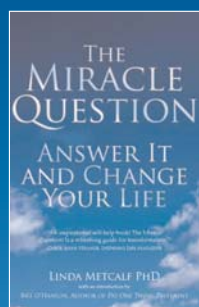
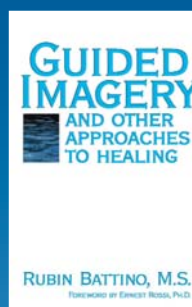


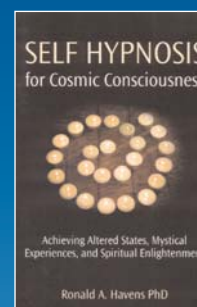
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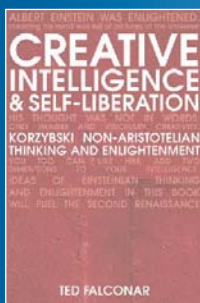
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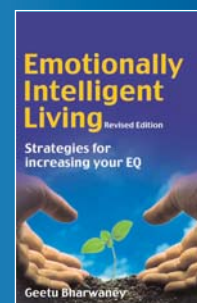
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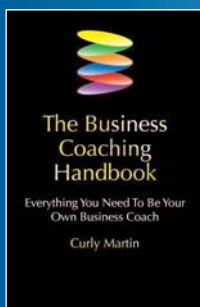
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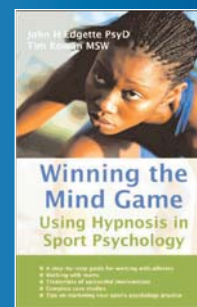
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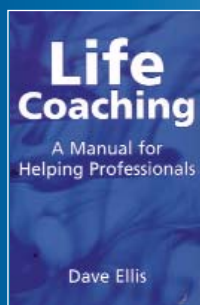
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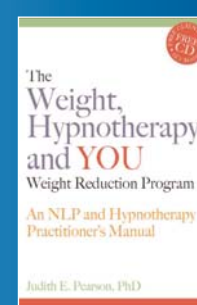
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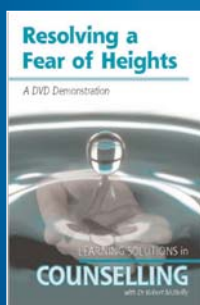
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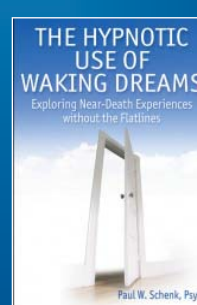
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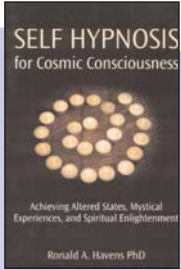
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**JUST PUBLISHED!**

## **Self Hypnosis for Cosmic Consciousness: Achieving Altered States, Mystical Experiences, and Spiritual Enlightenment**

Ronald A. Havens, PhD

In this groundbreaking book, Ron Havens explores the hypnotic pathways that can lead to an alternate experiential world. This world of inner peace and happiness can be created by even a momentary immersion in the unknown potentials that lie just beneath the surface of everyone's conscious awareness. It is a world removed from the cares and concerns of contemporary life, and every perception is charmed by a sense of beautiful magic. It is a world that soothes the soul, brings contentment, and heals wounded spirits.

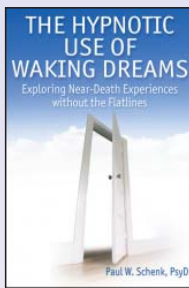
The commitment that the author shows to this topic is not to be mistaken for a naïve acceptance of supernatural spiritualism. The alterations of consciousness dealt with throughout this book merely involve a different way of perceiving the world, not a way of tapping into some mythical external "Universal Mind" and are most certainly not a source of superhuman powers or energies. However, it has been shown that even a brief taste of such a mystical or transcendental experience seems to change people in dramatically positive ways.

The experiences generated by the hypnotic approaches described in this book can range from relatively mild or temporary states of relaxation to intense bursts of overwhelming sensation, or even to profound alterations in thought or understanding. Join in this exploration of these "altered states" of consciousness and sit back, relax, and enjoy whatever happens.

**"Ronald Havens has written a most interesting book. His delineation of the essential characteristics of 'cosmic consciousness' experiences—intense light, body energies, feelings of oneness, etc., followed by practical hypnotic communications for experientially eliciting them—are exceptionally helpful resources for those seriously interested in exploring enhanced states of consciousness."—Stephen Gilligan, PhD, author of Therapeutic Trances, The Legacy of Milton H. Erickson**

**"This powerful, possibly life altering book is a must have. Dr. Havens has created a unique opportunity for people to follow hypnotic routes into a state of spiritual healing. The approach presented here offers a higher level of awareness, a clearer sense of being, and a new feeling of connectedness to the world."—Theresa Eytalis LCSW, Southern Illinois School of Social Work, Integrated Assessment Program**

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## **The Hypnotic Uses of Waking Dreams: Exploring Near Death Experiences without the Flatlines**

Paul Schenk, PsyD

People who undergo near death experiences often have profound and life changing experiences. It is as if the whole of their life has been put into focus and they can see relationships, experiences, and their hopes and dreams in a completely new light. Now Paul Schenk shows you how you can help clients experience some of the life-changing benefits of a near death experience without the life-threatening cardiovascular crisis. With full length annotated case transcripts, you will learn how to do this and explore the many other things you can do with hypnotically facilitated waking dreams.

The therapeutic usefulness of dream interpretation is deeply rooted in psychotherapy. *The Hypnotic Use of Waking Dreams* bypasses the controversy associated with past life therapy, i.e., that if reincarnation doesn't exist, neither can past life therapy. It provides a much more traditional approach to understanding and utilizing the kinds of chemical experiences that occur with this interactive approach to hypnotically facilitated dream-like imagery. Dr. Schenk integrates classic teachings on dream interpretation and trauma treatment with decades of published work on near death experiences. The resulting applications to a variety of presenting clinical problems are demonstrated with extensive case transcripts. The therapeutic use of waking dreams is independent of both the clinician's and the client's beliefs about reincarnation because the dream content can be understood as being just good fiction as it is in classical dream analysis.

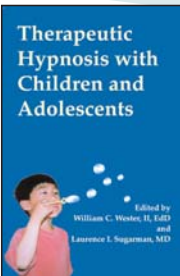
**"This little book is a gem and I cannot imagine any serious psychotherapist, or student of psychotherapy, not needing to read it very carefully in the pursuit of successful psychotherapeutic practice. . . . The case studies presented and discussed in this book provide a striking breakthrough for psychoanalytic therapy as a source of mental and spiritual healing and health."—Robert Almeder, Professor of Philosophy, Hamilton College, NY and author of Beyond Death and Death and Personal Survival**

**"Dr. Schenk is a skilled and sensitive therapist who has had the courage—and the kindness—to integrate the spiritual dimension of life into his therapy. This fine work is not another platitude-filled "New Age" book about dreams, near-death experiences, or reincarnation. Instead, it is a gripping chronicle of ordinary people's adventures in exploring a vitally important, but mostly subterranean, dimension of the mind."—Raymond A. Moody, Jr, MD, from the foreward**

**About the Author:** Dr. Schenk is currently in private practice in Atlanta, Georgia, where he specializes in exploring the use of hypnosis for treating a variety of problems. He is an approved consultant with the American Society of Clinical Hypnosis.

Paperback 158 pages ISBN: 9781845900304 **Bk#0308 \$29.95 (p)**

# New Releases / Hypnosis with Children



**Therapeutic Hypnosis with Children and Adolescents**  
Edited by William Wester, II, EdD and Laurence Sugarman, MD

In this comprehensive volume, the editors have gathered together some of the field's most outstanding contributors to examine the wide-ranging applications and promise of the use of hypnosis with children.

In Part I, the broad framework of hypnosis is presented. The concepts, developmental considerations, approaches to induction, hypnotic ability, hypnosis with families, and ethical considerations are thoroughly reviewed. Parts 2 and 3 focus on key psychological and medical applications of hypnosis. The medical section describes the integration of hypnosis from acute care settings to the operating room.

Throughout the book, clinical vignettes help the reader understand the hypnotic encounter while supportive evidence, strategies, and caveats provide insights. This volume will surely become one of the most invaluable sources of practical clinical knowledge that will enrich the repertoire of all child health-care providers. It will be consulted again and again by readers who wish to bring hypnosis to their therapeutic encounters with children.

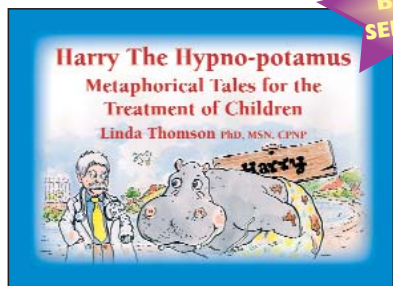
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- Developmental Considerations: Hypnosis with Children — L. Kuttner & R. Catchpole
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- Hypnotic Abilities — J. Teleska & L. Sugarman
- Induction and Intensification Techniques — W. Wester
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- Hypnosis and Palliative Care — L. Kuttner

**“The editors and authors are to be commended for their most welcome and valuable contribution. This book will surely stand as a tour de force for years to come.”**—Melvin A. Gravitz, PhD, *Clinical Professor of Psychiatry, George Washington University and Past President of the American Society of Clinical Hypnosis*

**“The joyful spirit of creative therapeutic hypnosis and psychotherapy with children and adolescents is well illustrated by the theory, practice, and research in this volume of practical approaches that can enrich the repertoire of all professionals in their daily work.”**—Ernest L. Rossi, PhD, *author of The Psychobiology of Gene Expression and A Dialogue with Our Genes*

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**Harry The Hypno-potamus**  
Metaphorical Tales for the Treatment of Children  
Linda Thomson PhD, MSN, CFP

**BEST SELLER!**

**Harry, the Hypno-potamus: Metaphorical Tales for the Treatment of Children**  
Linda Thomson, PhD

This best-selling collection of 32 metaphorical stories deals with a variety of physical and behavioral problems facing children. Reading the title story, “How Harry the Hypno-potamus Got His Name,” to a child is a wonderful way to introduce him or her to the idea of hypnosis as well as understanding the power of the child’s imagination. All of the full-color illustrated stories feature animals in a zoo that rely on the guidance and support of Dr. Dan, the zoo’s vet, to help master such problems as:

- Phobias and anxiety attacks
- Asthma & other serious medical disorders
- Pain management
- Habits and habit control
- Sleep disorders
- Death and dying

A clinician may wish to read one of the stories with a child or may find it more suitable to adapt the techniques to his own unique style. Some of the therapeutic interventions are very problem specific while others are more general and can be used for a variety of conditions. Each story is designed so that a specific story can be read by the clinician to the child. Introductory clinical material explains how to use the book and the stories it contains, as well as additional references.

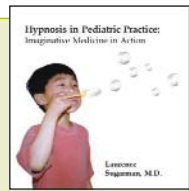
**“A tremendous resource for clinical hypnotherapists of stories that are both positive and empowering. With its entertaining characters, this book is invaluable to anyone wishing to better understand and utilize metaphors.”**—Rick Voit, PhD, *co-author of Hypnosis in Clinical Practice*

**“Harry the Hypno-potamus is the ‘Harry Potter’ of the hypnosis world. Now, when parents ask clinicians how we can help their children, Linda Thomson has provided the answer—we teach them to hypno-potamize!”**—Julie H. Linden, PhD, *President-elect, American Society of Clinical Hypnosis*

Hardcover 176 pages Full-Color ISBN: 9781904424574 **Bk#4570 \$44.95 (p)**

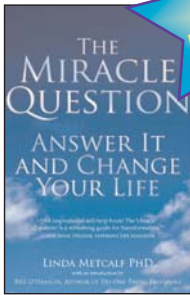
**COMPANION DVD!**

**Hypnosis in Pediatric Practice: Imaginative Medicine in Action**  
Laurence Sugarman, MD



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. The DVD includes eight actual sessions with children ranging from age 7 through age 16 and clearly shows the benefits to both the child and their family. Presenting symptoms include the relief of migraines; asthma control; enuresis (bed-wetting); recurrent abdominal pain; juvenile migraines and muscle tension headaches; needle phobia; and traumatic leukemia therapy. Included with the DVD is a 32-page Learning Guide, co-authored by Daniel Kohen, MD, Richard Kreipe, MD, and Laurence Sugarman, MD. It includes complete clinical summaries of all of the cases presented as well as a series of key discussion points, recommended reading materials as well as organizations offering professional training in clinical hypnosis.

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## The Miracle Question: Answer It and Change Your Life

Linda Metcalf, PhD

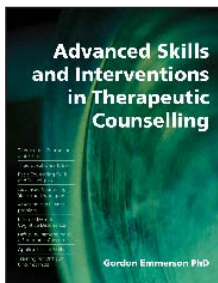
Have you ever considered how a miracle would change your life? Would it enable you to get a better job, fix your marriage, stop drinking, keep your teenager home at night, make peace with your parents, silence your boss, bring back your deceased relative, or help you financially? In this groundbreaking volume, Dr. Linda Metcalf challenges readers to ask themselves:

*“Suppose tonight while you sleep, a miracle happens. When you awake tomorrow morning, what will you see yourself doing, thinking, or believing about yourself that will confirm that a miracle has taken place in your life?”*

*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 we already have—called “exceptions.” “Exceptions” are the “good” we have learned from past experiences but have perhaps forgotten about, or situations that went well for us in the past, but over time got pushed aside. By understanding that our day-to-day problems have eroded our confidence, we can discover that our abilities have simply been in limbo, ready to use as solutions.

*“The Miracle Question takes one of the simplest, most effective starting points there is for change and growth and extends it into a valuable and complete process. Especially useful for people who have difficulty deciding what they want.”—Jamie Smart, NLP Trainer, Author*

Paperback 156 pages ISBN: 9781845900403 **Bk#0403 \$14.95 (t)**



## Advanced Skills and Interventions in Therapeutic Counselling

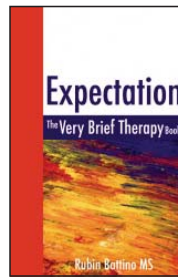
Gordon Emmerson

Building on a foundation of ego state therapy, this volume provides the reader with the knowledge to understand a client’s personality, and reviews the fundamentals of the counseling process, such as setting up of the counseling room, how to interact with the client, and advanced active listening skills.

Unlike the DSM-R where clients are diagnosed into categories, the counseling assessment procedure provided in this book places each client issue into two divisions. Client problems are presented as falling into either internal dissent or situational concerns, along with a number of sub-categories. A flowchart is provided to assist counselors to determine the best direction for therapy for each issue. Clearly illustrated counseling interventions are presented to demonstrate the various directions therapy may take. Some of the therapeutic interventions that are covered include: depression; sexual abuse; relationship issues; obsessive compulsive behavior; anger; trauma and crisis intervention; grief and loss; suicidal behavior; and more.

*“The most refreshing text of its kind to appear in many years. Dr. Emmerson thoroughly reviews the fundamentals of the counselling process while bringing to light key new approaches overlooked in other sources. The writing is clear, concise, and stimulating.”—Arreed Barabasz, EdD, PhD, Editor, International Journal of Clinical and Experimental Hypnosis*

Paperback 240 pages ISBN: 9781845900175 **Bk#0170 \$39.95 (p)**



## Expectation: The Very Brief Therapy Book

Rubin Battino

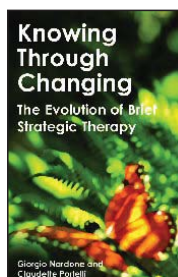
This immensely powerful and practical book is about utilizing the power of expectation in working with clients. It is the author’s contention that creating an environment where the client expects to change is the foundation of doing effective very brief therapy. His own private practice is one where he rarely sees clients more than one or two times. Clients know in advance that this is the way that he works, and so their expectation is that during each session they are going to get down to the hard stuff, and resolve their concerns insofar as it is possible. This means working as if each session were the last one. So, this book is about all of the things that are designed to work in a single-session mode. There will, of course, still be clients who will need many more sessions but creating the expectation that each session will be the last creates an impetus towards change that is vital in the therapeutic process. Each chapter offers specific approaches that the author has found most useful in his practice. This is the definitive guide to very brief therapy, and as such, is an essential addition to any therapist’s library.

*“If you are interested in adding a book on Brief Therapy to your bookcase I feel that you need to look no further. In his clear, attractive style, Ruben Battino has produced what is arguably the best book on this therapy that can be obtained at this time. I thoroughly recommend it to you.”—The Hypnotherapist Reviews*

*“Challenging preconceptions that therapy is a prolonged endeavor, Expectation is insightful and thought provoking and is a valuable reference manual for those seeking a solid grounding in very brief approaches to therapy. Another ‘must have’ book from this respected author and therapist.”—Peter Mabbutt, FBSC, FBAMH, Director of Studies, London College of Clinical Hypnosis*

See also page 14 for Ruben Battino’s other popular titles.

Hardcover 192 pages ISBN: 9781845900281 **Bk#0286 \$29.95 (p)**



## Knowing Through Changing: The Evolution of Brief Strategic Therapy

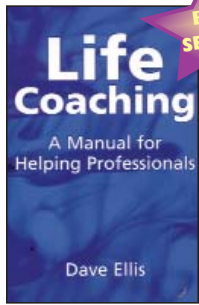
Giorgio Nardone and Claudette Portelli

This book puts forth a simple yet comprehensive description of the epistemology and genealogy of Brief Strategic Therapy in which importance is given to the first treatment session. It emphasizes the most evolved therapeutic interventions for disorders including: anxiety and phobic disorders; depression; eating disorders; blocked-performance pathologies; child behavior problems; and more. It is followed by a detailed account of the intervention used at numerous institutes and clinics around the world that rely on the Advanced Brief Strategic Model. In summary, this volume presents what are now being practiced using Brief Strategic Therapy, as well as prospects for the future.

*“Logical, clear, and brilliant! This book is a must read for every therapist and student of therapy.”—Cloe Madanes Director, The Robbins-Madanes Center, La Jolla, CA*

*“This volume provides practical examples and easy-to-follow transcripts. This is a therapy of heart and hope that demonstrates that even the most seemingly intractable problems can be ameliorated.”—Jeffrey K. Zeig, PhD Director, The Milton H. Erickson Foundation*

Clothbound 208 pages ISBN: 9781845900151 **Bk#0154 \$39.95 (p)**



**BEST SELLER!**

## Life Coaching: A Manual for Helping Professionals

David Ellis

This book is specifically designed for therapists, counselors, and other helping professionals who are looking to add life coaching techniques to their portfolio of skills. Dave Ellis has produced a step-by-step practical guide to turning your helping skills into a profitable life coaching business.

Life coaching is not therapy, but many of the qualities that therapists possess, and the techniques they use, naturally lend themselves to a life coaching approach. Because Ellis advocates a more directive approach than most authors of life coaching books, this book will naturally appeal to therapists and counselors used to conducting therapeutic interventions.

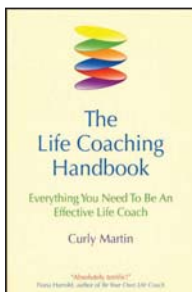
**“This is more than just a book about life coaching. Each chapter builds, step by step, a solid basis enabling the reader to gain a clear understanding of the many aspects of life coaching. This book is jargon-free and down to earth in its approach, which is very refreshing. Whether you are already a life coach, are considering life coaching as a career, or are a therapist or counselor who wants to understand life coaching and how it differs from their own work, this book is well worth reading.”**—Terri Bodell, *National Association of Counselors, Hypnotherapists and Psychotherapists*

**“A well written book that first of all shows us that life coaching is NOT a therapy. However it does embrace many of the qualities and techniques that we use in our own practices. Life coaching is a very fast growing and lucrative profession, which the author himself feels may actually replace therapy as ‘the primary intervention to get people to live more positive, happy and goal-orientated lives.’ I found it an intelligent and inspiring read and have certainly found that it has made me think far more effectively and dynamically when dealing with some patients. As well as excellent material dealing with approaches within working sessions themselves, it also includes an excellent section on the setting up and management of one’s business. In this way it provides truly useful, across the board advice and explanation for all professionals.”**—*The Hypnotherapist Reviews*

**“What an excellent book! Life coaching has grown in popularity during the past few years because of its no-nonsense techniques, which are, nonetheless, easy to put into practice. I am positive that the contents of this book will prove to be a valuable resource for professionals as well as giving positive guidance to those seeking professional help.”**—Ursula Markham, *Founder of the Hypnothink Foundation*

**“This book is jargon-free and down to earth in its approach. Whether you are already a life coach, are considering life coaching as a career, or are a therapist or counselor who wants to understand life coaching and how it differs from their own work, this book is well worth reading.”**—Terri Bodell, *NACHP*

Paperback 236 pages ISBN: 9781904424949 **Bk#4945 \$29.95 (p)**



## The Life Coaching Handbook Everything You Need to be an Effective Life Coach

Curly Martin

This complete guide to life coaching reveals what life coaching IS, how to coach yourself and others effectively, and how to create and sustain a successful coaching practice. It contains a comprehensive program of Advanced Life Coaching Skills with key NLP-based techniques that include:

- State Control
- Rapport-building
- Spiral Coaching
- Meta-program
- Meta-languages
- The Milton Model

*The Life Coaching Handbook* is the essential guide for life coaches and a key sourcebook for NLP practitioners, human resources managers, training professionals, counselors, and the curious. Curly Martin is a professional life coach, author, trainer, and internationally qualified NLP Master Practitioner. Coaching for more than 20 years, her clients include celebrities, CEOs, directors, and doctors.

**“It seemed quite a bold statement that the book could guide you to become a life coach, but I honestly believe it will. It is clear and concise and very easy to understand and then implement.”**—Paul Byrne, *Sales Director, Parity*

**“The Life Coaching Handbook is a must for anyone considering or wanting to become a life coach. It is written clearly, simply and**



logically with chapter upon chapter of great tips on how to move forward. It is also a book you dip into time and time again when you need reminders or advice on specifics.”—Fiona Fraser, *Human Resources Manager*

**“A powerful presentation of the skills and techniques—easy to read, understandable and, in places, funny. The author even gives advice and guidance on how to begin a fledgling practice, which is very helpful. The chapters are in a logical order and there are chapters on the various models and questionnaires that can be used and adapted by new life coaches. This book can be read time and again and you will still find something new in it each time. If you want to become a life coach, or just want to know more about life coaching, then get this book.”**—Terri Bodell, *NACHP*

Paperback 224 pages ISBN: 9781899836710 **Bk#6713 \$27.95 (t)**



## The Life Coaching Handbook 2 CD Set

This two CD set contains the key information found in the book, plus much more. The first CD covers everything you need to be an effective life coach and how to set up your private practice. The second CD includes numerous sample coaching scripts.

2-CDs Length: 2 hours ISBN: 9781904424697 **Bk#4694 \$37.95 (p)**

**New from Curly Martin: *The Business Coaching Handbook: Everything You Need to be Your Own Business Coach*  
See page 28 for additional information**

**BEST  
SELLER!**

The  
**Weight,  
Hypnotherapy  
and YOU**  
Weight Reduction Program  
An NLP and Hypnotherapy  
Practitioner's Manual  
Judith E. Pearson, PhD

## The Weight, Hypnotherapy and You Program: An NLP and Hypnotherapy Practitioner Manual

Judith Pearson, PhD

*The Weight, Hypnotherapy and YOU Weight Reduction Program* gives practitioners a complete, fully-scripted, ready-to-use weight reduction program that addresses the near epidemic problem of obesity in adults. This book gives complete step-by-step, easy-to-

follow instructions for managing, conducting (as well as marketing) a unique program to add a new, valuable, and profitable service to an existing private practice. The program is based on actual clinical experience and published research on the efficacy of hypnotherapy as a viable tool in weight management.

The book covers the practitioner's preparation: the program background, relevant research, prerequisite skills, training, and knowledge. In addition, it explains how to screen clients, create office forms, and deal with ethical, safety, and marketing considerations. The eight scripted sessions cover the clinical interview and outcomes, reframing overeating, self-hypnosis, stress management, sensible food choices, the relationship with food, exercise, and lasting results. The book tells readers how to motivate recalcitrant clients and how to market the program in one's own community to build a referral network. Included in the book are sample marketing materials, office forms, as well as a client workbook with take-home readings and assignments. This program will help your clients stay motivated and on-track with their nutrition and exercise plans, while working at an individual pace.

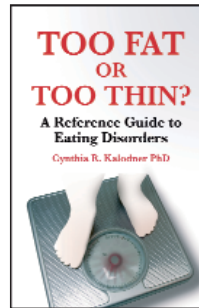
Included as a bonus is a CD that contains a completely reproducible client workbook so that you can use the material over and over again with different clients.

**"The WHY program offers a comprehensive approach to using NLP, neuro-semantic, and hypnotherapy to coach a client to succeed in losing weight and gaining fitness and health. In this book, the author has created an exceptionally well-designed program for a coach, therapist, or practitioner to run a commercially viable business in weight reduction using these tools and models. I highly recommend this book and this program."**—L. Michael Hall, PhD, developer of *Neuro-Semantics* and author of *Games Slim People Play*

**"Aside from a basic grounding in hypnotherapy or NLP, this comprehensive yet accessible book contains everything you need to successfully facilitate your client's weight loss, from marketing to the easy-to-use eight part guide to what to include in each session. The inclusion of a CD containing all the handouts you need for your client is a master stroke."**—Paul Jones, BSc, *Manchester Slimming Hypnotherapy UK*

**"A truly magnificent, thorough, and practical manual that all NLP and hypnotherapy practitioners can utilize with the greatest of ease. Judith Pearson's WHY Program is expertly designed, easy to follow, and well written. She gives everything needed to help ensure successful weight reduction and management for your clients. A totally comprehensive program that I, for one, will be implementing immediately in my practice."**—Maria Clyne, *Mesmerism*

Paperback 316 pages (with CD) ISBN:9781845900311 **Bk#0316 \$44.95 (p)**



## Too Fat or Too Thin?

A Reference Guide to Eating Disorders

Cynthia R. Kalodner, PhD

This practical resource guide dispels the myths surrounding eating disorders by providing information on how our understanding of these problems has evolved.

It makes use of numerous case studies and contains the most current research to describe and explain symptoms, dangers and current theories about what causes such disorders. Numerous psychological therapies and other forms of treatment are described, providing each treatment's history and effectiveness. Additional material focuses on the prevention of eating problems, the relationship between image disturbances and popular culture, and controversies in the field of diagnosis and treatment.

Paperback 240 pages ISBN: 9781904424857 **Bk#4856 \$29.95 (p)**

## ALSO AVAILABLE

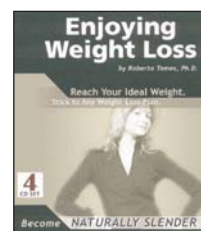
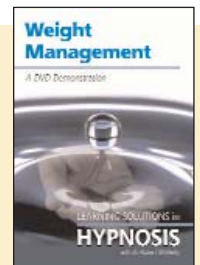
### Weight Management: A DVD Demonstration

Robert McNeilly

This DVD, based on the work of Milton H. Erickson, demonstrates one of his main ideas—that the therapist should accept and utilize whatever the client brings into the therapeutic conversation. It offers the opportunity to explore further this valuable and effective technique with a solution oriented emphasis. Finding an effective way of working with emotions and the body to facilitate change is becoming more and more relevant to today's disconnected world.

Here we see a woman who has had a weight problem for over 25 years. Once acknowledged, the idea of finding an easy, peaceful way of changing eating patterns is seeded. The client's enjoyable experiences of gardening are used to generate an easy method of weight control, and her enjoyment of painting generates a visual image to give direction and solidness to her weight loss. Peaceful acceptance of her present situation is affirmed as a basis for natural, effortless changes towards a realistic outcome.

DVD 40 minutes ISBN:9781845900083 **Bk#0081 \$39.95 (p)**



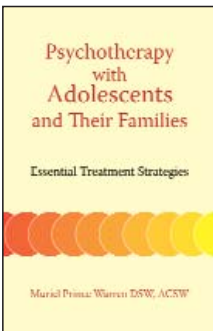
## Enjoying Weight Loss

Roberta Temes, PhD

Using the latest weight-loss research combined with cutting-edge hypnosis techniques, this 4-CD program allows you to effortlessly follow any healthy weight loss plan. Become naturally thin by actually enjoying eating right and exercising more. Learn how to:

- Avoid excess calories without using willpower
- Create healthy eating patterns
- Choose your own food plan and follow it with ease
- Automatically stick to your workout plan
- Experience the natural sleep patterns that aid weight loss
- Effortlessly keep the weight off
- Appreciate the new you

4-CD Program ISBN: 850125001105 **Bk#1105 \$101.95 (x)**



**“HIGHLY RECOMMENDED!”\***

## **Psychotherapy with Adolescents and Their Families: Essential Treatment Strategies**

Muriel Prince Warren, DSW, ACSW

This outstanding work is a comprehensive manual designed to help therapists develop behavior treatment plans for virtually every adolescent client. The book covers all of the major diagnostic categories

of DSM-IV, effectively translating the traditional psychiatric approach to mental disorders into behavioral terms readily understood by managed care case managers.

This book includes full descriptions and symptom summaries of common adolescent mental disorders, a complete outline of long-term treatment objectives, measurable short-term behavior goals, and suggested interventions. Forms are provided for monitoring payments, authorizations, and report deadlines. It belongs on the desk of every practitioner who deals with adolescents.

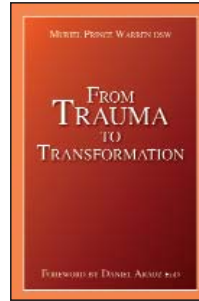
**“An effective job of meeting [the] goal of providing a manual to help therapists find the types of interventions to list in a treatment plan for managed care.”—P<sub>SYC</sub>CRITIQUES**

**“The definitive guide to treatment planning and strategies for change with adolescents and families. Offers specific ways that practitioners can work collaboratively to strengthen the therapeutic alliance, clarify objectives of treatment, become goal-oriented, and intervene through multiple pathways, all within a diagnostic framework. I highly recommend this wonderful book to any practitioner or student who wants to have a better understanding of how to increase therapeutic effectiveness in ways that are respectful of clients’ contributions to change.”—Bob Bertolino, PhD, coauthor of The Therapist’s Notebook for Families**

**\*“I highly recommend *Psychotherapy with Adolescents and their Families*. It is clearly written, the examples are invaluable as they are true to life. Therapists at all levels of professional practice as well as mentors of all academic stages will benefit from the use of well established theories and their practical applications.”—Linda Douville Watson MPS, RN, author of Infants and Toddlers**

**About the Author:** Muriel P. Warren, DSW, ACSW, is a psychotherapist, hypnotherapist, author, and educator engaged in private practice.

Paperback 460 pages ISBN: 9781904424628 **Bk#4627 \$49.95 (p)**



## **From Trauma to Transformation**

Muriel Prince Warren, DSW

Foreword by Daniel Araoz, EdD

In this post 9/11 world, therapists need to expand their toolboxes to deal with the all of the different variations of trauma and their effects on the individual. This book takes one long step toward providing a new way of dealing with the devastating emotional residue of a traumatic event. It focuses on the innovative application of hypnotherapy to help many trauma victims come to grips with their demons. By helping victims “self-actualize,” they can regain their normal life and move forward again. This book outlines the effects of trauma on both the mind and the body, and provides comprehensive systems and treatment plans for the mental disorder or distress caused or exacerbated by trauma.

Chapters cover Change and the Process of Healing; Dealing with Trauma in an Age of Chronic Stress; Major Disorders Related to Trauma; Existing Disorders Affected by Trauma; Eating Disorders; Behavioral Techniques; Therapeutic Games; Bibliotherapy and Resources for Providers; and more.

**“From Trauma to Transformation is a very useful tome for clinicians in this country where we are living with ‘chronic stress,’ as Warren says, and where every psychotherapist will encounter patients suffering from traumatic events. But it is equally beneficial for people in general. Dr. Warren’s style is uncomplicated, clear, and to the point. Unlike others who want to sound scientific, she writes to be understood; she offers practical, useful techniques and methods to enjoy life after trauma. She gives enough help for both the emergency situations that cause unbearable stress and for a lifestyle without stress—with emphasis on mindfulness—in spite of any and all the negative surprises that life gives us. We are lucky that the English language provides us with the solution to STRESS in the very word, summarizing what this great book teaches: S-T-R is a reminder to STOP, THINK, and RELAX in emergency stress situations; E-S-S encourages us to ESTABLISH SELF SECURITY, which is a matter of attitude and inner strength, the ultimate goal of mindfulness as taught by Dr. Warren.”—Daniel Araoz, EdD, from the Foreword**

Paperback 292 Pages ISBN: 9781904424901 **Bk#4902 \$39.95 (p)**

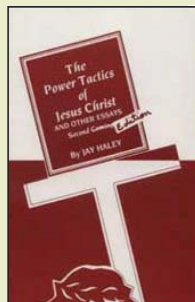
## **TWO CLASSICS — NOW REPRINTED**

### **Power Tactics of Jesus Christ**

Jay Haley

In this classic volume available once again, Jay Haley, in the controversial title article, proposes an original interpretation of the Bible analyzing Jesus’s actions as a man trying to build a mass movement to topple a power structure. Using wit and wry humor, Haley, in the other essays, discusses such topics as what it takes to be schizophrenic; the art and technique required to have an awful marriage; and how to be an awful therapist. His rationale for a directive therapy is the subject of other essays.

Paperback 168 pages ISBN: 9781845900212 **Bk#0219 \$19.95 (p)**

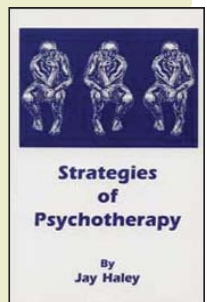


### **Strategies of Psychotherapy**

Jay Haley

This classic volume deals with the strategies of both psychotherapists and clients as they maneuver around each other in the process of treatment. How a therapist induces a client to change is described within a framework of interpersonal theory and directive family therapy. This work represents a step from the study of therapy in terms of the individual to therapy as communication between at least two people.

Paperback 208 pages ISBN: 9781845900229 **Bk#0227 \$24.50 (p)**





## **LEARNING SOLUTIONS IN HYPNOSIS and LEARNING SOLUTIONS IN COUNSELING: A Series of Single-Session DVD Demonstrations produced by Dr. Robert McNeilly**

This is a series of demonstrations based on the work of Milton H. Erickson, MD. One of Dr. Erickson's main ideas was that the therapist should accept and utilize whatever the client brought into the therapeutic conversation.

*Learning Solutions in Hypnosis:* To those who are unfamiliar with hypnosis, it can seem to be shrouded in disrepute, but we invite you to see for yourself. For those who are already working with hypnosis, these programs offer the opportunity to explore further this valuable and effective tool with a solution oriented emphasis. So often we work with language and cognition and our clients remain stuck. For many clients, it is the over-intellectualizing and over-explaining that keeps the problem in place. Finding an effective way of working with emotions and the body to facilitate change is becoming more and more relevant to today's disconnected world. Uncovering a client's nascent resourcefulness respectfully by working with their actual experience can be a delight for clients and therapists alike.

**About the Author:** Robert McNeilly has a general medical background and for more than 25 years has been in private practice in Australia using Ericksonian approaches. He teaches workshops in Australia and worldwide.

### **Lifting Depression**

In this session, the client's experience of her depression is explored, and then she is gently and respectfully invited into an experience of focused absorption. Hypnotic arm levitation is encouraged as a physical metaphor, and as her arm lifts, the client visibly connects with a lift in her mood and expectations. Throughout the session, her words, experiences and concerns are observed, utilized, and validated to create a solid and richly textured connection with her solution.

DVD 40 minutes ISBN 9781845900076 **Bk#0073 \$39.95 (p)**

### **Hypnosis in Relationships**

A couple speaks of their pleasure of walking together, and this forms the metaphor for assisting them with their problem of tidiness around the house. They demonstrate their ability to go into hypnosis in a coordinated way. The maintenance of each individual's experience as well as the fostering of their shared experience is revisited on multiple occasions utilizing many of their everyday activities. These activities connect them with their individual and shared result, which is projected into the future to further assist their learning.

DVD 40 minutes ISBN 9781845900069 **Bk#0065 \$39.95 (p)**

### **Healing Trauma**

Here we see that the client enjoys walking on the beach, which is then used to form a metaphor for the opportunity to reconnect with the experience of her mother, who died when the client was seven years old. Photos and reported incidents with her mother are brought to life in a richly textured, imagined experience.

DVD 40 minutes ISBN 9781845900045 **Bk#0049 \$39.95 (p)**

### **Healing Sexual Abuse**

In a respectful and light manner, hypnosis is fostered, building on the client's acting experience to "produce" an event where her feeling of helplessness is re-enacted so she can imagine, as an observer, that the perpetrator suffers, and she experiences "victory" as a beginning of regaining her authority and dignity.

DVD 40 minutes ISBN 9781845900090 **Bk#009X \$39.95 (p)**

### **Weight Management**

Here we see a woman who has had a weight problem for over 25 years. Once acknowledged, the idea of finding an easy, peaceful way of changing eating patterns is seeded. The client's enjoyable experiences of gardening are used to generate an easy method of weight control, and her enjoyment of painting generates a visual image to give direction and solidness to her weight loss.

DVD 40 minutes ISBN 9781845900083 **Bk#0081 \$39.95 (p)**

### **Hypnosis with Kids**

This program contains three separate sessions: twin boys who are fighting; a boy who wets his bed; and a girl who is soiling her pants but who also has a dog phobia. Each child is engaged in focused absorbed conversations without formal hypnotic methods, so they can easily and naturally reconnect with their individual abilities, which are then usefully brought into the experience of generating solutions to their individual situations.

DVD 60 minutes ISBN 9781845900052 **Bk#0057 \$39.95 (p)**

*Learning Solutions in Counseling:* Solution oriented counseling focuses on the strengths and resources of your client. The focus is on future outcomes right from the beginning. Questions probe areas where things are already working. What's wrong becomes what's missing. Questions are aimed at connecting people to their experience and to their nascent resources where the solutions can then emerge. A session is likely to begin with a discussion of what the client likes, and then an exploration of what they might want from this session. The therapist's agenda remains more in the background, as the process is generated by the client.

### **Resolving Depression**

On this DVD, the client's experience of depression is explored. She defines it as feeling "invisible," and is helped to develop ways to generate her becoming "visible." Past, recent, and imagined future experiences of successfully becoming visible are explored and clarified in conversations, including her body experiences to give them texture and a personal, solid presence.

DVD 40 minutes ISBN 9781845900663 **Bk#0663 \$39.95 (p)**

### **Resolving a Fear of Heights**

Here we see that a man's intense concern for the safety of his children provides the motivation for resolving his intense fear of heights. He discovers how to get back in control by reconnecting with his love of a challenge. Specific emotions are created in conversation and integrated into his own unique solution.

DVD 40 minutes ISBN 9781845900656 **Bk#0656 \$39.95 (p)**

### **Overcoming Anxiety**

In this session, a woman's anxieties about separation from her family are explored as body-felt experiences, as are the preferred emotions of relief and safety. Her worries are validated, normalized, and reframed. Realistic ways of past experiences of coping are evoked through light conversation to help her create her own solution. A follow-up session further clarifies and consolidates these results.

DVD 40 minutes ISBN 9781845900687 **Bk#0687 \$39.95 (p)**

### **Resolving Trauma**

A man's trauma about his son's surgery is normalized and reframed. He is reconnected with the skills that he used to deal with past traumas. Reflection leads to new and solid options which he recognizes as useful to deal with future traumas.

DVD 40 minutes ISBN 9781845900670 **Bk#0670 \$39.95 (p)**

**EXCLUSIVELY FROM CROWN HOUSE!**



## Ericksonian Hypnosis Cards

Jamie Smart

Inspired by the great hypnotic language product called “Zebu cards,” this set of Ericksonian language cards are an invaluable tool for those wishing to learn the verbal magic of Milton H. Erickson M.D. Includes 52 casino-quality game cards with the patterns you will learn, examples of how to use them, and commentary about how and why these work the way they do. These cards will help build your skills because:

- People learn fastest when they're having fun.
- Playing the cards involves visual, auditory, and kinesthetic systems simultaneously.
- You can learn with a group, or by yourself.
- The simple “game technique” allows you to play with people of all abilities from novice to trainer.

You also get tips on how to embed commands, and instructions for “Hypnotic Slapjack,” a card game that has been adapted to include the language patterns you'll be learning.

**“At last, a replacement for Zebu, which was an extremely popular card game used for learning Ericksonian language patterns. Jamie Smart has updated and improved the original idea and produced a pack that is quite simply the most elegant, enjoyable, and efficient way of teaching and learning language patterns.”—Changes Magazine**

52-Card Pack ISBN: 9781905045013 **Bk#5018 \$29.95 (p)**



## NLP Coaching Cards

Language patterns form the basis of NLP. The Meta-Model works on the following principle: People don't experience reality directly, but rather through the maps of reality they create in their minds. Enrich their map enough, and their problems will be solved, their challenges overcome.

This deck of 52 cards combines the Meta-Model questions with some of the most powerful coaching strategies that exist today. The cards can be used by individuals and groups to wire in powerful coaching questions. Each card contains an NLP pattern and commentary about how and why these work the way they do.

**“NLP Coaching Cards have allowed me to coach myself to success by letting the cards ask me the same kinds of high quality questions that make coaching such an effective way of opening up new possibilities for yourself and your clients. A fun and friendly way to learn and master the skills of coaching.”—Michael Neill, author of You Can Have What You Want**

52 card deck ISBN: 9781905045082 **Bk#5085 \$27.95 (p)**

## Irresistible Influence Cards

You may already be aware that language is your most powerful persuasion tool and that influence is your most valuable skill. Using these cards, you will discover just how quickly your skills will increase.

Influence is a master skill, and it's at the heart of all successful communication, whether you're selling an idea to your friends, or a six-figure deal to a blue-chip company. There are many ways to build your influence skills, but by using these cards, you will:

- Learn the patterns of persuasion.
- Close more deals, make more sales, and persuade more people.
- Get people to want to do what you want them to.
- Became a far more influential communicator.

**“Provides a fantastic way of developing exquisitely good skills with language which help you improve your language patterns dramatically in a fun and entertaining way. Original and cleverly designed, I highly recommend these cards.”—Owen Fitzpatrick, Master Trainer of NLP**

52 card deck ISBN: 9781905045020 **Bk#5026 \$31.95 (p)**

## **NEW!** Instant Wealth Cards

People think you need money to make money, but what you really need is to think and act like a wealthy person. Each time you play with these cards, you'll effortlessly absorb more of the beliefs, attitudes and actions of the wealthy.

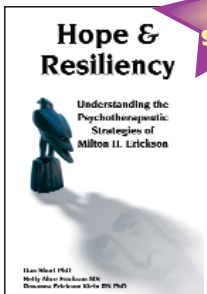
52 card deck ISBN: 9781905045129 **Bk#5026 \$27.95 (p)**

## **NEW!** Instant Happiness Cards

52 easy to understand ideas that can help bring you more happiness into every area of your life—your health, relationships, finances, work, and even your spiritual life. The more you play, the happier you will be!

52 card deck ISBN: 9781905045099 **Bk#5026 \$27.95 (p)**

**BEST  
SELLER!**



## Hope & Resiliency: Understanding the Psychotherapeutic Strategies of Milton H. Erickson

Dan Short, PhD  
Betty Alice Erickson, MS, and  
Roxanna Erickson Klein, RN, PhD

Milton H. Erickson, one of the most innovative clinicians of our time, is known as the father of modern hypnosis as well as the source for many modern forms of family therapy and brief therapy. This volume examines Erickson's clinical strategies and systematically organizes them for better understanding.

Each principle is broken down into several techniques that share a common function. In addition, the overarching concepts have been paired with simple analogies, folk wisdom, and illustrations from other schools of psychotherapy as well as clinical examples from Erickson's own work as well as others.

By seeking to learn something from his physical disabilities, Erickson understood how to provide hope to those who no longer felt they could help themselves. Milton H. Erickson will continue to be remembered for his determination, patient perseverance, humanity, and unending love of learning. This book will help others follow in his footsteps.

**"The keys to the kingdom! This brilliant book is a 'must-read' for anyone interested in understanding and applying Erickson's work. Highly recommended!"**—Michael F. Hoyt, PhD, author of *Some Stories are Better than Others*, and *Interviews with Brief Therapy Experts*

**"A delightful and deeply moving reading experience. I will keep it by my bedside as a daily refresher in the healing legacy Milton H. Erickson has passed on to all of us."**—Ernest Rossi, MD

**"This is a wonderful book. I had the sense while reading it that I was in Erickson's office and just listening to him talk. This book is highly recommended."**—Rubin Battino, MS, author of *Ericksonian Approaches, A Comprehensive Guide*

Hardcover 212 pages ISBN: 9781904424932 **Bk#4937 \$39.95 (p)**

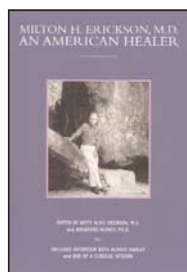
## Milton H. Erickson, MD: An American Healer

Betty Alice Erickson, MS and  
Bradford Keeney, PhD

This volume, written by members of Milton Erickson's family, uniquely explores the personal side of this world famous psychiatrist. Told from the perspective of three of his children, it is a remarkable spiritual journey. As a part of his life-long struggle to overcome the physical effects of polio, Erickson acquired prodigious observational and interactional skills, as well as a powerfully calm healing presence. With photographs, stories, and a DVD of one of his clinical sessions, this book brings to light the quiet spirituality of an extraordinary healer.

**"Rarely does a genius qualify as exemplary teacher, friend, lover, family member. Milton Erickson is such a one. Readers of this book will learn about a human genius, Western shaman, soul doctor (psych-iatrist), a charming, simply wise man. Thanks to his family and friends he will be deservedly appreciated by a greater audience."**—ForeWord Magazine

Paperback 359 pages w/DVD ISBN: 9780918172556 **Bk#2551 \$21.95 (x)**



## Milton Erickson: Explorer in Hypnosis and Therapy

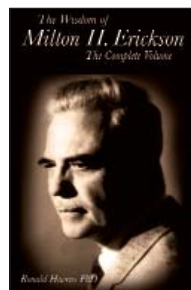
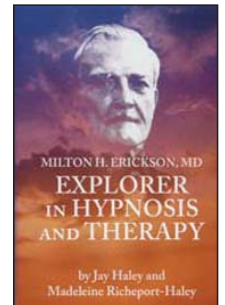
Jay Haley and Madeleine Richeport-Haley

Narrated by Jay Haley, this full color, 60-minute documentary offers an intimate and far-reaching portrait of this remarkable individual's life and work featuring abundant footage of Erickson during interviews and therapeutic sessions, many of which have never been previously released. You will learn how Erickson overcame numerous adversities in his early life—dyslexia, complete paralysis from polio at age 17, and chronic pain—and how these events formed the genesis of his development as an innovator in hypnosis and therapy.

Through fascinating interviews with his colleagues, students, patients, and family members, you will learn much about the man and his work. This inspiring portrait of one of the most important therapists of our time will enrich the lives of anyone interested in the extraordinary potential of the human spirit.

**About the Author:** Jay Haley studied with Dr. Erickson for 17 years. He is a major editor of Erickson's works and has authored many books about him. Mr. Haley has been professor at Stanford University, Howard University, the University of Maryland, and is currently professor at the California School of Professional Psychology. Madeleine Richeport-Haley is a noted anthropologist-filmmaker who studied with Erickson.

DVD 60-minutes ISBN: 9781845900236 **Bk#0235 \$49.95 (p)**



## The Wisdom of Milton H. Erickson: The Complete Volume

Ronald A. Havens

Long out of print as a two-volume set, this outstanding work of research extracts the core wisdom of Milton H. Erickson's life-long work. Gleaned from the records of over 140 publications and lectures given by Erickson during his career, this combined volume is an essential part of the available literature on Dr. Erickson. Part One on Human Behavior and Part Two on Psychotherapy present his methods and lessons, including his feelings on the use of objective observation, the uniqueness of the conscious mind, the realities and abilities of the unconscious mind, the creation and use of a therapeutic environment, and many other aspects of the life and work of this remarkable thinker and teacher. Part Three, Hypnosis & Hypnotherapy, presents a clear account of how Dr. Erickson conceived of hypnosis, particularly its access to the unconscious and its role in the process of therapy.

**"I have read many books about Milton Erickson, but this is the only one that I've ever understood immediately. Ronald Havens completely demystifies his subject, making it absolutely clear that the only way to become as good a therapist as Erickson is to work at observing everyone and practise constantly. A brilliant book!"**—Pat Doohan, National Council of Psychotherapists

Hardcover 410 pages ISBN: 9781904424963 **Bk#4961 \$47.95 (p)**

# Hypnotherapy CDs

## Enjoying Weight Loss

Roberta Temes, PhD

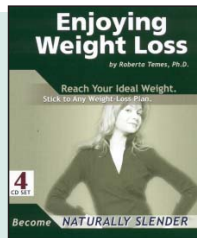
Using the latest weight-loss research combined with cutting-edge hypnosis techniques, this 4-CD program allows you to effortlessly follow any healthy weight-loss plan. Become naturally thin by actually enjoying eating right and exercising more.

Learn how to:

- Avoid excess calories without using willpower
- Create healthy eating patterns
- Choose your own food plan and follow it with ease
- Automatically stick to your workout plan
- Experience the natural sleep patterns that aid weight loss
- Effortlessly keep the weight off
- Appreciate the new you

**“A warm, fun hypnotist offering sound dietary advice and a variety of trances for a range of issues.”—*Shape Magazine***

4-CD Program ISBN: 850125001105 **Bk#1105 \$109.95 (x)**



## Relieving Dental Anxiety

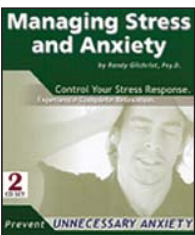
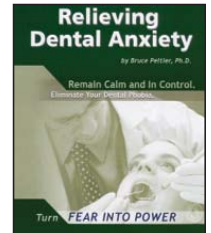
Bruce Peltier, PhD

Anxiety about dental treatment is extremely common, and studies have shown that anywhere from 46% to 75% of the general population suffers from dental anxiety. Hypnosis and self-hypnosis are well-suited for relieving dental anxiety. Most people can use hypnosis to relax their body and mind, to focus their mind on positive or safe and comfortable images, to create numbness in selected parts of the body, to “go away” to a safe place, and to speed the healing process.

Listen to this program and you will learn to:

- Relax during dental visits
- Cope with the fear of losing control
- Let go of past negative experiences
- Control your fears
- Communicate with your dentist
- Trust yourself during anesthesia

2-CD Program ISBN: 850125001198 **Bk#0198 \$33.95 (x)**



## Managing Stress and Anxiety

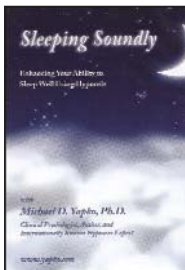
Randy Gilchrist, PhD

This hypnosis program will help you effectively manage stress and anxiety. Although powerful enough to help people with chronic stress, this program will help anyone who wants the advantage of stress management skills.

By listening to this program you will learn to:

- Achieve complete relaxation
- Focus even in stressful situations
- Control the tension associated with stress
- Eliminate anxiety related fatigue
- Turn life stressors to your advantage
- Achieve an emotional balance

2-CD Program ISBN: 850125001228 **Bk#0228 \$58.95 (x)**



## Sleeping Soundly: Enhancing Your Ability to Sleep Well Using Hypnosis

Michael Yapko, PhD

While there may be many different medical and emotional factors that can cause or exacerbate sleep difficulties, one of the most common is the “spinning around and around” of anxiety-producing thoughts, a stressful pattern called “rumination.” The specially structured hypnosis session can help reduce rumination, help you fall asleep more easily, and help restore healthy sleep patterns. The CD contains two tracks, the first an overview of insomnia and its relationship to the way we think and problem-solve. The second is a hypnosis session that will provide you with an easy path to follow into a good night’s sleep.

CD Approx. 35 min. ISBN: 0965667243 **Bk#7243 \$21.95 (x)**

## Overcoming Performance Anxiety: Excel in the Spotlight

Shirley McNeal, MD

Using award-winning hypnosis techniques, Dr. Shirley McNeal will help you perform at your absolute best. Whether you are delivering a speech, playing an instrument, singing, talking to a small group, or acting, this program will help you perform to your maximum potential.

The powerful hypnosis techniques in this three-session program will help you relax and guide you to a state of hypnotic trance, opening your subconscious mind to empowering suggestions designed to help create an ideal state for public performances. You’ll feel deeply relaxed and safe as you move towards a greater sense of public speaking and performance-related confidence.

1-CD program ISBN: 850125001044 **Bk#1044 \$33.95 (x)**



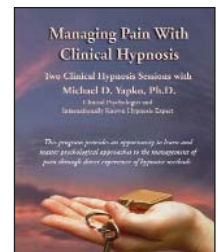
## Managing Pain with Clinical Hypnosis

Michael Yapko, PhD

This program provides two clinical hypnosis sessions designed to help reduce the suffering associated with painful conditions. In these two separate but related clinical sessions, the listener will be guided through the experience of hypnosis and taught the basic skills associated with hypnotic pain relief.

Hypnosis has repeatedly been shown to be one of the most reliable and least intrusive means for effectively managing physical pain, regardless of its cause. Hypnosis has been used as the principal or sole anesthetic in major surgical procedures, and pain clinics throughout the country routinely employ hypnosis and hypnotically derived methods in their interventions.

CD Approx. 1 hour ISBN: 0965667235 **Bk#7235 \$21.95 (x)**



## The Art of Therapeutic Communication:

### The Collected Works of Kay Thompson

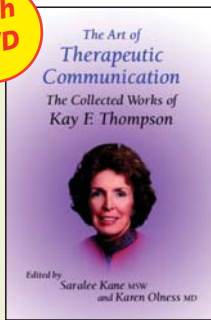
Edited by Saralee Kane, MSW and Karen Olness, MD

Kay Thompson was one of the great hypnotherapists of the 20<sup>th</sup> century. Represented here in over 25 chapters, are some of the most comprehensive discussions on the use of hypnosis in both medical and dental settings. This volume represents some of the best material available today for the practicing clinician on the use of hypnosis in pain management and pain control. Included are numerous case studies and clinical vignettes.

Also included with this volume is a 60-minute CD of some of Kay Thompson's most important lectures and teachings.

Hardcover (with CD) 610 pages ISBN: 9781904424284 **Bk#4287 \$59.95 (p)**

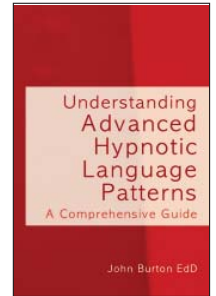
With DVD



## Understanding Advanced Hypnotic Language Patterns: A Comprehensive Guide

John Burton, EdD

This book is the sequel to the very popular *Hypnotic Language*. In this new volume the author provides more depth and also elaborates on the concepts that comprise hypnotic language. The principle purpose of hypnotic language is to assist the client into a trance for the purposes of examining the contents of a particular focus, allowing the client to then adjust the contents, meaning, and influence in his life. The development and study of hypnotic language stems primarily from the work of Milton Erickson, MD. This work will add to the understanding of the structure and therapeutic applications of hypnotic language. Drawing on this insight, the therapist can then construct hypnotic language patterns that go right to the client's issues, invoking positive change. Includes many case examples, which include client assessments and dynamics.



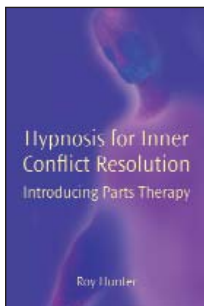
**"A brilliantly written and much needed contribution to the field. Dr. Burton's contribution regarding how we chunk and categorize experience is pragmatically useful to all therapists. I think every psychotherapist should read this book and learn how they can advance the field of therapy by applying its concepts."**—Stephen Lankton, MSW, DCSW

Hardcover 240 pages ISBN: 9781845900328 **Bk#0328 \$44.95 (p)**

## Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy

Roy Hunter

This book describes an elegant approach to reconciling the conflicting "parts" of a client's personality. Closely allied to ego state therapy and voice dialogue, parts therapy uses hypnosis to identify conflicting parts that are damaging the well being of clients. These parts are then directed to negotiate with each other through the therapist to bring about a resolution.



**"This book is a 'must read' for any serious student of parts therapy, or for any hypnotherapist who wants to move beyond direct suggestion hypnosis. It is just what our profession needs at this time and I will recommend it to all of my students."**  
—Calvin D. Banyan, MA, CEO Banyan Hypnosis Center for Training & Services, Inc.

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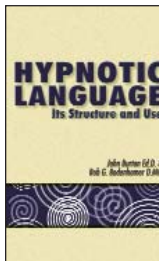
## The Deep Trance Training Manual Volume I

Igor Ledochowski

Presents core theoretical principles from all the major hypnotic perspectives and includes many practical exercises designed to improve technique as well as support the development of elegant, individual style and language, and the mastery of powerful approaches for working with others.

**"A valuable guide to developing your excellence and elegance as a hypnotist. You will deepen your hypnotic skills every time you reach for it whether using it as a training guide or a reference book. Every hypnotist will want this compendium on his or her desk as a quick, precise, yet in-depth reference."**—John C. Overdurf and Julie M. Silverthorn, MS, co-authors of *Training Trances*

Paperback 128 pages ISBN: 9781899836970 **Bk#6977 \$31.95 (p)**



## Hypnotic Language: Its Structure and Use

John Burton, EdD & Bob G. Bodenhamer, DMin

For all hypnotherapists, psychologists, NLP practitioners, and counselors, this work promotes a deeper understanding of hypnotic language, clearly defining the divide between the conscious and unconscious mind.

**"This book demystifies hypnotic language and makes one aware of its everyday presence. A very useful and practical guide."**—Michelle Quartermaine, MA, LPC

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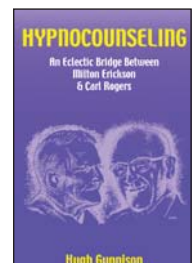
## Hypnocounseling: An Eclectic Bridge between Milton Erickson and Carl Rogers

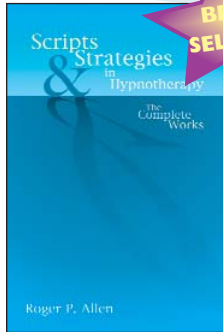
Hugh Gunnison

This book blends the Utilization Approach of Milton Erickson with the Person-Centered Approach of Carl Rogers with brief solution-based therapy. This eclectic foundation serves to act as a catalyst to increase the effectiveness of whatever primary therapy the reader is using, such as Adlerian, analytic, cognitive behavioral, eclectic, Gestalt, Jungian, Rational-Emotive, Reality, or any of the brief therapies.

**"Many counselors are afraid of hypnosis, mostly out of ignorance or misconceptions. Hugh Gunnison helps dispel these fears and myths and shows the respectful effective nature of hypnosis in counseling settings."**—Bill O'Hanlon, co-author of *Solution-Oriented Hypnosis*

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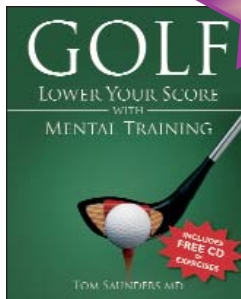
- Inducing the Trance State
- Trance Deepeners
- Habit Breakers
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**About the Author:** Tom Saunders, MD, is a professor emeritus at the University of Calgary in Canada. He plays to a 12 handicap.

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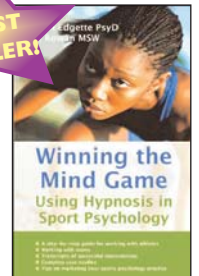
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Hypnosis is an invaluable tool to quickly and effectively influence the subconscious mind and to promote lasting change. Therapists with some existing knowledge of hypnosis can now begin applying their skills in working with athletes of all ages. This volume contains a wide range of advanced hypnotic interventions that allow the therapeutic techniques to be adopted and used with the athletes. This practical book also contains valuable scripts and case studies. An excellent resource for anyone currently using hypnotherapy in their clinical practice and wishing to expand into sport psychology.

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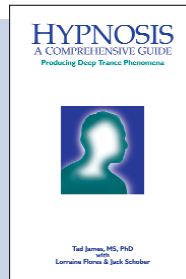
## Hypnosis: A Comprehensive Guide

Tad James MS, PhD with  
Lorraine Flores & Jack Schober

This book makes three radically different types of hypnosis easy to use in daily hypnosis work, exploring methods that employ Direct Authoritarian approaches, Indirect Permissive approaches, and techniques that place responsibility for hypnosis on the client. An invaluable resource for all trainers and therapists, it includes a range of powerful scripts.

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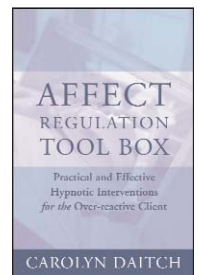


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Carolyn Daitch, PhD

In this practical resource, Dr. Daitch offers a rich array of hypnotic interventions and tools for therapists to employ as an adjunct to traditional psychotherapy in order to help clients gain control over their wayward emotions and excessive reactivity. Over-reactive clients are those who experience a series of conflicted interpersonal relationships, anxiety, stress, psychosomatic illnesses, and an inability to self-soothe, among other symptoms. For those clients, talk-therapy alone may be inadequate for providing long-lasting behavioral changes that manage their highly reactive emotions. Mindfulness, switching channels, parts of self, age progression, and juxtaposition of two feelings techniques are just some of the tools covered in this clear and comprehensive work.

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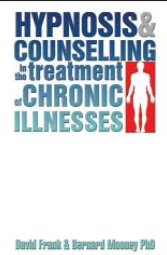
## Hypnosis & Counselling in the Treatment of Chronic Illness

David Frank & Bernard Mooney, PhD

Discusses the therapeutic properties of hypnosis in the treatment of life-threatening diseases. Bringing to the debate a history of hypnosis plus a series of case studies, this work examines the science of hypnosis, successful integration into cancer treatment, and myths supporting

opposition to hypnosis.

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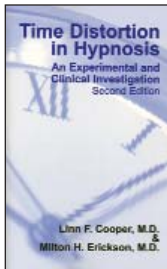


## Time Distortion in Hypnosis An Experimental and Clinical Investigation Second Edition

Linn F. Cooper, MD & Milton H. Erickson, MD

This long out-of-print text brings to the forefront Milton H. Erickson's major collaboration with Linn F. Cooper on time distortion. The clinical phenomena involved—with specific reference to therapeutic applications—are discussed and studied by Dr. Erickson, along with meaningful illustrative case material, in the second half of this work.

Paperback 216 pages ISBN: 9781899836956 **Bk#6950 \$29.95 (p)**



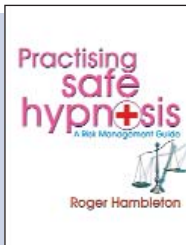
## Practising Safe Hypnosis A Risk Management Guide

Roger Hambleton

Explores the damage that can be caused by the incorrect induction of a hypnotic trance and associated procedures in laboratory, therapeutic, and stage performance settings. The laws of assault and negligence are used to assess the hypnotist's criminal and personal injury liability in the English, American, and Australian courts.

In addition, the reader will find commentary on the history of hypnosis, induction scripts for use in conjunction with best practice, theoretical comparisons, and discussion on the nature of hypnosis including the controversial debate surrounding hypnosis as an altered state of consciousness.

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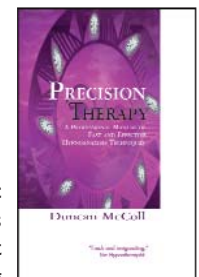


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Duncan McColl

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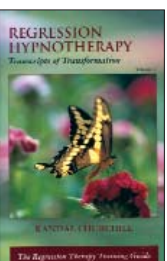


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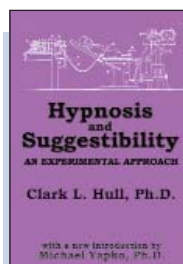


## Hypnosis and Suggestibility

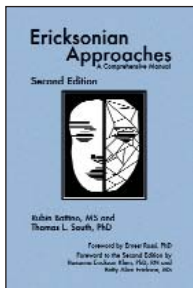
Clark L. Hull, PhD  
New introduction by Michael Yapko, PhD

**“This volume, first printed in 1933, helped shape the evolution of hypnosis. Today's clinicians and researchers owe much of what they currently do to the work of Clark Hull.”—adapted from the new introduction by Michael D. Yapko, PhD**

Hardcover 464 pages ISBN: 9781899836932 **Bk#6934 \$54.95 (p)**



# Hypnotherapy / Metaphors & Guided Imagery



**NEW EDITION**

## Ericksonian Approaches: A Comprehensive Manual Second Edition

Rubin Battino, MS & Thomas L. South, PhD

This outstanding manual of Ericksonian hypnotherapy has now been thoroughly revised and updated and includes two new chapters—one on Metaphor Therapy and Guided Metaphor, the other on Ernest Rossi's work on the psychobiology of gene expression, which also includes a section on the brain and hypnosis. Dr. South has expanded the chapter on utilization with another section dealing with pain control. The chapter dealing with ethics and the law has been significantly updated as well.

Overall, this definitive training manual provides a systematic approach to thoroughly learning about the topic and is set against a clinical background. It is a thoroughly practical resource that assumes no previous knowledge of the field and develops the reader's understanding. It includes the history of hypnosis, myths and misconceptions, traditional vs. non-traditional inductions, basic and advanced inductions, language forms, utilization of ideodynamic responses, hypnotherapy without trance, basic and advanced metaphor, and much more.

**"I can do nothing else but recommend this book to you. The second edition is certainly worthy of purchase (even if you already have the first). The editing and revisions make what I considered to be an already excellent book, even better."**—David Slater, *Hypnotherapy Association*

**"There can be no disputing the fact that this book is an outstanding manual on the art and practice of Ericksonian hypnotherapy. It is one of the most readable books of its kind that I have come across and [one that] all those interested in hypnotherapy would feel totally comfortable with."**—*The Hypnotherapist*

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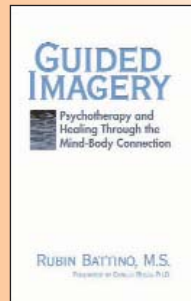
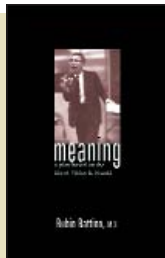
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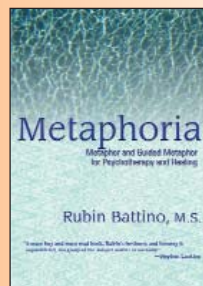
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- what makes metaphor work, with examples of poor and good usage.

In addition, *Metaphoria* investigates how metaphors can be used with all age groups as well as the specific use of metaphors for such specific categories as: sleep induction, pain control, treatment of trauma, art therapy, hypnotherapy, preparation for surgery, and more. It also covers the metaphor in Ericksonian psychotherapy and hypnosis, and includes sample scripts and suggestions for basic and advanced metaphors. This volume provides readers with everything they need to fully comprehend the metaphor's unique properties and create metaphors for their own unique purposes.

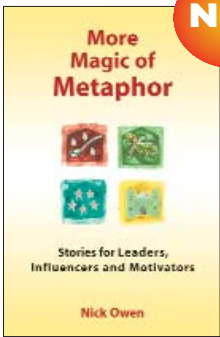
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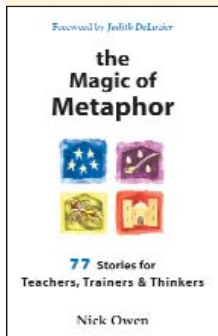
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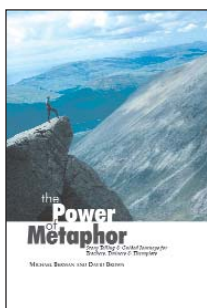
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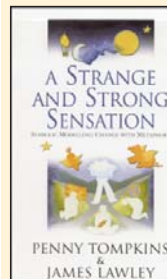
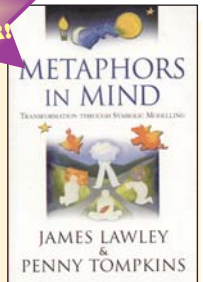
James Lawley and Penny Tompkins

What do you do as a therapist when your client, student, patient, or colleague says, “It’s like I’m hitting my head against a brick wall,” or “I’ve got a knot in my stomach”?

*Metaphors in Mind* describes how to give individuals an opportunity to discover how their symbolic perceptions are organized, what needs to happen for these to change, and how they can develop as a result. Based on David Grove’s pioneering therapeutic approach and use of Clean Language, this book covers the theory of metaphor, self-organizing systems, symbolic modelling, the practice of Clean Language, the five-stage therapeutic process, and includes three client transcripts.

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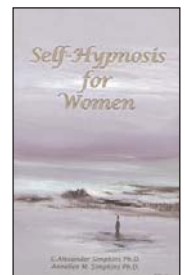
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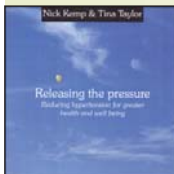
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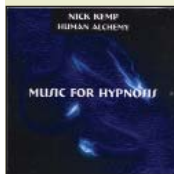


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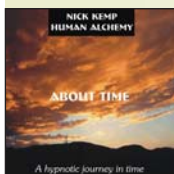


### Music for Hypnosis

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This is the third instrumental CD from Nick Kemp, designed as a backdrop for deep hypnosis. This is an excellent CD for deep relaxation and contains six distinctive tracks including new sonically improved and remixed versions of "Ascending" and "Moving Ahead."

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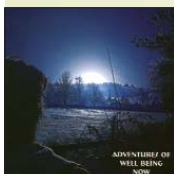


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Nick Kemp

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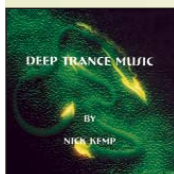


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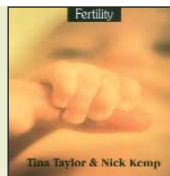


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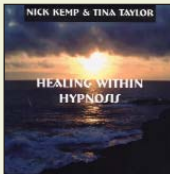


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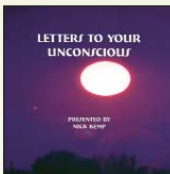


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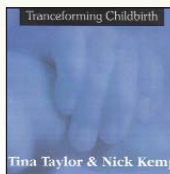


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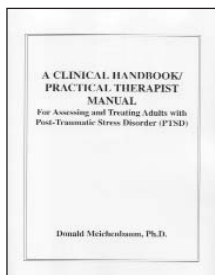
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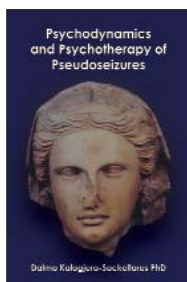
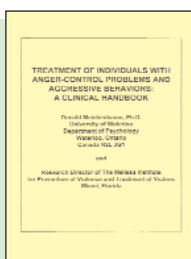
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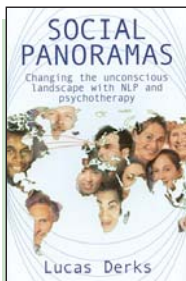


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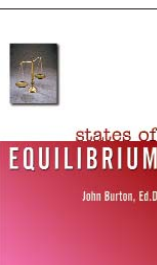
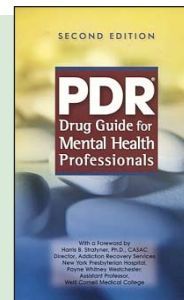
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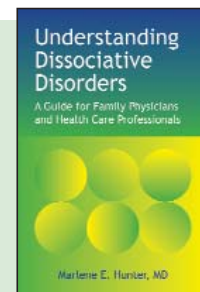
Marlene E. Hunter, MD

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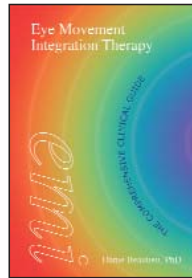
Danie Beaulieu, PhD

Eye Movement Integration Therapy (EMI) could be considered one of the most innovative and effective new treatments available to psychotherapists today. It offers new hope to those who endure the often debilitating aftereffects of psychological trauma, from anxiety to depression, from sexual dysfunction to PTSD.

EMI was developed by Connirae and Steve Andreas, and this is the first book to present the background and theoretical bases as well as extensive and detailed instructions for its clinical application. It is filled with dozens of examples drawn from clinical cases based on the author's extensive experience teaching the technique.

**"I have no hesitation in recommending this book; indeed I cannot imagine why this book should not be immediately featured on your 'To Read' list. You owe it to yourself and to your patients."**—David Slater, *Hypnotherapy Association*

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## Emotionally Intelligent Living, Revised Edition Strategies for increasing your EQ

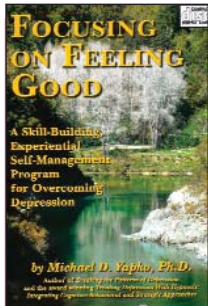
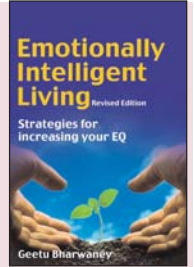
by Geetu Bharwaney

If the whole EI (emotional intelligence) phenomenon has passed you by, don't worry—this book presents a practical summary of what EI is, explaining it in the clearest terms that requires no previous knowledge of psychology. Then comes the good news: EI can be learnt, and your EQ (Emotional Quotient) can be increased.

*Emotionally Intelligent Living* contains a unique program of emotional improvement that will revolutionize your ability to use your emotions effectively. Packed with brilliant strategies for emotional management, and inspirational ideas for focusing your feelings, it offers you the very best methods for living an emotionally intelligent life.

**"It is well written, highly informative, and clearly explains what 'EI' is from a lay reader's perspective, yet it is comprehensive enough to offer insights to professionals, such as coaches, therapists, and practitioners in the caring professions."**—*ReSource Magazine*

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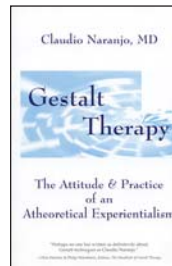
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What lies in the dark unconscious expanse of our psyche? What internal dynamic produces depression, panic attacks, and addiction? How can learning what is inside bring back the love and wonder of childhood? This innovative book presents the theory and practice of working with ego states, helping to understand them, recognize, and use them. The practical techniques help you locate ego states in pain, trauma, anger, or frustration and facilitate expression, release, comfort, and empowerment.

☆☆☆☆ **"The first true textbook in Ego State Therapy that clearly, accurately, and succinctly shows clinicians how to use Ego State Therapy with their patients."** —Arreed Barabasz, Ed. D., PhD, President, Am. Psychological Association Div. 30, Society for Psychological Hypnosis.

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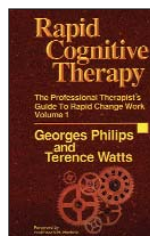
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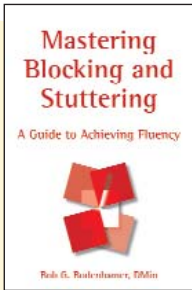
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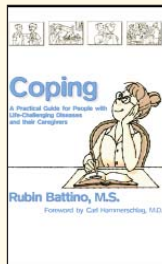
**“This book is an excellent resource for speech pathologists in working with the emotional aspects of stuttering. Bob uses clear language and gives great examples that make complex principles easy to understand. As a person who stutters, I am amazed at Bob’s keen and accurate insight into the world of a stutterer without being a person who stutters.”—Marilee L. Fini, M.A. CCC/SLP**

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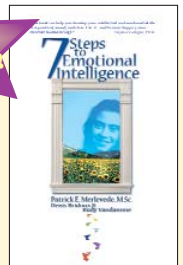
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Denis Bridoux & Rudy Vandamme

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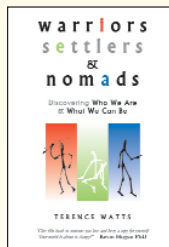
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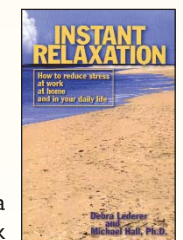
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George Zilbergeld, PhD  
With an introduction by Lonnie Barbach, PhD

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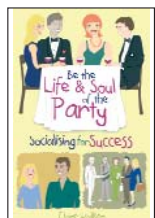
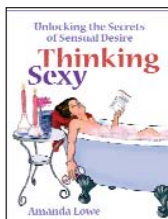
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Amanda Lowe

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Clare Walker

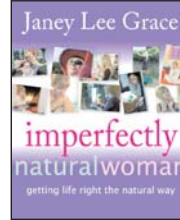
This book reviews the very real, yet surprisingly simple secrets to gaining lasting self-confidence and self-belief in social situations. Includes step-by-step strategies that let you in on the techniques of great communicators as well as tips that work in all kinds of social situations, from casual parties to business events.

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Janey Lee Grace

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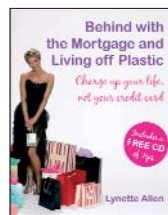
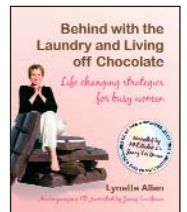
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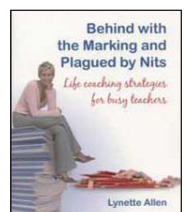
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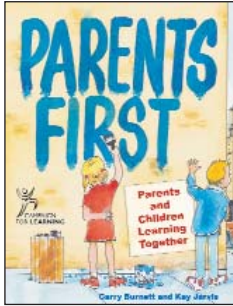
## Behind with the Marking and Plagued by Nits: Life Coaching Strategies for Busy Teachers

Lynette Allen

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**"If you or your child is anxious about starting school read this book—it will help put your mind at rest and give your child the confidence to know she is ready for this big step. Lots and lots of helpful practical information [and] I am sure it will become indispensable."**—Denise Roberts, Publishing Director, Parental Eye Magazine

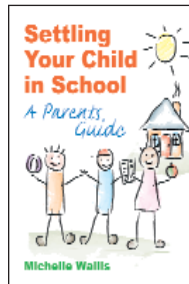
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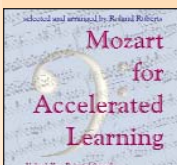
Michelle Wallis

Is your child ready for their first year of school? This comprehensive guide is designed to help your child bridge the gap between pre-school and school. Learn what schools expect of children so that your child can enjoy their first school experience.



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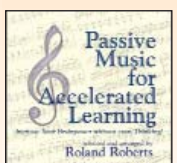
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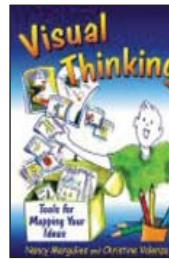
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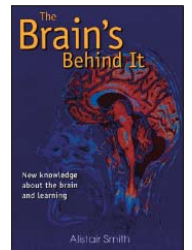
Alistair Smith

Everything you always wanted to know about the brain and learning is in this book. In what promises to become the most trusted resource of the brain-based learning movement, *The Brain's Behind It* guides you through the development cycle of the brain and describes what helps and hinders learning. This fascinating, highly topical, and well-researched book clarifies much of the common disinformation about the brain, including:

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- Do we really only use 10% or less of our brain power?
- Extra stimulation enhances learning and intelligence—true or false?
- What factors in a mother's lifestyle will influence her baby's learning?
- What is the best time to learn any language?
- What is memory? Does it exist somewhere in the brain?
- How does sleep improve all-round memory and recall?
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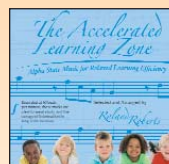


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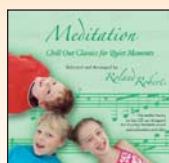
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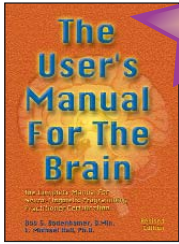
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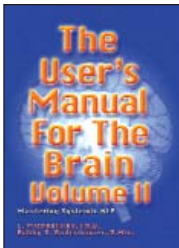
## The User's Manual For The Brain Volume I: The Complete Manual for Neuro-Linguistic Programming Practitioner Certification

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The comprehensive NLP Practitioner course manual. 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.

**“This manual has achieved what no other book on NLP has. It provides a systematic, step-by-step understanding of what NLP is all about, making it an ideal facilitator for an introductory training, or even a first read for anyone who wants to understand how the ‘magic’ of NLP happens.”—Annette Arbel, Master Practitioner, NLP of Gastonia**

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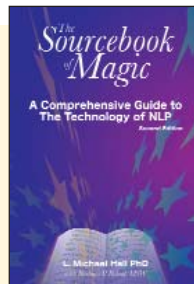
L. Michael Hall, PhD

In the newly revised version you will rediscover the basic 77 NLP patterns for transformational magic. What's new? A change from merely describing the patterns to presenting the key questions that allow you to guide a client.

This edition streamlines the patterns so that they are even more succinct and offers new insights about how the patterns work—that is, the cognitive-behavioral mechanisms that make the neuro-linguistic and neuro-semantic approach so powerful.

The first edition arose from a desire to collect in one place the basic or core NLP patterns. This new edition uniquely sorts and separates the patterns into key categories, those that deal with Self, Emotions, Language, Thinking Patterns, Meaning, and Strategies. It also provides guidelines for knowing what to do when and why.

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## Understanding NLP: Principles and Practice, Second Edition

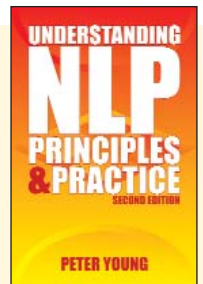
By Peter Young

This completely revised edition unites the many strands of NLP together. By using an elegant paradigm, which the author calls the “Six Perceptual Positions” model, this book opens a doorway into a more imaginative and coherent way of understanding and using NLP. It provides numerous examples of the paradigm in practice. In addition, many NLP concepts are traced back to their origins, and some of the metaphors used to explain NLP are reinterpreted.

New material includes: the NLP Presuppositions, Polarity Thinking, Logical Levels, an expanded view of Outcome Setting, and a clarification of Perceptual Positions, The Art of Asking Questions, and Working with Parts and Roles.

This practical guide for the NLP practitioner, coach, or therapist has numerous suggestions about good practices and offers many practical tips on actually doing NLP and utilizing the Six Perceptual Positions model. Readers will develop a better understanding of different kinds of clients, and be able to make more effective interventions for creating change.

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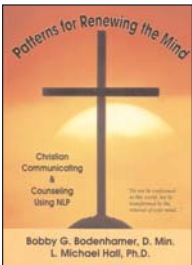
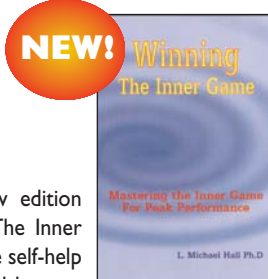


## Winning the Inner Game: Mastering the Inner Game for Peak Performance

L. Michael Hall PhD

Previously published as *Frame Games*, this new edition shows how to operate and successfully play "The Inner Game." Fail to do so and you'll keep buying more self-help books to try to understand the game of life and how to succeed in all of its dimensions. *The Inner Game* opens up all of the multiple layers of frames that make up our belief systems and reveals the Matrix within. It is in the construct of the Matrix that we create the inner game, its rules, and governing frames of life. Experiencing these dimensions of mind and emotion, time and space, meaning and performance will enable you to master your Matrix.

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Bobby G. Bodenhamer, DMin and  
L. Michael Hall, PhD

The main purpose of this volume is to involve the reader personally in a firsthand exploration and application of the NLP Model to the biblical text and biblical counseling. It offers pastors, counselors, Christian coaches, and consultants effective tools for renewing the mind, transforming personality, and increasing persuasiveness. Viewing NLP as just a set of tools, neutral in themselves, the authors—both ministers and certified NLP trainers—offer a way of using the valuable facets of NLP to expand and empower your ministry.

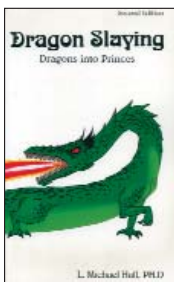
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Michael Hall PhD & Michelle Duval

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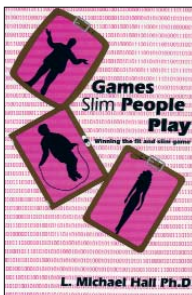
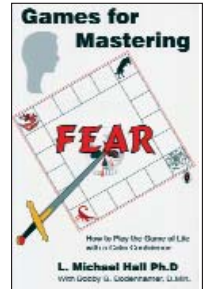
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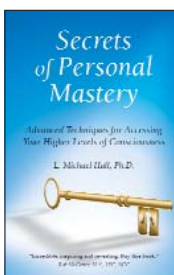
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L. Michael Hall, PhD

Do you play the game of love? It's your mental and emotional frames that determine your thoughts and feelings of love, about love and loving, and about all of the facets that affect love—differences, bonding, connecting, communicating, conflicting, forgiving, caring, listening, playing, and pleasuring. *Games Great Lovers Play* will expose the old games that don't work and help you learn some new ones that will powerfully enhance a loving relationship.

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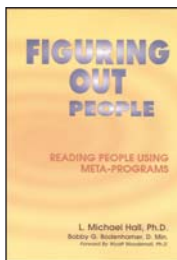
by L. Michael Hall, PhD

*Secrets of Personal Mastery* guides you through thought experiments that work upon your 'executive' mind power. Michael Hall introduces you to the higher management of your own mind at all its levels to prepare you for the ultimate development of excellence—accessing your personal genius. This book addresses:

- the mind and emotion
- the excellence of expertise
- the tragedy of complacency
- madness and genius
- identity and existence
- language and semantics
- procedures and magic
- personal and interpersonal development

**"Incredible, inspiring, and revealing. Buy this book!"—Rob McCarter MS**

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## Figuring Out People: Reading People Using Meta-Programs

L. Michael Hall, PhD, Bobby G. Bodenhamer, DMin

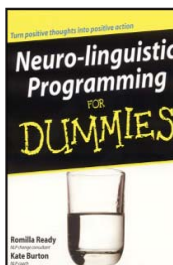
In this newly revised and updated volume, discover the magic of Meta-Programs as perceptual lens and the power of figuring out where others are coming from. Everyday we spend time mind-reading and second-guessing the people with whom we live, work, associate, negotiate, parent, and love. We guess at their intentions, motives, future actions, beliefs, and more. *Figuring Out People* takes the reader far beyond mere personality typing to being able to recognize and work with each person's uniqueness.

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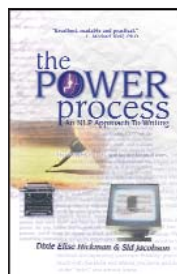
By Romilla Ready and Kate Burton

This basic guide to NLP has a simple premise. Take someone who's good at something, model how they do it, and learn from them. Don't let the title fool you. This is a comprehensive guide that covers NLP techniques in many areas including business, education, sports, coaching, counseling, personal development, and relationships.



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Dixie Elise Hickman & Sid Jacobson

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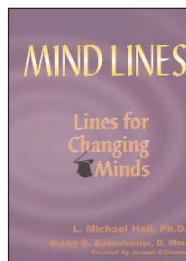
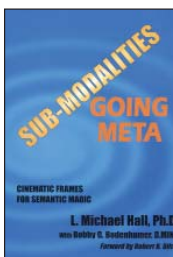
## Sub-Modalities Going Meta: Cinematic Frames for Semantic Magic

Michael Hall and Bobby Bodenhamer

We make movies in our minds—that's how we "think." Yet we do more, we represent the world as we see, hear, and sense it and set cinematic frames on them. *Sub-Modalities Going Meta* is an advanced NLP book that uses Neurosemantics to continue to discover the structure of experience and re-model NLP with the Meta-States model.

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5<sup>th</sup> Edition

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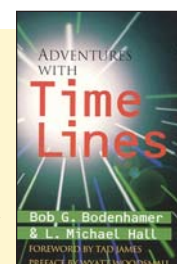
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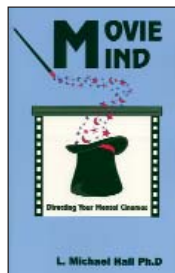
## Adventures with Time Lines

Bob G. Bodenhamer and L. Michael Hall

Do you ever wish you could go back in time and do something over again, this time doing it the right way? The techniques discussed in this book have resulted in positive changes in clients, such as: freedom from panic and anxiety attacks; overcoming self-sabotage; ending grief, anger, and depression; removing guilt; overcoming eating disorders; healing wounds from sexual, emotional, and physical abuse; increased income; addition of joy in living; getting the most out of life; putting time on your side; and much more.



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L. Michael Hall, PhD

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Stephen Lankton, MSW

This book is still considered the basic primer for understanding NLP. Covers a wide range of topics—some in depth, and some that give a tantalizing glimpse of results that therapists dream of achieving. From the Foreword: "Constitutes an important part of my integration of several contemporary psychotherapies with the orientation taught me by Milton H. Erickson and the modeling practices used by Richard Bandler and John Grinder in their work."

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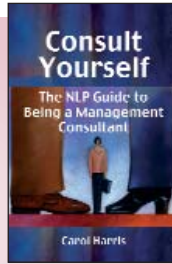
## Consult Yourself: The NLP Guide to Being a Management Consultant

Carol Harris

This book is essential reading for anyone involved or interested in consultancy. Suitable for independent consultants, partnerships, associates, and new entrants to large consultancy practices, it covers:

- Essential Neuro-Linguistic Programming (NLP) based consultancy strategies that will revolutionize approaches to planning, analysis, problem solving, IT, networking, and marketing.
- Techniques to enable the reader to manage more time effectively, present information, interview, coach, collaborate, evaluate, and be confident.

Paperback 400 pages ISBN: 9781904424826 **Bk#4821 \$29.95 (p)**



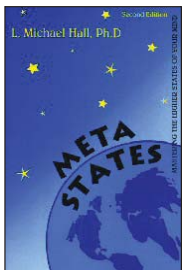
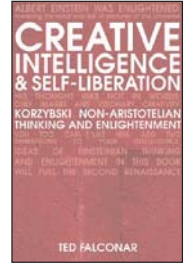
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Ted Falconar

*Non-Aristotelian Thinking* as developed by Aldred Korzybski involves seeing events as they really are, and not as they are presented to us through words and memory. It stresses how no one thing is like anything else—that even two pins are never the same. Now *Creative Intelligence* extends Korzybski's concept by weaving together the Eastern philosophies of Realization and Liberation. It teaches us to 'unlearn' the rigid patterns of thought that we are indoctrinated with from birth, and to escape the confines of memory, association and, most importantly, words.

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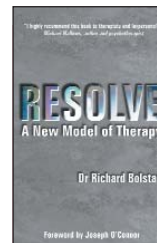


## Meta-States: Mastering the Higher States of Your Mind

L. Michael Hall, Ph.D

This book represents a major contribution to the field of NLP. You will discover a new model for tracking "the structure of subjective experience." The author taps into the works of Korzybski and Bateson as well as those of the mainstream NLP developers and develops new insights of his own. It is likely that this work will open up an entirely new domain in NLP and offer a new synthesis between NLP and General Semantics.

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## Resolve: A New Model of Therapy

Richard Bolstad, PhD

Shows how to integrate the effective brief therapy of NLP into the personal encounter of psychotherapy. The author gives examples from his work in clinical practice with PTSD and with addictions, depression, anxiety conditions, personality disorders, and psychoses.

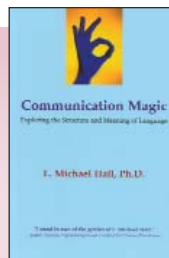
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L. Michael Hall, PhD

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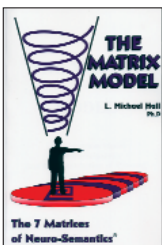
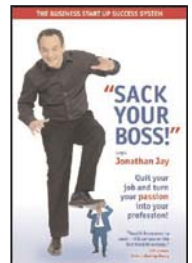


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Jonathan Jay

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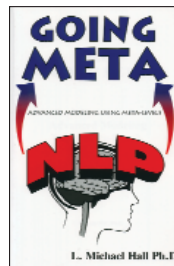


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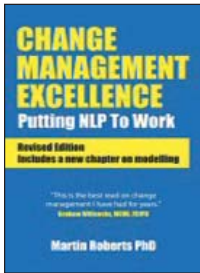


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L. Michael Hall, PhD

The field of NLP began as an adventure in modeling experts. The originators asked, "How do the experts communicate, relate, and map the world?" Then they modeled three therapeutic wizards and the adventure began. This book offers the next step in modeling. It explores the mechanism of reflexivity and how the logical levels play a role in modeling the structure of experience.

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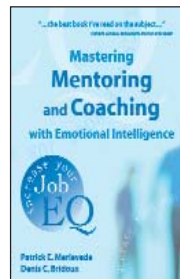
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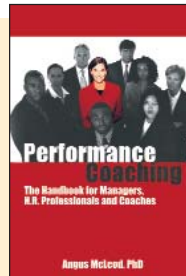
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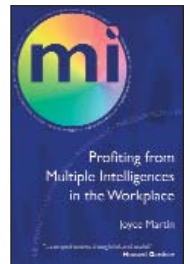


### Profiting from Multiple Intelligences in the Workplace

Joyce Martin

Economic competitiveness depends on having the smartest workforce possible. This book turns Howard Gardner's revolutionary theory of multiple intelligences into user-friendly tools for understanding and assessing success in everyone from CEOs to cleaners. The results not only allow the identification of individual abilities but also uncover the mosaic of abilities needed for multitasking, multitasking, and efficient teamwork. No other book provides a method of translating the theory of M.I. into workplace practice.

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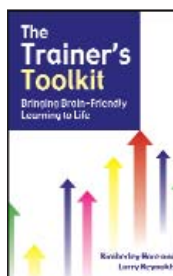
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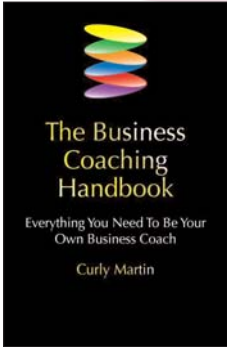


### The Trainer's Toolkit: Bringing Brain-Friendly Learning to Life

Kimberley Hare & Larry Reynolds

This resource is packed with activities for the trainer or facilitator in business, education, or group work. This resource provides a blueprint for a new generation of Accelerated Learning methods, and has five key principles: Keep it real; Facilitate the flow; Honor uniqueness; Make it rich and multi-sensory; and State is everything. Includes a thorough explanation of the theory behind Brain-Friendly learning from the inside out, the concepts and learning models you'll need to underpin your approach, along with an understanding of how your brain works. You'll discover a concise guide to Brain-Friendly training design along with tools that you can pick and adapt to help you create new training events or make over existing ones.

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**NEW** from Curly Martin, author of the best-selling book, *The Life Coaching Handbook*

## **The Business Coaching Handbook: Everything You Need To Be Your Own Business Coach**

Curly Martin

The *Business Coaching Handbook* reveals what business coaching really is, how to assess the shape of your business, and what steps you need to put in place to grow a successful business.

This book has been compiled for business entrepreneurs who have recently achieved the primary goal of getting the enterprise up and running or who have been operating their own professional practice or business for a few years and now want to take it to the next level.

Set in the same user-friendly format as *The Life Coaching Handbook*, this book guides the reader through a step-by-step process to coaching. It is all about knowing where you are, where you are going, and the actions that you will take to get there.

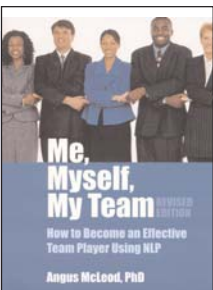
**“This book works as a business owner’s conscience and a wake up call, all in one. It reminds owners of what they said they would do and have not yet achieved. It also introduces new ideas and methodologies for overcoming those troublesome little challenges, which are so easy to avoid taking any action on until they have grown so big they have become a crisis. Every business owner should take time to read this book and if you are short on time— just read chapter 3!”**—Carmine De Ieso, Director Winemaking & Production, HM Wines International

**“Without doubt Curly Martin is in the vanguard of a movement for change that is totally in tune with the current business climate. Her depth of knowledge and insights have proven to be an invaluable tool for me in the success and expansion of my company. I am sure that by reading *The Business Coaching Handbook*, and most importantly taking the action required, both existing and prospective entrepreneurs will achieve the results to which they aspire. Highly recommended!”**—Margaret Edmondson, Director, Edmondson & Company Ltd

**About the Author:** Curly Martin is the founder of Achievement Specialists Limited, a sought-after international speaker, and a pioneer of life coaching in Europe and the UK. Intuitively combining accepted methodology with cutting edge innovations, she creates exciting, entertaining and effective approaches to individual and business growth potential. She held senior management positions within global corporations and has over 20 years experience in training, consulting and coaching.

See also page 4 for Curly Martin’s perennial best seller, *The Life Coaching Handbook*.

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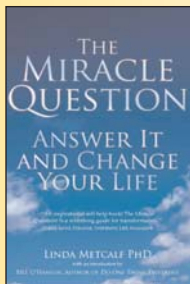
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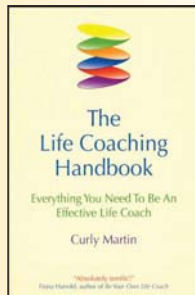
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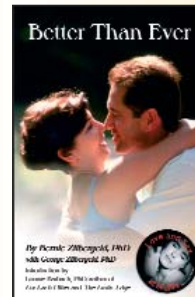
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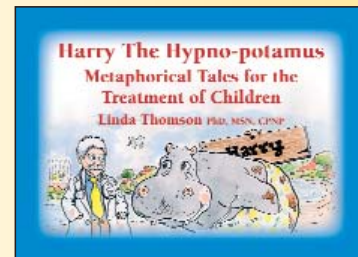
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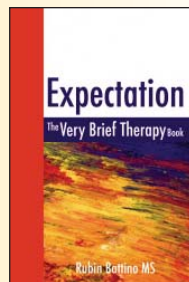
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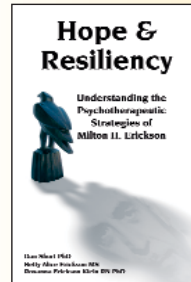
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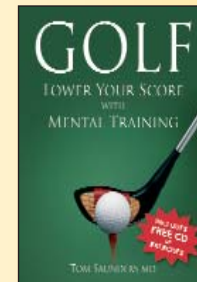
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