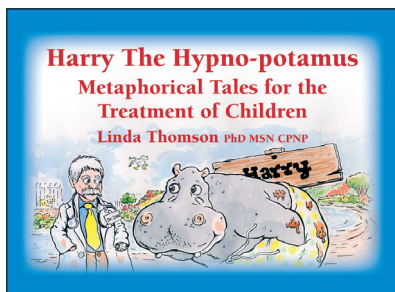
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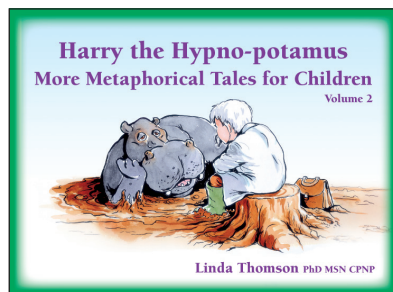


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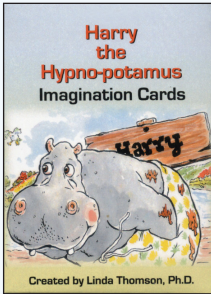
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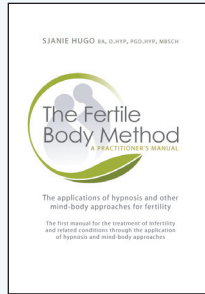
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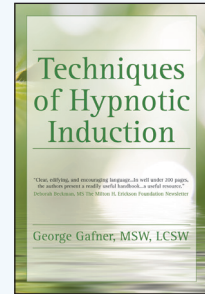
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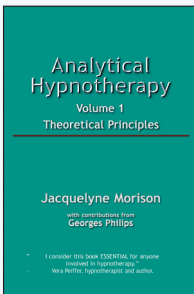
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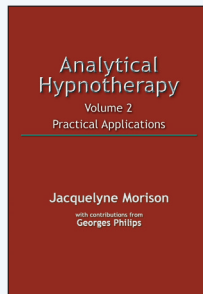
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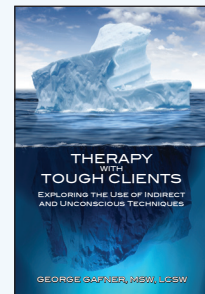
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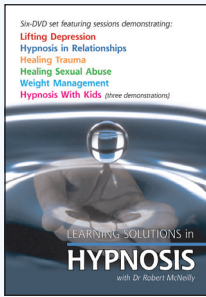


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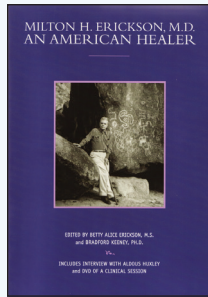
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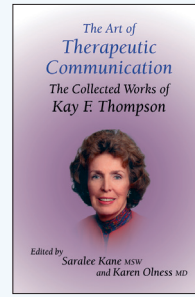
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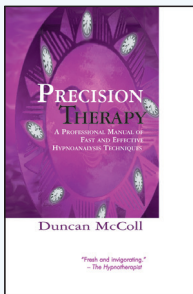
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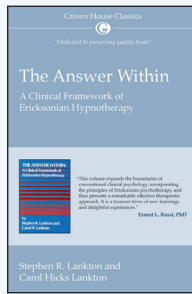
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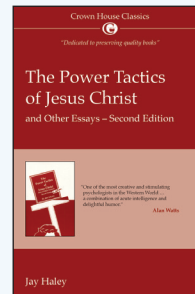
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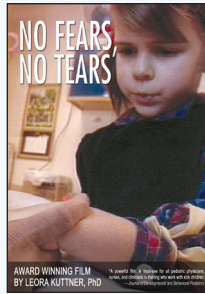
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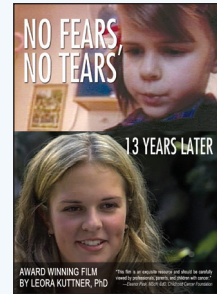
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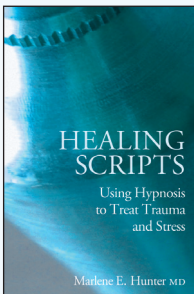
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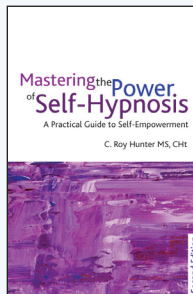
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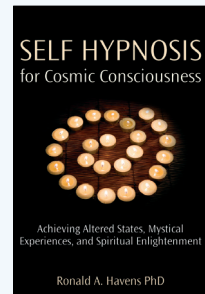
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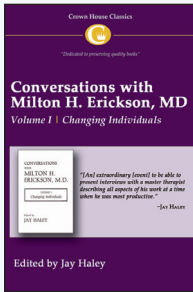
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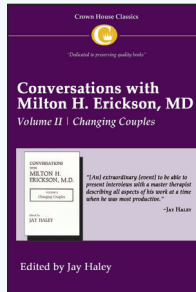
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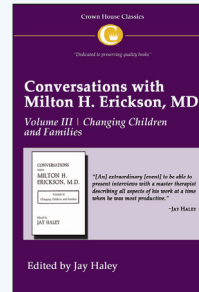
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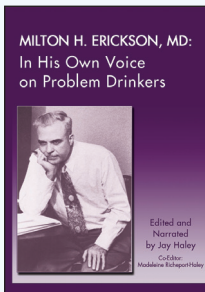
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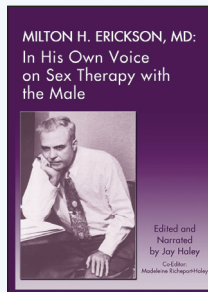
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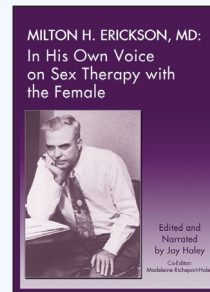
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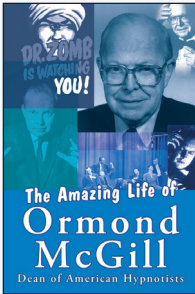
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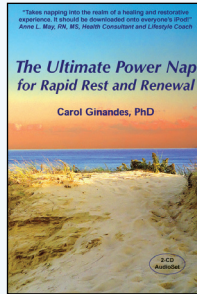
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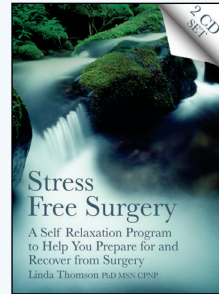
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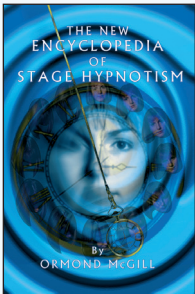
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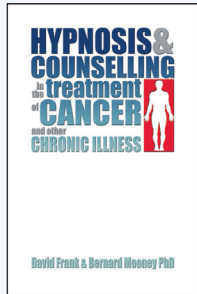
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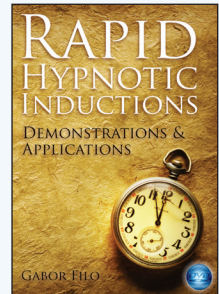
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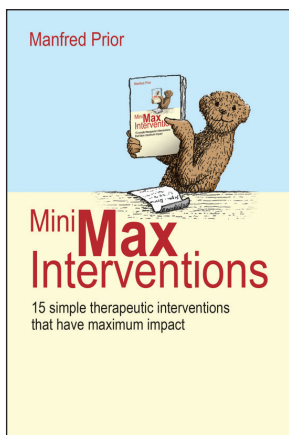
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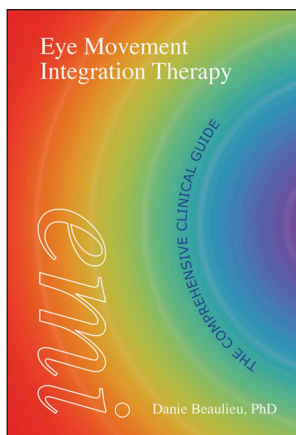


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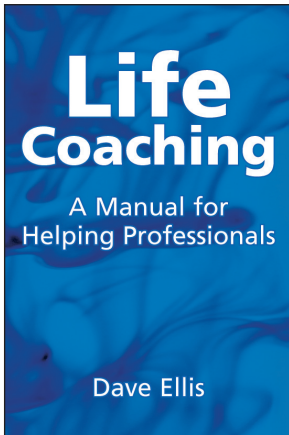
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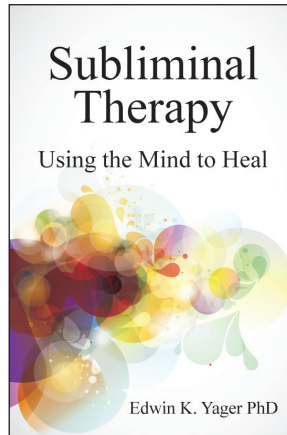


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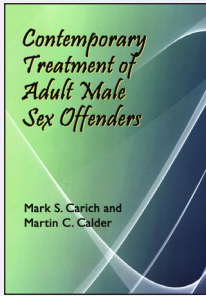
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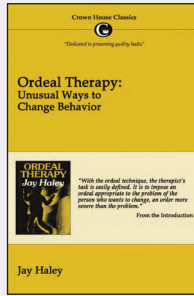
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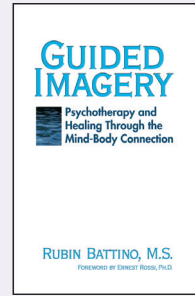
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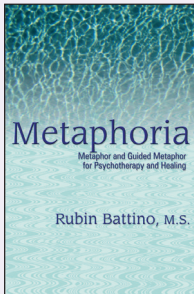
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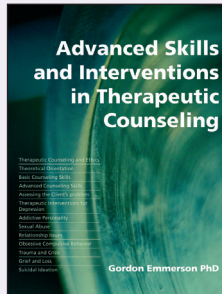
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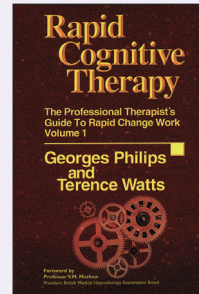
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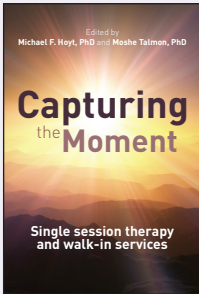
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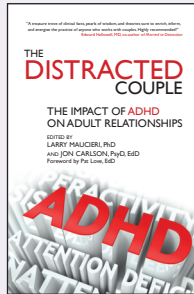
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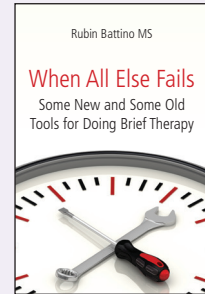
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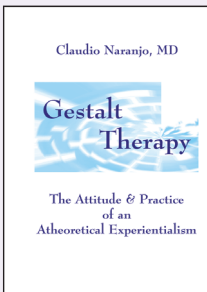
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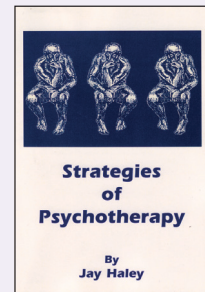
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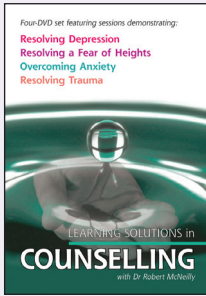
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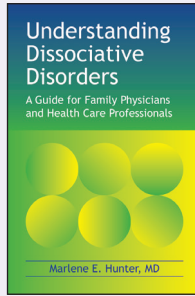
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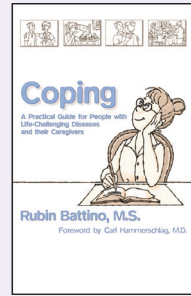
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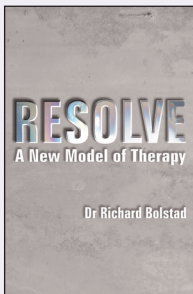
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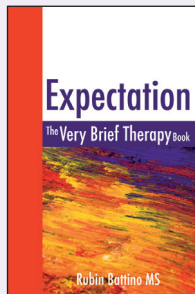
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