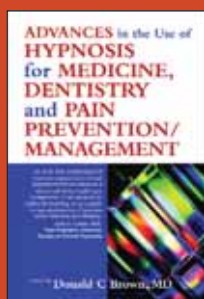


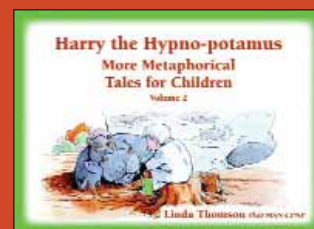
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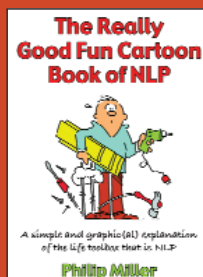
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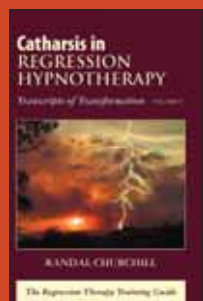
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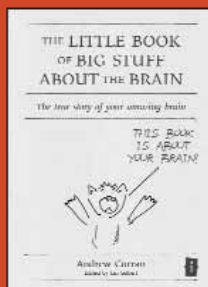
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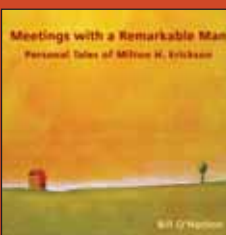
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FEATURED NEW RELEASES IN THIS CATALOG INCLUDE:

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- *Happy Kids, Happy You: Using NLP with Children* by Sue Beever (p. 4)
- *Harry the Hypno-potamus, Volume 2* by Linda Thomson (p. 6)
- *Scripts & Strategies of Hypnotherapy with Children* by Lynda Hudson (p. 7)
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- *Improve Your Eyesight Naturally* by Leo Angart (p. 22)
- *Meta-States, 3rd Edition* by Michael Hall (p. 25)
- *Little Book of Thunks* by Ian Gilbert (p. 27)
- *Little Book of Big Stuff About the Brain* by Andrew Curran (p. 27)

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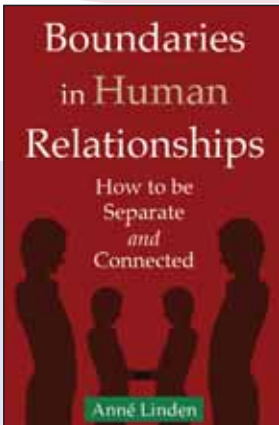
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Boundaries in Human Relationships How to be Separate and Connected

Anné Linden

"Boundaries" is a common buzzword in contemporary conversation; most people describe themselves as having impermeable ones or as having none at all. Neither option is conducive to forging or maintaining fulfilling relationships. Now, Anné Linden has written a book that focuses on the essential aspect of boundaries so often ignored in

discussions—"ultimate resource" boundaries in which people are connected and separate simultaneously. This is the type of boundary that allows for healthy relationships to be initiated, to develop, and to thrive. This volume describes how boundaries can be transformed from obstacles to resources when it comes to relationships—whether intimate, professional, casual, or familial.

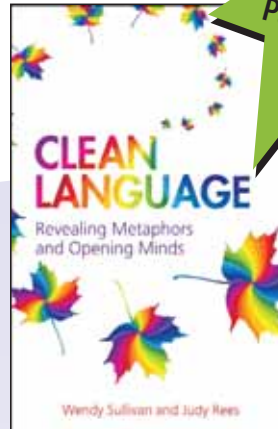
In 10 brief chapters, the author explores the structure of boundaries, what they are for, and the patterns on which they depend; explains the process of boundaries, providing an in-depth study of how human beings "do" boundaries; and, drawn from the author's and others' life experiences, reveals practical implications of living with a lack of boundaries, or alternatively, having boundaries that are rigid and reflexive. With these important perspectives in place, individuals can become more relationally mobile—less locked into old emotions, behavior, and thinking. The most important distinction in life is between who we are as an individual and who we are in relation to others.

"Provides valuable information for therapists and coaches who work with clients having boundary issues. Read it and you could acquire a deeper understanding of yourself in relation to those around you, and expand your flexibility in truly being comfortable with others."—*Judith E. Pearson, PhD, professional counselor, certified hypnotherapist, and certified NLP trainer*

"Anné Linden's new book is a much-needed and wonderful contribution to the field, and it gets better each time you read it. Not only will it give you lots to look at and think about, it gives you ways to practice establishing your own boundaries that are simple, clear, and effective."—*Paul Carter, PhD, human relations counselor*

"A must for teachers, NLP trainers, and therapists, as well as lovers and parents, it will become your user's guide to successful relationships."—*Dr. Susi Strang Wood, NLP master trainer and psychotherapist*

Paperback 194 pages | ISBN: 978184590762 | **Bk#0762** | **\$29.95 (p)**



Just Published

Clean Language: Revealing Metaphors and Opening Minds

Wendy Sullivan and
Judy Rees

What Is Clean Language? Clean Language was first developed in the 1980s and '90s by psychotherapist David Grove as he sought to find respectful and effective ways to work with trauma victims. The approach he devised was based on a new type of questioning (and listening) that was rooted in honoring the client's language rather than paraphrasing it, reserving advice rather than pushing it, and

cleaning up his own communications with respect to assumptions and metaphors. What David Grove learned was that these adjustments allowed his clients to discover and build on the metaphors that were meaningful to them. Once established, they could explore that meaning, experience it in their own ways, learn from it, heal, and move forward. David Grove called his questioning approach Clean Language, i.e., untainted by assumption or metaphor. Inspired by the effectiveness of David Grove's work, James Lawley and Penny Tompkins studied the approach, eventually codifying it, and then expanding upon it. Now, authors Sullivan and Rees take this revolutionary way of communicating completely out of the closet, introducing the concepts to the broad range of helping professionals (from psychotherapist to organizational coach) as well as interested laypeople.

There are just a dozen key Clean questions, and when combined with the words offered by the person being questioned, they become part of a flexible, multipurpose toolkit. The possibility of positive change is just a natural part of the process—nobody forcing it, nobody being forced. It's as natural as "clean" language.

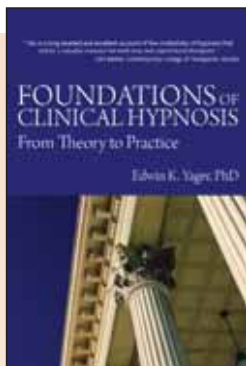
"With this book, Clean Language comes of age. From the clear definition in Chapter 1, through the many transcripts of Clean conversations and exercises that drive the learning home, to the informative case histories and appendices at the end, this book romps along in an easy to read style that keeps you turning the pages. By the time you get to the meaty technical stuff in Chapter 5, you are thoroughly hooked and ready to pay the attention required. Practitioners, such as therapists, psychologists, and coaches, will glean a clear understanding of why asking people to create their own metaphors works better than leading them through guided visualisation scenarios, and how to do it. An absolute must for anyone interested who needs to practise effective communication."—*Carol Wilson, creator with David Grove of www.cleancoaching.com.*

Paperback | 160 pages | ISBN:9781845901257 | **Bk#1257** | **\$32.95 (p)**

BOOK PROPOSALS

We are looking for book proposals for both lay and professional audiences in all areas in the behavioral sciences that we cover. If you have a manuscript or are thinking of writing one, please contact us at info@CHPUS.com.

New Releases / Hypnotherapy



Foundations of Clinical Hypnosis: From Theory to Practice

Edwin Yager, PhD

This comprehensive volume is certain to become an invaluable textbook in the burgeoning field of clinical hypnosis. Dr. Yager has put together a volume covering everything there is to know about how to translate theory into practice across the range of clinical settings. His clear and thoughtful perspective

will inform those who are new to the field and expand the understanding of those who have more experience.

The book begins with a discussion of what hypnosis is (and isn't) and introduces the "concept," the "language," the "phenomena," the "tools," and "hypermnesia." In Part II, the discussion turns to clinical considerations, addressing approaches to using hypnosis, the roles it can play in psychotherapy, and some potential dangers and risks that may arise with its use. Part III looks at specific procedures, delineating the principles of trance induction, highlighting the particulars of hypnosis and sleep, and focusing on Dr. Yager's pioneering discoveries regarding subliminal therapy. Part IV is devoted to applications—from test taking to ocular correction—providing a wide view of the power and possibilities of hypnosis as one of the most efficacious treatment options available for an extraordinary range of challenges.

Read from cover to cover or in small doses, *Foundations of Clinical Practice* is a must-have resource whether you are just beginning to consider incorporating hypnosis into your clinical work or you are anxious to extend the parameters of your effectiveness and creativity in the field.

About the Author: Edwin Yager, PhD, is a clinical professor of psychiatry at the University of California, San Diego, where he is also a staff psychologist for the medical group. For over 30 years he has offered an elective course in the clinical applications of hypnosis. Dr. Yager also maintains a private practice in San Diego.

"This is a comprehensive book and a valuable resource for the beginning clinician or seasoned professional. It is a blend of theory and practice covering most clinical problems and providing a complete bibliography for further investigation. This volume will become a valuable resource in a hypnosis library as well as a basic text in the field."—William C. Wester, II, Ed D, professor emeritus, *Athenaeum of Ohio* and past president of the *American Society of Clinical Hypnosis*

"This is a long-awaited and excellent account of the multiplicity of hypnosis that will be a valuable resource for both new and experienced therapists. For over a decade I have been searching for a book like this. Marvelous, exciting for the profession, and a credit to the author."—Tom Barber, *Contemporary College of Therapeutic Studies*

"Dr. Yager's book is a great testimony to his 40 years of clinical experience. Whether as a foundation for clinical use of hypnotherapy, or a springboard for further learning, this book will give something to every reader."—Trevor Silvester, former editor, *Hypnotherapy Journal*

Hardcover | 272 pages | ISBN: 9781845901226 | Bk#1226 | \$39.95 (p)



Advances in Hypnosis for Medicine, Dentistry and Pain Prevention/ Management

Donald C. Brown, MD, Editor

This landmark book explores the biology of hypnosis and its applications in medicine, dentistry, and pain prevention and management. Drawing from presentations at the 6th Annual Frontiers of Hypnosis Assembly held in Halifax, Nova Scotia, Canada, these contributions will

inform the thinking and the practice both of clinicians who already use hypnosis and those who are interested in knowing more about its efficacy and potential.

Divided into three sections, contributions range from "Mind/Body Communication" and "The Biology of Hypnosis," to "Pain, Anxiety and Dental Gaggling in Adults and Children" and "Treating Pain, Anxiety, and Sleep Disorders in Children and Adolescents." The closing chapter on "Evidence Based Hypnosis for Obstetrics, Labor and Delivery and Preterm Labor" clarifies the importance of hypnosis in pain prevention and in supporting the well-being of both mother and child.

With contributions from:

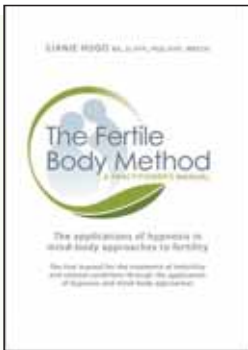
- David Spiegel, MD
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- Leora Kuttner, PhD
- A. Max Chaumette Jr., MD
- Bruce Lipton, PhD
- John G. Lovas, DDS
- Ashley A. Goodman, DDS
- James Straub, EdD

These experts who come together in this volume tell us much about what is known and what is yet to be discovered about hypnosis. They demonstrate specific ways in which hypnosis can be used alone or in concert with other approaches to facilitate the various phases of prevention, intervention, and follow-up in medicine and dentistry. Their combined perspective points to the importance of incorporating advances in hypnosis into a more general approach to wellness and healing in order to empower the many advances being made in technology and technique.

"An up-to-date compendium of hypnosis research and clinical experience that will serve as a clarion call to the healthcare professional uninitiated in the art and science of hypnosis. Each chapter highlights the too-often overlooked opportunities for medical and dental hypnosis to improve patients' well-being and expedite their healing. Most important, this book is framed in the theories of mind/body medicine. This text will also be a resource to the clinician already using hypnosis. It can serve as an outline for teaching, and a guide to new applications of hypnosis within medicine and dentistry."—Julie H. Linden, PhD, past president, *American Society of Clinical Hypnosis*

"Dr. Brown has compiled the clinical and scholarly wisdom of the most prominent clinicians and academicians in the fields of hypnosis, medicine, dentistry, and pain management. This book will be a desktop reference for me for many years to come."—Bruce N. Eimer, PhD, ABPP, coauthor of *Pain Management Psychotherapy: A Practical Guide*

Paperback 252 pages | ISBN: 9781845901202 | Bk#1202 | \$39.95 (p)



The Fertile Body Method: A Practitioner's Manual The applications of hypnosis in mind-body approaches to fertility

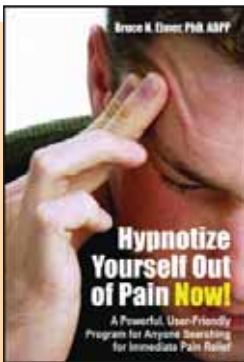


Sjanie Hugo

The Fertile Body Method is a complete guide to working with fertility and related issues using hypnosis and other mind-body approaches. It offers in-depth information about infertility and possible causes and provides practitioners with a thorough understanding of all related issues, as well as effective techniques for treating them. It will show you how to structure your treatment plans and tailor your approach to each case in a step-by-step way. Useful and simple explanations of assisted fertility treatments and medical terminology make this book accessible to all. It provides an integrative guide for enhancing natural conception as well as powerful hypnotic techniques to support IVF and other assisted reproductive technologies.

The many practical resources provided are also made available to practitioners on the included CD, which contains scripts, questionnaires, self help tools, diagrams, charts, and explanations leaflets for your clients.

Paperback/CD | 256 pages | ISBN: 9781845900960 | Bk#0960 | \$49.95 (p) | Coming Off Press July 2009



Hypnotize Yourself Out of Pain Now! (Second Edition)



Bruce N. Eimer, PhD

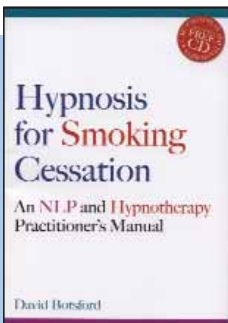
This is a straightforward, compassionate, and user-friendly guide for anyone who seeks pain relief. Recognizing the unique nature of each individual, *Hypnotize Yourself Out of Pain Now!* offers a range of hypnotic approaches so that every reader can find a program that meets his or her challenges and is suited to his or her personality, schedule, and strengths. The author covers:

- How to use self-hypnosis to relieve pain
- How to choose the best method for the particular problem and person
- How to tap into one's own innate ability to control pain
- How to interrupt the body's pain loop
- How to enlist a variety of tools to empower the healing process

Also included is a complimentary CD that contains guided imagery and relaxation exercises, therapeutic touch and energy healing techniques, stress control strategies, as well as a host of other helpful materials. Whether used with the guidance of a therapist or given to clients for work done out of the office, this book can mean the difference between being ensnared in an endless cycle of pain and breaking free of that cycle to recapture the joy of living pain-free.

"Those who suffer chronic pain have often spent a long time trying medical and alternative approaches without finding relief . . . reading this book will make a difference for you and will help you regain control of your mind and body . . . the most comprehensive and effective program for lasting pain relief that I have ever found."—Susanna Bellini, NLP trainer, counselor, hypnotherapist

Paperback | 256 pages | ISBN: 9781845900878 | Bk# 0878 | \$24.95 (t)



Hypnosis for Smoking Cessation: An NLP and Hypnotherapy Practitioner's Manual

David Botsford

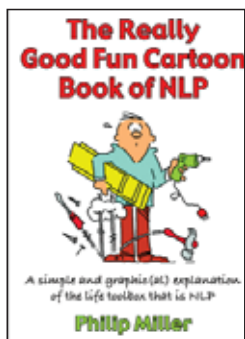
Smoking—one of the most difficult to break addictions—can be effectively treated if the practitioner (and client) works on all fronts. Knowing that, David Botsford has put together a book of unusual depth to encompass what he has found to be the essential tools for helping people to break the cycle of addiction: Ericksonian hypnotherapy and NLP strategies in combination with techniques culled from cognitive therapy, yoga, and stress management. The author shows how to influence the client before each session, how to teach self hypnosis, and how to access new ways to deal with old smoking triggers.

Every client has a vast treasure trove of competencies or resources, which they have acquired throughout their life. The therapist's task is to remind the client of this expertise and to lead the client to a point where they can creatively apply those resources to the task of becoming a non-smoker. In addition, the companion CD contains actual client transcripts and reproducible handouts for clients. Of particular interest is the practical plan for marketing a smoking cessation program that is low in cost, but high in impact.

"From individuals to groups to corporate training, this book provides the whole 'smoking cessation' experience, puff by puff, thought by thought. There are bags of suggestions, pages of 'what if . . .' answers, and many inspiring inductions. There is even a 55-point checklist for the therapy session and a 'tips for success' list. It applies logic to an illogical behavior and if you have ever doubted NLP and hypnotherapy for smoking cessation, then you simply have to read this book!"—Tom Barber, *Contemporary College of Therapeutic Studies*

Paperback with CD | 248 pages | ISBN: 9781845900748 | Bk#0748 | \$44.95 (p)

New Releases / NLP (Neuro-linguistic Programming)



The Really Good Fun Cartoon Book of NLP: A simple and graphic(al) explanation of the toolbox that is NLP

Philip Miller

NLP stands for neurolinguistic programming, which translates into: *Neuro*: concerns the brain and the things that go on in your mind as well as the rest of the neurological system, including the five senses. *Linguistic*: This relates to language, both spoken and nonspoken (body language). *Programming*: This refers to your behavior and thinking patterns.

The Really Good Fun Cartoon Book of NLP seeks to cut through all the complexity by using simple language along with amusing illustrations to get across the principles and concepts of NLP. It shows how people can think about using these concepts in their everyday lives to identify and reach their goals. Knowing how to use the NLP life skills toolbox can really help you along your path as more and more options begin to open up for you—and it also can make the trip more enjoyable.

"A terrific little book for anyone curious to find out what the acronym 'NLP' is all about. The text is easy to read and the anecdotes and cartoons are a great way to re-enforce the learning. The NLP toolbox is broken into small, manageable steps that can be incorporated into everyday life to make living easier."—Romilla Ready, co-author of *Neuro-linguistic Programming for Dummies®*

Paperback | 156 pages illustrated | ISBN: 9781845901158 | **Bk#1158** | **\$18.95 (t)**



PRE-PUBLICATION ANNOUNCEMENT

Happy Kids Happy You: Using NLP to bring out the best in ourselves and the children we care for

Sue Beever

Happy Kids Happy You has a unique approach to parenting, giving parents practical NLP-based methods to enable them to develop their own solutions to challenging situations. Rather than responding in the same old ways, this book will help

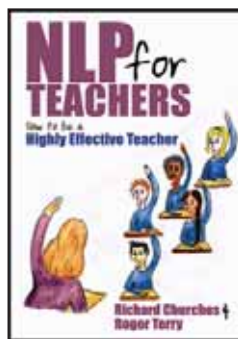
parents to speak and behave more positively and usefully with their children to get the results they desire.

Every child, every family situation, is different and parenting is a journey of constant change. There is no "right answer," only what works for you and your family. This book gives parents methods they can own—a toolkit of methods flexible enough to cover all situations. It focuses equally on the needs of the parent as well as the child and helps parents to:

- Understand their children, support and encourage them and their development more effectively
- Get their family life running more smoothly
- Recognize and meet their own needs more effectively so that they can be more resourceful in family life
- Feel more confident and positive so that they enjoy being a parent more of the time.

NLP-based practices make a profound and beneficial impact on family life, which works for the parents as well as the children.

Paperback | 224 pages | ISBN: 9781845901288 | **Bk#1288** | **\$24.95 (p)** | July 2009



NLP for Teachers

Richard Churches and Roger Terry

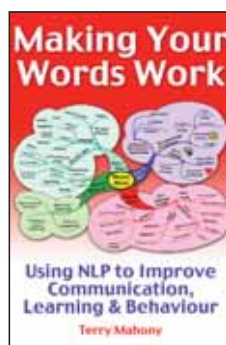
In the authors' words: "This book is about personal effectiveness. In a sense it is about the space between you and the students that you teach and the space within you when you are doing that. The type of knowledge that NLP represents is therefore a 'how to' rather than a 'what.' In a way it is a technology for your mind."

NLP for Teachers covers a wide range of practical tools that will enhance your interpersonal effectiveness and classroom delivery.

- Build rapport and influence others.
- Find out how language and your internal processing affects the behavior of others around you.
- Learn powerful tools and techniques.
- Learn to communicate in significant new ways both inside and outside the classroom
- Keep motivation on target

Neuro-Linguistic Programming (NLP) is an established set of principles for teaching, learning, and personal development. This book explores the core principles of NLP and how these can be applied to both your professional and personal life. NLP is "the study of excellence" and it provides a variety of strategies for maximizing your learning potential.

Paperback | 200 pages | ISBN: 9781845900632 | **Bk#0632** | **\$34.95 (p)**



Making Your Words Work Using NLP to Improve Communication, Learning & Behaviour

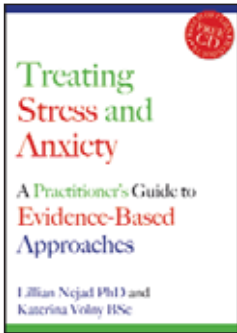
Terry Mahony

Making Your Words Work offers a broad repertoire of linguistic approaches to improve communication between teacher and student. It provides a robust rationale for the causes of anxiety and dysfunctional behavior, which is especially relevant in situations where students are a potentially disruptive influence. It covers the latest developments in

effective teaching through the modification of language use. The skills and behavior management strategies in this book will promote learning, improve relationships with students, and result in a happier, more productive classroom.

"... gives teachers access to some of the latest insights into the subtlety of linguistic interactions that distinguish highly effective classroom practice from the merely ordinary."—Peter Hook, education consultant, Gilman's, The Solutions Consultancy

Paperback | 200 pages | ISBN: 9781845900410 | **Bk#0410** | **\$24.95 (p)**



Treating Stress and Anxiety: A Practitioner's Guide to Evidence-Based Approaches

Lillian Nejad, PhD, and Katerina Volny, BSc

Accessible and practical, this volume presents myriad evidence-based techniques to help adults reduce stress and anxiety. From professional to professional, the book is written to support and inform clinicians so that they may deliver the best treatments possible to their clients who present

with stress and anxiety-related issues. The authors have a no-nonsense approach to their presentation, which covers a range of intervention options: Cognitive behavioral therapy, medical/biological models, biopsychosocial models, psychodynamic perspectives, narrative therapy, family therapy, and interpersonal therapy, and other paradigms. The workbook format reflects the applications perspective, and the companion CD puts reproducible handouts and worksheets for clients at the clinician's fingertips.

Even though concise, the book also offers explanations and strategies for dealing with some of the issues that so often accompany stress and anxiety such as depression, anger, substance abuse, and so forth. This type of full consideration will be of value to clinicians as they focus on designing treatment approaches that have the necessary depth and flexibility to meet clients where they are.

"In this straightforward, well-organized handbook, health professionals can have the confidence that the techniques presented are well supported by clinical research. The book structures topics so that you can rapidly organize treatment interventions and support them by ready-made handouts and worksheets. A great teaching tool for the new clinician in this field and an efficient time-saver for the seasoned anxiety specialist."

—Reid Wilson, PhD, author of *Don't Panic: Taking Control of Anxiety Attacks*

"This is one of those 'must-have' books on your shelf to be read and digested. It captures the diverse nature of stress and anxiety with descriptions, assessments, procedures, and monitoring activities in abundance."

—Tom Barber, DHP, director, *Contemporary College of Therapeutic Studies*

Paperback with CD-Rom | 188 pages
ISBN: 9781845900779 | **Bk#0779** | **\$44.95 (p)**

**CD also available from Lillian Nejad and Katerina Volny
Relaxation Techniques:**

Reduce Stress and Anxiety and Enhance Well-being

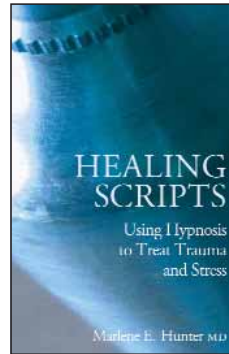
This easily used program contains seven powerful techniques to foster daily relaxation. This is a resource that may be experienced alone or in conjunction with psychotherapy, and when practiced regularly, the exercises can help the listener to overcome stress and anxiety and pave the way for a healthier, more joyful lifestyle. The exercises: Abdominal breathing, progressive muscle relaxation, beach visualization, forest visualization, coping induction, walking relaxation, and brief relaxation. Clear introductions and guidelines are also included.

CD ISBN: 9781845900786 | **Bk#0786** | **\$14.95 (p)**

Order both and SAVE!

Set (*Treating Stress/Anxiety* book & *Relaxation* CD)

ISBN: 9781845901233 | **Bk#1233** | **\$53.95 (p)**



Healing Scripts: Using Hypnosis to Treat Trauma and Stress

Marlene Hunter, MD

This important volume harnesses the power of hypnotherapy to help trauma victims and those suffering from acute stress disorders. The hypnotic interventions contained herein are designed to treat the source of the pain and anguish of trauma and so offer the promise of enduring relief to clients who suffer the longstanding, often

debilitating, problems associated with it.

Highlighted topics include: Pain – in all of its forms ■ Posttraumatic Stress Disorder, featuring sections on denial, hypervigilance, and hyperarousal ■ Acute Stress ■ Sleep Disorders ■ Dissociative Disorders, including ego-strengthening and integration. A separate section on helping children who are suffering from acute stress and trauma rounds out the discussion.

The rationale for using any given script is fully delineated and practical suggestions for effective implementation are presented. Employed "as is" or adapted to particular circumstances, the material will expand the treatment vocabulary of all practitioners working with these challenging issues.

"Healing Scripts provides new ideas and solutions in the use of hypnotherapy to help victims recover from trauma and stress. It provides hypnotic interventions that will reach the source of pain and anguish of trauma, resulting in relief."

—Prof. V. M. Matthew, consultant psychiatrist

Hardcover | 184 pages | ISBN: 9781845900724 | **Bk#0724** | **\$39.95 (p)**

Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery

Linda Thomson, PhD

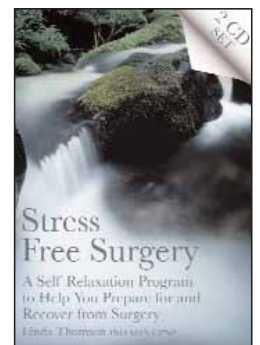
This CD program has everything patients need in order to prepare for — and then recover from — surgical procedures. Research offers clear evidence that patients who are psychologically prepared for surgery experience vastly improved

outcomes. Self-hypnosis, when used in addition to anesthesia, can decrease anxiety and pain, as well as hasten healing. The techniques presented here combine imagination with building expectancy to create a safe, gentle, and effective way to ease stress and relieve pain. The approach allows individuals to tap into their own resources to bolster feelings of comfort. Easy to use, the program can be integrated into any medical or therapy approach to empower patients throughout their preparation and recovery process.

"... an excellent adjunct to conventional, modern surgical treatment of patients."

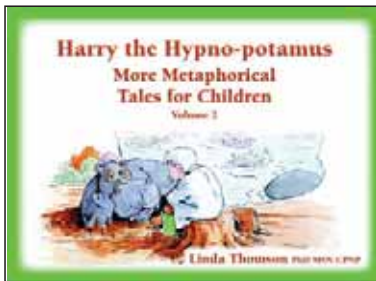
—Roberto Novoa, MD, Director, Cardiovascular Surgery, Aultman Hospital

2-CD Set | ISBN: 9781845900731 | **Bk#0731** | **\$24.95 (t)**



Hypnotherapy with Children

JUST PUBLISHED!!



Harry the Hypno-potamus More Metaphorical Tales for Children, Volume 2

Linda Thomson, PhD

Following closely the format of the best-selling Volume 1, now Volume 2, *More Metaphorical Tales for Children*, brings back the engaging menagerie of characters to further entertain—and help—children challenged by a variety of issues. Although every story contains a therapeutic message, it never interferes with the “storyness” of the tale. Instead, the embedded message slips easily into the child’s subconscious, while smiles and giggles preoccupy his or her awareness.

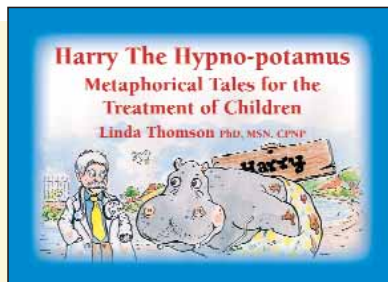
For the clinician, the metaphors offer a treasure trove of techniques and hypnotic language that can be adapted for a variety of situations and problems. Harry, a hippopotamus who is very good at using his imagination, along with Dr. Dan, the zoo’s veterinarian, helps the other animals in the zoo by teaching them about hypnosis and the power of their imaginations. Each metaphor is about a different animal with a unique problem common to children. The book also includes a section for the clinician about metaphors and contains suggestions for using the stories with children. The 35 new stories cover: Anxiety, fears and phobias, habit disorders, pain, as well as other problems such as sleeping problems, ADHD, depression, bullies, and much more.

“Wow! Linda Thomson has done it again! *Harry the Hypno-potamus, Volume 2* is written for all ages with the goal of teaching children to help themselves through imagination, creativity, pretending, and empowerment. Therapeutic suggestions are imbedded in wonderful and fun metaphors that bypass resistance and help the child to take control of and resolve their own problems.”—William C. Wester, II, EdD, ABPH, ABPP, past president, American Society of Clinical Hypnosis

“Dr. Linda Thomson has again given children, parents, and colleagues a wonderful gift. . . . She has skillfully woven a fabric to embrace and foster self-empowerment in children and families in need. Woven with threads of creativity, fun, dedication, and love.”—Bob Deutsch, PhD

“Parents, teachers, health care workers, and young listeners will learn new ways to deal with fear, anxiety, phobia, PTSD, invasive medical procedures, and a host of other buggy, spooky things.”—David M. Wark, PhD, ABPH, president of the American Society of Clinical Hypnosis

Hardcover | 192 pages Full-color | ISBN: 9781845901172 | Bk#1172 | \$49.95 (p)



Harry the Hypno-potamus: Metaphorical Tales for the Treatment of Children (Volume 1)

Linda Thomson, PhD

This best-selling collection of 32 metaphorical stories addresses a variety of physical and behavioral problems facing children. Reading the title story to a child is a wonderful way to introduce him or her to the idea of hypnosis. 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
- Pain management
- Sleep disorders
- Asthma & other serious medical disorders
- Habits and habit control
- Death and dying

Some of the therapeutic interventions are very problem specific while others are more general and can be used for a variety of conditions. Introductory clinical material explains how to use the book whether the clinician decides to use the stories verbatim or to adapt them.

“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

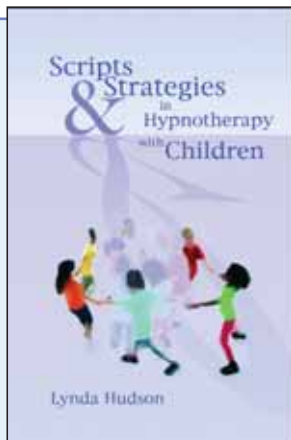
Hardcover | 176 pages Full-color | ISBN: 9781904424574 | Bk#4570 | \$49.95 (p)

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Hypnotherapy with Children

Just
Published



Scripts & Strategies in Hypnotherapy with Children

Lynda Hudson

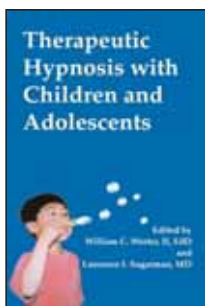
Clearly and enthusiastically presented, this book provides a step-by-step approach to incorporating hypnotherapeutic scripts and strategies for working with a wide spectrum of challenges faced by young people ages 6 to 16. The author's realistic perspective takes into account the variety of thinking styles represented by the population we call "young people," emphasizing that chronological age does not always match a client's presentation. Completely contemporary, many of the scripts use metaphors that are especially meaningful in the world of young people, including computers, iPods, and Play Stations.

Hypnotherapy is an effective and expedient approach for working with children in part because young people tend to be open to it. As the author points out: "Children are accustomed to using their imagination—they live in it on a daily basis." Thus, suggestions to visualize images or colors or to make characters bigger or smaller and so forth are easily accepted. By the same token, any of these carefully selected hypnotherapeutic scripts can be quickly adapted to the particular imagination and level of the young client. Throughout, possibilities and cautions are considered with respect to structuring sessions, determining when it is advisable to bring others into the treatment team, and choice of induction.

Whether new to hypnotherapy or to working with this age group—or perhaps looking for fresh ways to employ what you *know*—*Scripts & Strategies in Hypnotherapy with Children* will contribute something essential to helping children (and parents) cope with issues such as: Low self-esteem, behavior problems, exam stress, bedwetting, soiling, fear of the dark, bullying, weak organizational or study skills, and much more. Solution-focused and reality tested, this collection of inductions, accompanied by illuminating explanations, will empower any treatment plan.

"This book is a valuable resource for clinicians working hypnotically with children. It will assist anyone who has already achieved an advanced level of training in medicine, nursing, dentistry, or mental health with prior training in hypnosis to achieve greater confidence as they incorporate hypnotic skills and metaphors into their practice with children. Ms. Hudson's stories are delightfully imaginative; her language is permissive and she includes ego-strengthening in every script to foster self-esteem and self-efficacy. The book gives the clinician warm, caring, and developmentally appropriate strategies that help foster rapport and successful hypnotherapeutic interventions with children. The author has provided the hypnosis world with a wonderful resource for working with children."—Linda Thomson, PhD, MSN, CPNP, author of *Harry the Hypno-Potamus*

Hardcover | 384 pages | ISBN 9781845901394 | **Bk#1394** | **\$49.95 (p)**



Therapeutic Hypnosis with Children and Adolescents

Edited by William Wester, II, EdD and Laurence Sugarman, MD

The editors have gathered the field's premier contributors to examine the wide-ranging applications of hypnosis with children.

In Part 1, 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 essential insights. This volume will enrich the repertoire of all child healthcare providers.

"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."

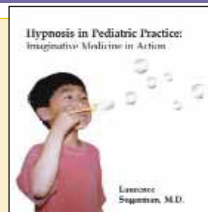
—Ernest L. Rossi, PhD, author of *The Psychobiology of Gene Expression and A Dialogue with Our Genes*

Hardcover | 512 pages | ISBN: 9781845900373 | **Bk#0375** | **\$59.95 (p)**

DVD ALSO AVAILABLE

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 family. Presenting symptoms include migraines; asthma; 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.

DVD 70 minutes | ISBN: 9781845900366 | **Bk#0367** | **\$49.95 (p)**



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Tools of Intention: Strategies that Inspire Change

Stephen R. Lankton

A new release from this best-selling author, *Tools of Intention* outlines 12 step-by-step exercises that Stephen Lankton has used with his clients over three decades in his consulting practice. It covers protocols of his famous “self-image thinking” and “emanated image” interventions as well as three approaches to self-hypnosis and much more. The tools outlined here will show you how to use your already well-learned habits to your best advantage in straightforward language easy to understand and easy to implement.

“This is a practical handbook for facilitating positive self-fulfilling prophesies in your life. Stephen Lankton’s insights about how self confidence and self image can be developed in an optimal manner led to his reputation as an inspired teacher. *Tools of Intention* is written in clear language that will be treasured by everyone interested in taking charge of their life.”—Ernest Rossi, PhD

Paperback | 104 pages | ISBN: 9780982328804 | **Bk#8804** | **\$14.95 (p)**

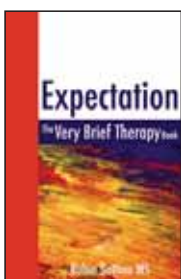
ALSO AVAILABLE

Tools of Intention: Strategies that Inspire Change, CD

This CD of eleven fundamental exercises is intended as a companion to the book. People want to exert their intention and will to positively impact their lives, and they strive to do just that. Most people can benefit by learning the specific steps and processes that will actually make their efforts successful. The fundamental exercises on this CD cover the steps needed to retrieve and use personal resource experiences such as feelings, thoughts, or attitudes, in practically any area of life. Easy to follow, this program will walk listeners through the following tools:

- Chucking Logic
- Self-hypnosis
- Appreciation Lists
- Vivid Symbolic Imagery
- Heart Joy
- Self-Image Thinking
- Future Creating: Emanated Images
- Self-Nurturing Spirals
- Bioenergy and Chakra Balancing

CD | 45 minutes | ISBN: 9780982328811 | **Bk#8811** | **\$14.95 (p)**



Expectation: The Very Brief Therapy Book

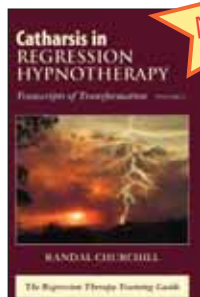
Rubin Battino

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. In his own private practice, he rarely sees clients more than one or two times. The expectation that each session will be the last creates an impetus toward change that is vital in the therapeutic process. Each chapter offers specific approaches to support the possibility of very brief—and very effective—therapy.

“Rubin Battino has produced what is arguably the best book on this therapy that can be obtained at this time.”—The Hypnotherapist Reviews

See also pages 5, 18, 19 & 21 for Ruben Battino’s other popular titles.

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



NEW!

Catharsis in Regression Hypnotherapy: Transcripts of Transformation, Volume II

Randal Churchill

This volume completes the *Regression Hypnotherapy* two-volume set. When utilizing hypnotic regression to help heal the effects of trauma, reliving an experience is not necessarily a goal but can be a common development that can become part of the opportunity for powerful therapy. This book explores issues and examples of working through exceptionally strong expressions of emotion. This volume combines theory with a generous series of transcripts of actual sessions giving the reader a close-up view of a wide variety of issues and situations that demonstrate the remarkable potential of this work.

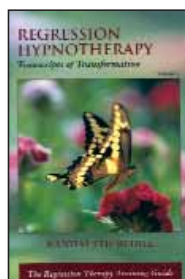
Unlike common regression therapy styles that avoid or discourage emotions, working through emotional difficulties when appropriate is recognized as providing potential for deeper, more comprehensive therapy, thereby increasing the possibility for profound transformation. With fine-tuned sensitivity and skill, the author integrates a wealth of comprehensive options for emotional clearing work in regression. Hypnotherapy, and regression in particular, can provide a safe place for the purging of repressed emotions or energy that has been internalized in damaging ways, and this can be an extremely valuable step in transformational healing.

“I have never before encountered such detailed, professionally impeccable, verbatim transcriptions of cathartic release therapy that convey, so deeply, a therapist’s capacity for compassion. This volume is a treasure, and a resource for the entire field of depth psychotherapy.”—Robert K. Hall, MD, Psychiatrist, Gestalt Therapist, Co-founder, Lomi Foundation

“With courage, confidence, and lucidity, Randal Churchill consistently goes into the deepest places where his subjects have been wounded and leads them through healing trance sessions. No wonder they trust him so much as his commitment to their healing is as strong and steadfast as it is gentle and respectful.”—Kenneth Kelzer, LCSW, author of Deep Journeys

Hardcover | 448 pages | ISBN 9780965621823 | **Bk#1823** | **\$59.95 (p)**

ALSO AVAILABLE | VOLUME I



Regression Hypnotherapy: Transcripts of Transformation, Volume 1

Randal Churchill

In this highly readable and responsible guide for beginning and experienced hypnotherapists and clinicians, theory is combined with actual transcripts, bringing the reader an inside look at a wide range of sessions in which the author demonstrates the remarkable potential of regression hypnotherapy. While the emphasis of Volume I is on overcoming the continuing effects of unresolved traumatic experiences, this book also recognizes the many valuable uses of regression for non-traumatic exploration for self-discovery, as well as bringing important focus and insights into the controversy of recovered memories.

Hardcover | 432 pages | ISBN: 9780965621816 | **Bk#1812** | **\$59.95 (p)**

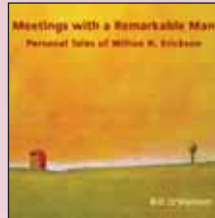
Bill O'Hanlon, MS, is a Licensed Mental Health Professional, Certified Professional Counselor, and a Licensed Marriage and Family Therapist. He has authored or coauthored 29 books. He is one of the developers of solution-oriented therapy, and the founder of possibility and inclusive therapies. Since 1977 Bill has been counseling people and organizations to help them determine what their goals are and to remove the barriers to their success. He has given over 2,000 seminars or workshops around the world.

~ CD PROGRAMS BY BILL O'HANLON ~

Meetings with a Remarkable Man: Personal Tales of Milton H. Erickson

Here is Bill O'Hanlon, the storyteller, at his best. From his very first encounter with Dr. Milton Erickson, to his apprenticeship as Dr. Erickson's gardener, Bill O'Hanlon's narrative is both personal and informative. He explains how Dr. Erickson's life story impacted significantly on how he practiced his therapy and how he had the uncanny knack of knowing, in advance, exactly what a person was looking for. Listening to these tales will both delight and educate you. Also included is *Trance Plants*, an original song written and sung by Bill O'Hanlon dedicated to Milton H. Erickson. "I only wish I had been able to have talked with him about my work and my understanding of his work before his death."

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Beside Yourself with Comfort: Hypnotic Help for Chronic or Acute Pain Relief

Life can surely be a pain in the neck sometimes, but if you have unremitting acute chronic physical pain that hasn't been relieved by standard medical intervention, that will make your life even more miserable. This 30-minute hypnotic program can help. Even though this program may provide immediate relief, please refrain from driving or operating bulldozers, cranes, or other heavy machinery while listening lest you create more pain by having an accident.

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Let Your Soul Be Your Pilot: Finding Your Direction in Life

Feeling sick, lost, or off course? This one-hour audio program, which is filled with engaging stories and clear guidelines, will help you reconnect with your soul's passion and energy and help you navigate your way through the chaos of the world. You will learn to recognize and use the four soul signals that can tell you what to do and where to go, and that, in the end, will lead you to the life you are meant to lead.

CD | 45 minutes | ISBN:9780982357316 | **BK#7316** | \$16.95 (p)



Keep Your Feet Moving: Favorite Teaching and Healing Tales

Bill O'Hanlon has lectured to thousands of people worldwide and is known as one of the best storytellers. Up until now, there was no way of listening to any of his stories without attending his workshops, but in this audio collection, he has put together some of his favorite teaching and healing stories. He uses humor and emotional engagement to validate, transmit lessons, get you to laugh, and to change your attitude in a most effortless way. Share these stories with friends, clients, or colleagues.

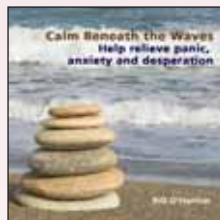
CD | 45 minutes | ISBN:9780982357347 | **BK#7347** | \$16.95 (p)



Calm Beneath the Waves: Help relieve panic, anxiety and desperation

We all get stuck in a rut sometimes. If you are looking for relief from panic, anxiety, hopelessness, or desperation, this 40-minute audio program will help you find immediate and long-term relief and comfort, and even provide you with new possibilities for how to handle these feelings.

CD | 40 minutes | ISBN:9780982357323 | **BK#7323** | \$16.95 (p)

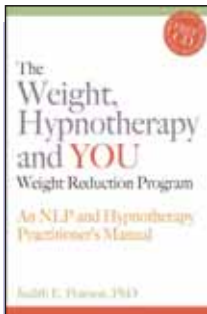


Moving On: Two Healing Trances for Resolving Sexual Abuse Issues

This one-hour audio program is designed for sexual abuse survivors. It is empowering and permissive and is designed to help listeners reclaim their lives and move on to a more vibrant future. The approach is solution-oriented and involves moving on rather than going back to the past.

CD | 1 hour | ISBN:9780982357354 | **BK#7354** | \$16.95 (p)





The Weight, Hypnotherapy and You Program An NLP and Hypnotherapy Practitioner's Manual

Judith Pearson, PhD

Complete step-by-step, easy-to-follow instructions are presented for managing, conducting (as well as marketing) a unique program to add a new, valuable, and profitable service to an existing private practice.

Based on actual clinical experience and published research on the efficacy of hypnotherapy as a viable tool in weight management, this program is successful and well grounded.

The book covers the practitioner's preparation: the program background, relevant research, prerequisite skills, training, and knowledge. 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 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.

A bonus CD contains a reproducible client workbook so that the material can be used again with different clients.

"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."—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."—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."—Maria Clyne, Mesmerism

Paperback | 316 pages (with CD) | ISBN:9781845900311

Bk#0316 | \$44.95 (p)

Ego State Therapy

Gordon Emmerson, PhD

What lies in the dark unconscious expanse of the 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 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

Paperback | 232 pages | ISBN: 9781845900793 | **Bk#4007 | \$29.95 (p)**



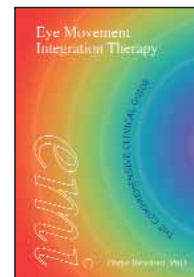
Eye Movement Integration Therapy: The Comprehensive Clinical Guide

Danie Beaulieu, PhD

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

This is the first book to present the background and theoretical bases as well as detailed instructions for its clinical application. Filled with dozens of examples drawn from the author's extensive experience teaching the technique.

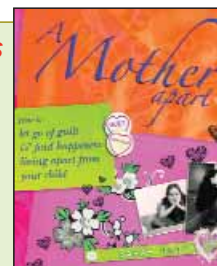
Hardcover | 396 pages | ISBN: 9781904424154 | **Bk#4155 | \$64.95 (p)**



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A Mother Apart How to Let Go of Guilt & Find Happiness Living Apart from Your Child

Sarah Hart



An ever-increasing number of women find that they cannot care for their child. There are many reasons why women find themselves in this situation. These women usually feel isolated, misunderstood, and stigmatized by friends, relatives, and society at large. *A Mother Apart* provides deep insight and unwavering support to women discovering how to adjust to living life as a mother apart from their children.

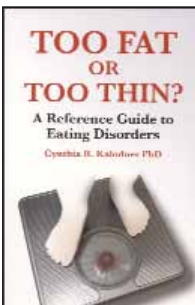
Some of the essential strategies discussed include:

- Understanding the nature of guilt and other paralyzing feelings
- Grieving loss and moving forward
- Finding ways to stay connected as a mother even when living independently

2009 Mom's Choice Awards® Silver Recipient

"A touching, inspiring, and deeply wise book . . . [that] shows us how to reach a deeper healing and love than we might ever have imagined possible."—Anne Geraghty, author of *In the Dark and Still Moving*

Paperback | 200 pages | ISBN: 978-184590094-6 | **Bk#0946 | \$27.95 (t)**



Too Fat or Too Thin? A Reference Guide to Eating Disorders

Cynthia R. Kalodner, PhD

This practical guide updates our knowledge about eating disorders — their symptoms, derivations, dangers, and treatment approaches. There are numerous case studies, and additional material focuses on the prevention of, as well as their relationship to, image disturbances and popular culture, and controversies in the field of diagnosis and treatment.

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



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

Curly Martin

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, whose 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."—
Fiona Fraser, Human Resources Manager

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

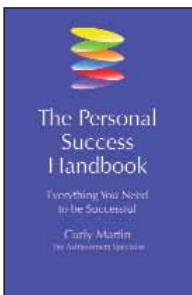
ALSO AVAILABLE



The Life Coaching Handbook 2-CD Set

This two-CD set covers everything you need to be an effective life coach and how to set up your private practice, and includes numerous sample coaching scripts.

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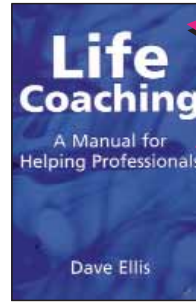
The Personal Success Handbook: Everything You Need to Be Successful

Curly Martin

The Personal Success Handbook is designed for individuals of any background and at any stage of life. Recognizing that most people may say that they want to be "successful," but that definitions of "success" vary from person to person, the author first invites readers on a journey to discover their own meaning. Once "success"

is defined on a personal level, she helps readers put a plan of action into place that takes into account success across many dimensions of life.

Paperback | 244 pages | ISBN: 9781845900908 | **Bk#0908** | **\$29.95 (p)**



Best-Seller!

Life Coaching: A Manual for Helping Professionals

David Ellis

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 helping skills into a profitable life coaching business.

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.

"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

"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

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



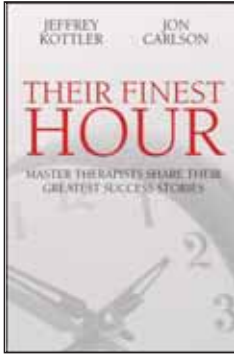
The Pocket Life Coach: Coach Yourself to Health and Happiness

Pete Chapman

The Pocket Life Coach is designed to provide an objective and realistic perspective on how we can best make changes in our lives, and how we can ensure that we will stick with those changes.

Integrating the best information about nutrition, exercise, sleep, mind-body connection, and everyday psychology, *The Pocket Life Coach* helps readers work on their issues via a multidimensional approach so that each success supports progress in other areas. This is a small book with a big purpose: To teach, to inspire, to support positive change in the lives of all who are suffering from the malaise of stagnation.

Paperback | 156 pages | ISBN: 9781845900717 | **Bk#0717** | **\$21.95 (p)**



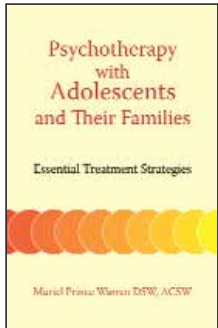
Their Finest Hour: Master Therapists Share Their Greatest Success Stories

Jeffrey Kottler and Jon Carlson

This volume contains the wit and wisdom of some of the most adept and successful therapists in the field. Against the backdrop of what they consider their most professionally rewarding cases, members of the forum talk about what has defined their outstanding contributions to the field, how their therapy really works, and the seminal cases that have gone into shaping their ideas. Editors Kottler and Carlson have gathered a robust group of creative professionals to shed light on what to some may seem mysterious and unattainable. Modes of therapy vary, as do areas of emphasis. But all of the contributors were asked the same fundamental questions: Tell the story of their most ground-shifting piece of work; explicate their understanding of how the experience unfolded and why; and asked to imagine how others could benefit from the case, what could be extrapolated and applied elsewhere—personally or professionally. In undertaking this project, the editors have created a most useful and engaging resource that will be enjoyed by both seasoned clinicians and those just starting out.

“What an incredibly varied compilation of amazing therapists who, through sharing their insights, strategies, intuitions, and theories, offer both rookie and experienced therapists alike, golden nuggets that inspire and instruct!”—Michele Weiner-Davis, MSW, author of *The Sex-Starved Marriage*

Paperback | 288 pages | ISBN: 9781845900885 | **Bk#0885** | **\$29.95 (p)**



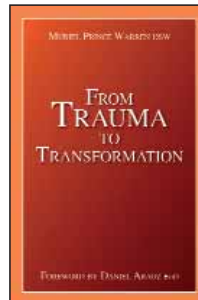
Psychotherapy with Adolescents and Their Families: Essential Treatment Strategies

Muriel Prince Warren, DSW, ACSW

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.

It 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.

Paperback | 460 pages | ISBN: 9781904424628 | **Bk#4627** | **\$56.95 (p)**



From Trauma to Transformation

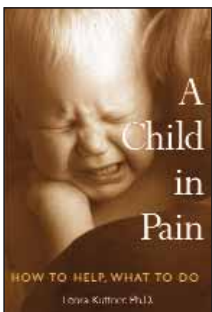
Muriel Prince Warren, DSW
Foreword by Daniel Araoz, EdD

In this post 9/11 world, therapists need to expand their toolboxes to deal with 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 regain their normal life and move forward again.

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.

Paperback | 292 pages | ISBN: 9781904424901 | **Bk#4902** | **\$44.95 (p)**



A Child in Pain: How to Help, What to Do

Leora Kuttner, PhD

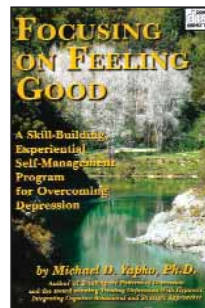
Uniquely practical, this book provides specific language that will help children manage the full spectrum of the pain experience, both on a sensory and an emotional level. The volume spells out clearly what the professional, the child, the parent, and the team together can do to ease

the pain itself and uncover the resources to support management and recovery. There are important discussions on these and other topics:

- Responding to a child's pain
- Medications to relieve pain
- Visiting the doctor
- Preparation for the hospital
- Pain management at home
- Visiting the dentist

Indispensable for the range of caregivers — whether a therapist, parent, nurse, or other — the book explores the necessary knowledge for a sensitive, effective response repertoire that can be applied in any setting.

Paperback | 286 pages | ISBN: 9781845901196 | **Bk#1196** | **\$29.95 (p)**



Focusing on Feeling Good: A Skill-Building Self-Management Program for Overcoming Depression

Michael D. Yapko, PhD

This series of seven different hypnosis sessions teaches you how to create feelings of comfort while building a positive and clear frame of mind. Each segment targets a different symptom of depression, providing methods for overcoming depression and creating a new and healthy lifestyle. From How to Overcome Depression to Preventing Depression and everything in between. Approximately four-hour program.

4-CD Program | ISBN: 9780965667227 | **Bk#7227** | **\$49.95 (x)**

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Reconsidering Trauma: Treatment Advances, Relational Issues and Mindfulness in Integrated Trauma Therapy



with John Briere (12 CE/CME credits)

Includes new information on interview-based assessment, cross-cultural issues, psychosis, stress reduction training, clinician counter-activation, and the neurobiology and psychopharmacology of trauma. Dr. Briere provides cutting-edge information that takes trauma theory and treatment to an even more advanced level.

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with David Burns, MD (13 CE/CME credits)

Describes three powerful models for the treatment of anxiety disorders: The Cognitive Model, the Behavioral Model, and the Hidden Emotion Model. Illustrates numerous techniques and shows how to create a vibrant, collaborative relationship and develop a systematic, individualized treatment plan.

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Research indicates that trauma-related disturbance can be complex symptomatically, involving a variety of symptoms and difficulties beyond PTSD. Dr. Briere presents a non-pathologizing, developmentally informed therapy that integrates cognitive-behavioral and psychodynamic perspectives.

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with David Burns, MD (13 CE/CME credits)

Cognitive Interpersonal Therapy is a pioneering treatment developed by Dr. Burns to help patients deal with anger, resolve conflicts, and develop more satisfying relationships. A basic, flexible approach, which can be used to treat patients with a wide variety of relationship conflicts.

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with Michael Freeman, PhD (7 CE/CME credits)

This results-oriented program provides access to state-of-the-art treatment for people in the bipolar spectrum. Psychopharmacology, cognitive and behavioral therapy, life management, and wellness skills updates are presented.

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Relationships in Conflict New Perspectives & Innovations

with David Wexler, PhD (12 CE/CME credits)

Reviews current theories and research about the roots of conflict and the motivations that lead people to behave destructively or abusively toward people close to them. Focuses on the primacy of personal narrative and self-talk to help people understand, cope, and develop strategies for such conflicts.

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with Steven Frankel (6 CE/CME credits)

An important work on law, ethics, and regulation of mental health practice that explores the parameters of compassion. This program meets the Law & Ethics requirements for California psychologists, MFTs, and social workers. Includes a CD-ROM that contains all the handouts and the CE application kit.

CD Version | ISBN: 9780975515945 | **Bk#5942** | \$79.00 (x)

Two Classics from Jay Haley



Power Tactics of Jesus Christ Jay Haley

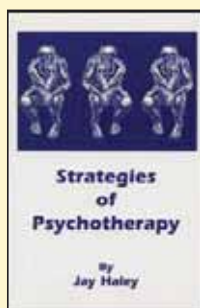
In this classic volume available once again, Jay Haley, in the controversial title article, proposes an original interpretation of the Bible analyzing Jesus's actions as a man trying to build a mass movement to topple a power structure. Using wit and wry humor, Haley, in the other essays, discusses such 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** | **\$23.95 (p)**

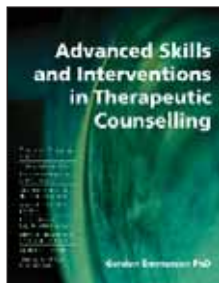
Strategies of Psychotherapy

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** | **\$29.95 (p)**



Advanced Skills and Interventions in Therapeutic Counselling

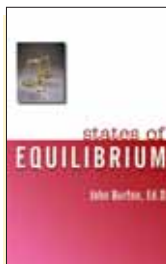
Gordon Emmerson, PhD

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, from setting up of the counseling room to interacting with the

client to advanced active listening skills. Some of the therapeutic areas 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 brings to light key new approaches overlooked in other sources."—*Arreed Barabasz, EdD, PhD, Editor, International Journal of Clinical and Experimental Hypnosis*

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

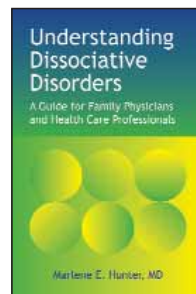


States of Equilibrium

John Burton, EdD

Applies the concept of equilibrium to the dynamics of personality. Unresolved internal conflicts often create chaotic internal states. Provides a unique theory of personality, involving the strictly internal relationship between states of mind and emotion within the individual.

Hardcover | 256 pages | ISBN: 9781899836895 | **Bk#6896** | **\$39.95 (t)**



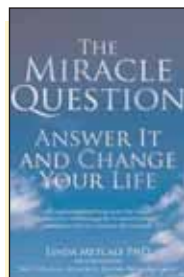
Understanding Dissociative Disorders: A Guide for Family Physicians and Health Care Professionals

Marlene E. Hunter, MD

An essential primer for all professionals who wish to understand the idiosyncrasies of dissociative patients—their unique ways of responding to medication, the inconclusive laboratory results, and a multitude of chronic physical and emotional symptoms that appear to defy diagnosis.

"A landmark text filled with practical suggestions to physicians about how best to relate to and treat patients with psychosomatic conditions."—*American Journal of Clinical Hypnosis*

Hardcover | 204 pages | ISBN: 9781904424246 | **Bk#4244** | **\$29.95 (p)**



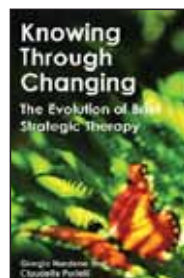
The Miracle Question: Answer It and Change Your Life

Linda Metcalf, PhD

How would a miracle change your life? Would you 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 a deceased relative, or be more financially secure?

The Miracle Question is a step-by-step approach for people who feel "stuck" and overwhelmed by their lives. By understanding how our day-to-day problems have eroded our confidence, we can rediscover our innate abilities and use them to create solutions and rekindle growth.

Paperback | 156 pages | ISBN: 9781845900403 | **Bk#0403** | **\$17.95 (t)**



Knowing Through Changing: The Evolution of Brief Strategic Therapy

Giorgio Nardone and Claudette Portelli

A simple yet comprehensive description of the epistemology and genealogy of Brief Strategic Therapy. The book emphasizes therapeutic interventions for: anxiety and phobic disorders; depression; eating disorders; blocked-performance pathologies; child behavior problems; and more.

Hardcover | 208 pages | ISBN: 9781845900151 | **Bk#0154** | **\$44.95 (p)**

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Best-Seller!

Ericksonian Hypnosis Cards

Jamie Smart

Inspired by the great hypnotic language product called "Zebu cards," this set of Ericksonian language cards is 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. 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.

"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** | **\$29.95 (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.
- Become 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*

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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.

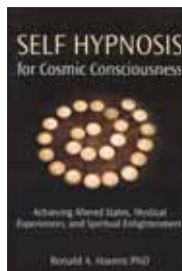
52-Card Deck | ISBN: 9781905045129 | **Bk#5026** | **\$29.95 (p)**

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** | **\$29.95 (p)**

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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, a world that soothes the soul, brings contentment, and heals wounded spirits.

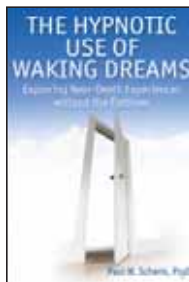
"[Havens's] delineation of the essential characteristics of 'cosmic consciousness' experiences—intense light, body energies, feelings of oneness, etc., followed by practical hypnotic communications for experientially eliciting them—are exceptionally helpful resources for those seriously interested in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

Paperback | 268 pages | ISBN: 9781904424543 | **Bk#4543** | **\$29.95 (p)**

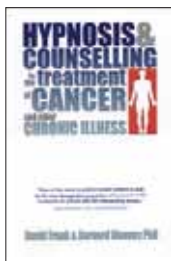
The Hypnotic Use of Waking Dreams: Exploring Near Death Experiences without the Flatlines

Paul Schenk, PsyD

People who undergo near death experiences often have profound and life-changing experiences. 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 such shifts happen and the many other things you can do with hypnotically facilitated waking dreams. *The Hypnotic Use of Waking Dreams* provides a practical approach to understanding and utilizing the kinds of chemical experiences that occur with 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.



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



Hypnosis and Counselling in the Treatment of Cancer and Other Chronic Illness

David Frank & Bernard Mooney, PhD

This book presents arguments for the incorporation of hypnosis into treatment of cancer and other life-threatening illnesses. It provides crucial insights into the body's healing abilities, and presents a series of compelling case studies.

Frank and Mooney present a clear and convincing perspective that lends further credence to the interconnectedness of mind and body - and how that can expand treatment options.

Paperback | 160 pages | ISBN: 9781845900809 | **Bk#0809** | **\$29.95 (p)**

Two Classics — Now Available in Paperback!



The Answer Within: A Clinical Framework of Ericksonian Hypnotherapy

Stephen Lankton, MSW, and Carol Hicks Lankton, MA

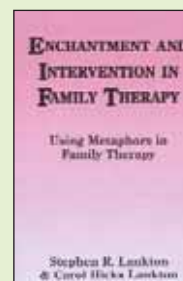
Now in paperback, with new introductions, *The Answer Within* illuminates the genius of Milton H. Erickson and demonstrates how the principles that anchored his creativity can be incorporated into an effective therapeutic approach. A classic work that continues to be fresh, the book takes the reader step by step from diagnostic assessment through treatment plan, illustrating each stage with clinical examples and transcripts.

"... expands the boundaries of conventional clinical psychology... a treasure trove of new learnings and delightful experiences."—*Ernest Rossi, PhD*

Paperback | 392 pages | ISBN: 9781845901219 | **Bk#1219** | **\$49.95 (p)**

Enchantment and Intervention in Family Therapy: Using Metaphor in Family Therapy

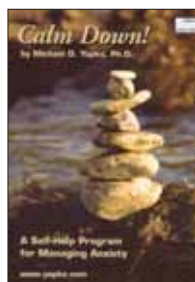
Stephen R. Lankton, MSW, and Carol Hicks Lankton, MA



An opportunity to experience several of the authors' stimulating workshops, this book brings to life a uniquely thoughtful and practical synthesis to allow for the effective use of an Ericksonian approach that includes hypnosis, suggestion, paradox, and metaphor. The result is a framework for the conceptualization and then creation of the multilevel interventions necessary to meet the challenges of a wide array of presenting issues.

"This book can be of benefit to every therapist from beginner to advanced who is interested in a practical, hopeful, and realistic approach to family therapy."—*Cloé Madanes*

Paperback | 288 pages | ISBN: 9781845900830 | **Bk#0830** | **\$25.95 (p)**



Calm Down! A Self-Help Program for Managing Anxiety

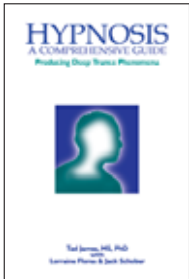
Michael Yapko

If you find yourself worrying too often, thinking too much about how things may go wrong, spinning around the same thoughts over and over, avoiding situations that cause you discomfort, or regularly feel you might not be able to cope with daily challenges without getting overwhelmed, then anxiety is likely to be a bigger part of

your life than it needs to be.

Calm Down! will help you manage—and even prevent—episodes of anxiety in your life. Dr. Yapko brings his substantial clinical expertise to teaching you many of the key skills that are known to reduce and even prevent anxious thoughts, feelings, and behaviors. These are skills for identifying and correcting the thoughts ("What if...?") and perceptions ("I could never handle it if...") that lead to anxiety. This 4-CD program offers seven different hypnosis or focusing sessions that make skillful use of structured relaxation processes that not only allow you to feel physically comfortable, but also make it easier to learn new ways of thinking about yourself and the life issues you face that may contribute to your anxiety.

CD | 4 hours | ISBN: 9780965667272 | **Bk#7272** | **\$49.95 (x)**



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.

"An excellent introductory text for students beginning to study the art and science of hypnosis. For those already knowledgeable about hypnosis, there are many nuances that will enable you to increase the elegance of your work."—David Shephard B.Sc., *The Performance Partnership Ltd., London*

Hardcover | 240 pages | ISBN: 9781899836451 | **Bk#6454** | **\$39.95 (p)**

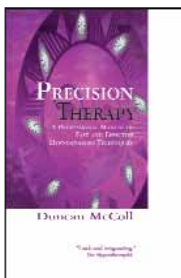
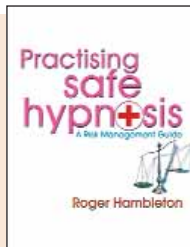
Practising Safe Hypnosis A Risk Management Guide

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 debate surrounding hypnosis as an altered state of consciousness.

Hardcover | 250 pages | ISBN: 9781899836949 | **Bk#6942** | **\$41.95 (p)**

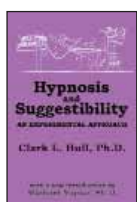


Precision Therapy A Professional Manual of Fast and Effective Hypnoanalysis Techniques

Duncan McColl

This comprehensive manual of fast, effective hypnoanalytic techniques is designed to be as practical and functional as possible. It presents a series of easily adaptable prompt sheets for therapy sessions, plus a collection of illuminating case histories and supporting resources.

Paperback | 248 pages | ISBN: 9781899836185 | **Bk#6187** | **\$29.95 (p)**

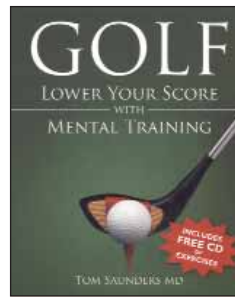


Hypnosis and Suggestibility

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** | **\$57.95 (p)**



Golf: Lower Your Score with Mental Training

Tom Saunders, MD

This is the first book to offer the avid golfer scientifically tested ways to perform better at golf. It explains a quick and effective method for producing great flows of golf, exploring peak performance feelings, and avoiding pitfalls and negative thinking.

The free CD includes a progressive muscle relaxation exercise especially for golfers, the SWISH technique to stop recurring errors, and other innovative performance builders.

Discover how easy it is to achieve active relaxation, use mental imagery to improve your game, develop positive behavior patterns, focus completely on the shot you are about to make, and increase your chances of having and sustaining peak performance.

Paperback with CD | 220 pages | ISBN: 9781904424536 | **Bk#4538** | **\$25.95 (t)**

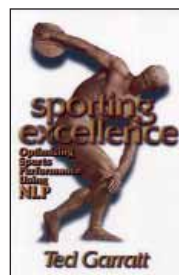
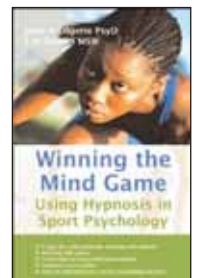
Winning the Mind Game: Using Hypnosis in Sport Psychology

John H. Edgette, PsyD & Tim Rowan, MSW

Hypnosis is an invaluable tool to quickly and effectively influence the subconscious mind and to promote lasting change. Therapists with some 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. An excellent resource for anyone currently using hypnotherapy in their clinical practice and wishing to expand into sport psychology. The scripts and case studies make it hands-on and practical.

"If you're serious about developing an effective sport psychology practice, then this book and its techniques need to be a part of your clinical armamentarium."—Dr. Alan Goldberg, *sport psychologist and author of Sports Slump Busting and Playing Out of Your Mind*

Paperback | 208 pages | ISBN: 9781904424024 | **Bk#4023** | **\$27.95 (p)**



Sporting Excellence Optimising Sports Performance Using NLP

Ted Garratt

This immensely practical and progressive book introduces new and revolutionary ideas to both professionals and serious amateurs, while also being an ideal tool for the occasional player or beginner. It provides a thorough program of training that

comprehensively covers physical preparation, and introduces a fresh approach to mental readiness.

Paperback | 208 pages | ISBN: 9781899836260 | **Bk#6268** | **\$25.95 (p)**



Scripts and Strategies in Hypnotherapy: The Complete Works

Roger P. Allen

Now in its 6th printing! With almost 100 individual scripts and strategies that can be used by hypnotherapists of all levels of expertise, this volume will help build a successful framework for any

therapy session. The rich selection includes:

- Loss and Bereavement
- Smoking Cessation
- Amnesia and Recovering Memory
- Sexual Issues and Problems
- Weight Loss
- Fear and Pain Management
- Building Confidence and Self-Esteem
- Performance Improvement

All of the scripts can be used "as is" or adapted for specific clinical situations.

"For the newly qualified therapist, it is a useful addition and for the more experienced, it is a source of inspiration."—*European Journal of Clinical Hypnosis*

"... a volume that should find a place on every hypnotherapist's book shelf."—*Peter Mabutt, D.Hyp. Director of Studies, London College of Hypnosis*

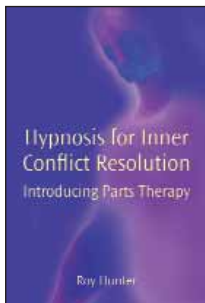
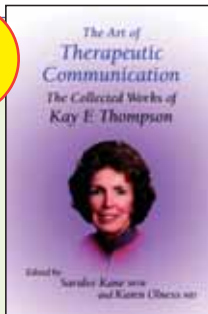
Hardcover | 276 pages | ISBN: 9781904424215 | **Bk#421X** | \$49.95 (p)

The Art of Therapeutic Communication: The Collected Works of Kay Thompson

Edited by Saralee Kane, MSW and Karen Olness, MD

Here are some of Kay Thompson's most comprehensive discussions on the use of hypnosis in both medical and dental settings, representing some of the best material available 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 is a 60-minute CD of Kay Thompson's most important lectures and teachings.

Hardcover (with CD) | 610 pages | ISBN: 9781904424284
Bk#4287 | \$67.95 (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.

Hardcover | 220 pages | ISBN: 9781904424604 | **Bk#4600** | \$44.95 (p)

The Deep Trance Training Manual Volume 1

Igor Ledochowski

This work presents core theoretical principles from all the major hypnotic perspectives as well as practical exercises designed to improve technique, which support the development of elegant, individual style and language, and the mastery of powerful approaches.

"A refreshing read, expertly presented, for both the novice and seasoned professional practitioner. This is an essential book if one is truly interested in utilizing hypnosis in one's treatment. Each principle is spelled out clearly and the exercises and examples go a long way towards instilling solid foundations."—*George Phillips, director of training, International College of Eclectic Therapies*

Paperback | 128 pages | ISBN: 9781899836970 | **Bk#6977** | \$34.95 (p)

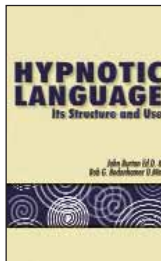
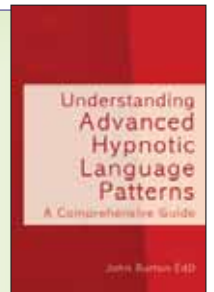


Understanding Advanced Hypnotic Language Patterns: A Comprehensive Guide

John Burton, EdD

The development and study of hypnotic language stems primarily from the work of Milton Erickson, MD. This volume enhances our understanding of the structure and therapeutic applications of hypnotic language. It shows how the therapist can construct hypnotic language patterns that go right to the client's issues, invoking positive change. Includes many case examples.

Hardcover | 240 pages | ISBN: 9781845900328 | **Bk#0328** | \$49.95 (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*

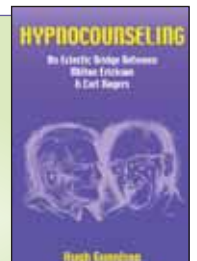
Hardcover | 304 pages | ISBN: 9781899836352 | **Bk#6357** | \$41.95 (p)

Hypnocounseling: An Eclectic Bridge between Milton Erickson and Carl Rogers

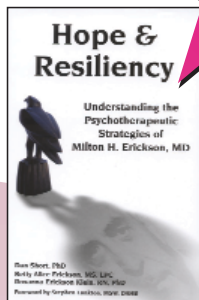
Hugh Gunnison

This book blends the approaches 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—Adlerian, analytic, cognitive behavioral, eclectic, Gestalt, Jungian, Rational-Emotive, Reality, or any of the brief therapies.

Paperback | 222 pages | ISBN: 9781904424499 | **Bk#449X** | \$29.95 (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 is known as the father of modern hypnosis as well as the source of many contemporary 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. 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 and 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. This is a lesson for all clinicians.

"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*

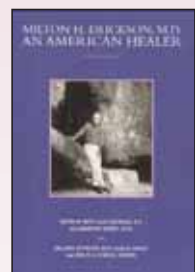
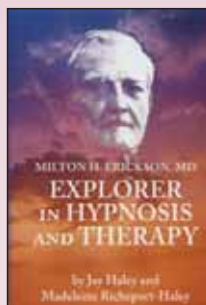
Hardcover | 212 pages | ISBN: 9781904424932 | **Bk#4937** | **\$39.95 (p)**

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.

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

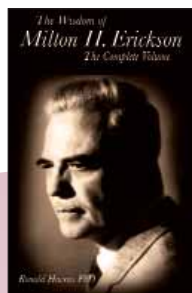


Milton H. Erickson, MD: An American Healer

Betty Alice Erickson, MS and
Bradford Keeney, PhD

This volume, written by members of Milton Erickson's family, 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 reveals the quiet spirituality of an extraordinary healer.

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



The Wisdom of Milton H. Erickson: The Complete Volume

Ronald A. Havens

This outstanding piece 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 perspectives 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. Part Three, Hypnosis & Hypnotherapy, presents a clear account of how Dr. Erickson conceived of hypnosis, particularly its access to the unconscious and its essential 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** | **\$49.95 (p)**

Ericksonian Approaches: A Comprehensive Manual Second Edition

Rubin Battino, MS & Thomas L. South, PhD

This outstanding manual of Ericksonian hypnotherapy has 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 on ethics and the law has also been significantly updated.

This definitive training manual provides a systematic approach to learning about the topic that is set against a clinical background. It is a practical resource that assumes no previous knowledge of the field. 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.

Hardcover | 620 pages | ISBN: 9781904424918 | **Bk#4918** | **\$69.95 (p)**

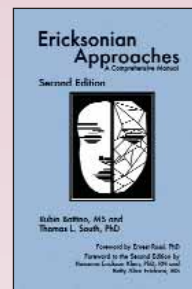
COMPANION CD

Ericksonian Approaches: Exercises and Demonstrations

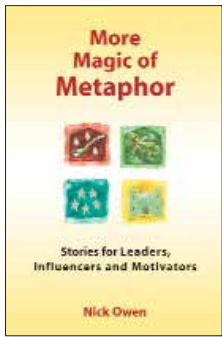
Now available in CD format, this program demonstrates both correct and incorrect deliveries of trance induction, multiple embedded metaphors, and basic floating hand inductions.

60-minute CD | ISBN: 9781845900298 | **Bk#0294** | **\$19.95 (p)**

ALSO AVAILABLE AS A SET
Book/CD | ISBN: 9781899836901 | **Bk#690X** | **\$85.95 (p)**



Metaphors



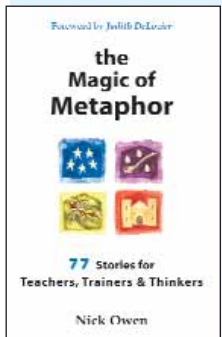
More Magic of Metaphor: Stories for Leaders, Influencers and Motivators

Nick Owen

This companion volume explores the power of storytelling with a particular emphasis on leadership in the very broadest sense of the word. The 60 stories in this volume offer inspiration, inner knowledge, and wisdom as their themes. A “must have” companion volume to *The Magic of Metaphor*.

“Nick Owen weaves a spell with stories so elegantly that you have to think about them differently. Understanding stories and how we use them can enhance your effectiveness, whether you lead from the front or influence behind the scenes.”—Dr. Maire Shelly, MB ChB FRCA

Paperback | 250 pages | ISBN: 9781904424413 | **Bk#4414** | **\$29.95 (p)**



The Magic of Metaphor 77 Stories for Teachers, Trainers & Thinkers

Nick Owen

Presents a collection of powerful stories designed to engage, inspire, and transform the listener as well as the reader. Promoting positive feelings, confidence, direction, and vision, they supply a wealth of advice and information on the art of metaphor-creating and storytelling.

“A treasure trove of wisdom and fun! Stories for leaders to use on every occasion to enhance their effectiveness.”—Richard D. Field OBE, Industrialist, Leadership Coach

Paperback | 256 pages | ISBN: 9781899836703 | **Bk#6705** | **\$29.95 (p)**

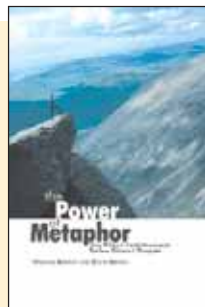
The Power of Metaphor Story Telling & Guided Journeys for Teachers, Trainers & Therapists

Michael Berman & David Brown

This unique book combines the power of metaphor and the dynamics of storytelling. Tracing techniques of storytelling back to their roots, it first promotes a deep understanding of the uses of metaphor. Each story takes the form of a guided journey that leads the listener along an imaginative path. Each forms a script for an inspiring story session that will enhance the learning of its listeners. Packed with original stories and visualizations, this is a must-buy resource for teachers, trainers, and therapists who are looking for new approaches to group work, or are simply storytelling enthusiasts.

“An essential part of our professional development library and is widely consulted.”—Fiona Balloch, Principal, Oxford House College, London

Paperback | 216 pages | ISBN: 9781899836437 | **Bk#6438** | **\$23.95 (p)**



Metaphors in Mind: Transformation through Symbolic Modelling

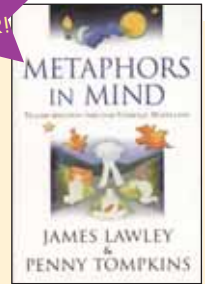
James Lawley and Penny Tompkins

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”?

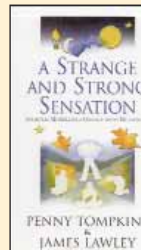
Metaphors in Mind describes how to give individuals an opportunity to discover how their symbolic perceptions are organized, what needs to happen for these to change, and how they can develop as a result. Based on David Grove’s pioneering therapeutic approach and use of Clean Language, this book covers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

“A significant piece of work and for me it is the essence of what NLP is really about. I do recommend the book.”—Sue Knight, author of NLP Solutions and NLP and Leadership

Paperback | 336 pages | ISBN: 9780953875108 | **Bk#5105** | **\$34.95 (p)**



DVD ALSO AVAILABLE



A Strange and Strong Sensation: Symbolic Modelling, Change with Metaphor

Penny Tompkins and James Lawley

This full-color annotated video lets you see how symbolic modeling actually works.

DVD format | ISBN: 9780953875122 | **Bk#5121** | **\$44.95 (p)**

Metaphoria: Metaphor and Guided Imagery for Psychotherapy and Healing

Rubin Battino

This is the comprehensive guide for all those wishing to explore the fascinating potential of metaphor. It presents a systematic analysis of the effectiveness of the use of metaphor, and examines:

- the structure of a metaphor—from its essential elements to its optional components.
- the delivery of metaphor—from rapport-building and communication skills to the art of effective storytelling.
- 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 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.

“A must-buy and must-read book. Rubin’s freshness and honesty are unparalleled, his grasp of the subject is uncanny.”—Stephen Lankton

Paperback | 376 pages | ISBN: 9781904424925 | **Bk#4929** | **\$39.95 (p)**



Self Hypnosis & Relaxation CDs



CD PROGRAMS: CDs for relaxation and learning.

A selection of CDs designed to help you relax in specific situations and a variety of settings.



Discover Your Learning Genius

Judith Pearson, PhD and Oscar Rodriguez

Based on Neuro-Linguistic Programming and Ericksonian hypnosis, this program utilizes stories, analogies, metaphors, and guided imagery to involve the listener in a hypnotic process that stimulates imagination and intuitive learning. The program is designed to enhance learning skills such as: concentration, retention, problem-solving, and test-taking. Dual Induction (two people saying different things at the same time) deepens trance, increases suggestibility, and intensifies the effects of hypnosis for a unique experience. The combination of a male and female voice has a nurturing appeal that adds an extra dimension to the trance process. The background music is pleasant and was composed specifically for hypnotic listening. This CD is ideal for high school and college students, and adults in continuing education.

CD 30 minutes | ISBN: 9781607025443 | **Bk#5443** | **\$24.95 (p)**

The Art of Sleeping Restfully

Nick Kemp

This CD is designed to assist the listener in developing the ability to get a correctly balanced night's sleep.

CD 35 minutes | ISBN: 9780955110405 | **Bk#0408** | **\$29.95 (p)**

Releasing the Pressure: Reducing Hypertension for Greater Health and Well Being

Nick Kemp

The CD is designed to maintain a healthy balanced blood pressure level. It contains advanced language patterns and NLP techniques.

CD 36 minutes | ISBN: 9780955110412 | **Bk#0416** | **\$29.95 (p)**

Music for Hypnosis

Nick Kemp

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

CD 35 minutes | ISBN: 9780955110467 | **Bk#0467** | **\$29.95 (p)**

Sleeping Soundly

Enhancing Your Ability to Sleep Well Using Hypnosis

By Michael D. Yapko, PhD

Author of *Practical Hypnosis* and *Practical Hypnosis for Depression*

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Sleeping Soundly:

Enhancing Your Ability to Sleep Well Using Hypnosis

Michael Yapko, PhD

Many different medical and emotional factors can cause or exacerbate sleep difficulties, but 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.

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

Adventures of Well Being Now

Nick Kemp

Uses hypnotic language techniques to take the listener on an adventure to discover deep relaxation as well as facilitate change. Using the complex language techniques inherited from Milton Erickson's great work.

CD | ISBN: 9780954599300 | **Bk#9306** | **\$29.95 (p)**

Deep Trance Music

by Nick Kemp

An instrumental program of deep trance music ideal for altered state progressions and deep hypnosis.

CD | ISBN: 9780954599355 | **Bk#9357** | **\$29.95 (p)**

Healing Within Hypnosis

by Nick Kemp and Tina Taylor

Utilizes deep relaxation techniques to achieve a state of mind-body healing. Features numerous double hypnotic inductions to induce deep trance healing potential.

CD | ISBN: 9780954599324 | **Bk#9322** | **\$29.95 (p)**

Open Your Mouth and Say Awe: Stories of Sustaining Connections

Carl Hammerschlag, MD

These are times of disconnection from credible objects and norms that once sustained us and when escalating fear threatens to steal our joy. In this poignant and moving CD, Dr. Hammerschlag, shares stories about sustaining connections, hope, and awesome possibilities.

CD 25 minutes | ISBN: 9781889166322 | **Bk#6324** | **\$15.00 (p)**

Horsefeathers: Stories of Preconceptions and Self Deceptions

by Carl Hammerschlag, MD

This renowned psychiatrist, author, and healer encourages us to look again at what we know to see if it still makes sense in our lives. Sometimes we get so locked into old patterns that they keep us from now!

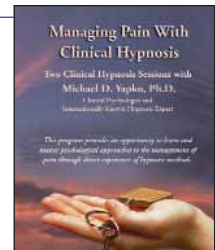
CD | ISBN: 9781889166315 | **Bk#6316** | **\$15.00 (p)**

Managing Pain with Clinical Hypnosis

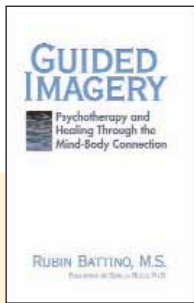
Michael Yapko, PhD

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 is guided through the experience of hypnosis and taught the basic skills for effective hypnotic pain relief.

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



Personal Growth & Self Help



Guided Imagery: Psychotherapy and Healing through the Mind-Body Connection

Rubin Battino, MS

This book focuses on Guided Imagery, a healing technique that fully exploits the connection between mind and body. It also extends its analysis to other techniques, including psychotherapy-based methods and alternative therapies, thereby encouraging a multimodal approach to healing. An essentially practical and accessible manual on multidimensional healing.

"Well researched and authoritative."—Bellaruth Naparstek, LCSW, *The Guided Imagery Resource Center*

Paperback | 390 pages | ISBN: 9781845900380 | **Bk#0380 \$29.95 (p)**

COMPANION AUDIOTAPE

Guided Imagery and Other Approaches to Healing

This companion two-tape set contains guided imagery scripts.

113-minute program | ISBN: 9781899836598 | **Bk#6594 | \$20.00 (p)**

Book/Audiocassette Set | ISBN: 9781899836918 | **Bk#6918 | \$49.95**
(SPECIAL ONLY \$44.95)

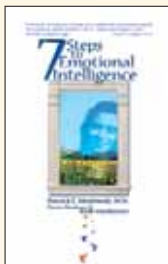
7 Steps to Emotional Intelligence

Patrick E. Merlevede, M.Sc. with
Denis Bridoux & Rudy Vandamme

Now in its 7th printing, this volume is a thoroughly structured, functionally formatted guide to improving your emotional intelligence (EQ). It is a personal textbook of EI theory, a manual of NLP techniques, and a workbook that will systematically lead you through the process of dynamic EQ improvement. Driven by the message: "Don't just think about it, do it!", it offers powerful exercises and self-assessment techniques that will enable you to design your own EQ improvement system, and to participate in an intensive EQ excellence course that fully utilizes the self-programming practices of NLP.

"Use it and become happier, more effective human beings."—Stephen Gilligan, PhD

Paperback | 416 pages | ISBN: 9781899836505 | **Bk#6500 | \$29.95 (p)**



Smoke-Free & No Butts!

Dr. Geoff Ibbotson & Dr. Ann Williamson

This delightfully illustrated book relies on a range of strategies for breaking the smoking habit with resources gleaned from NLP and hypnosis developed through the authors' experiences of 25 years in general practice.

Paperback | 82 pages | ISBN: 9781899836208 | **Bk#6209 | \$9.95 (p)**

Improve Your Eyesight Naturally

Leo Angart

Leo Angart's "Vision Training" workshops have garnered attention from a worldwide audience. This book presents the Vision Training exercises to help people improve their eyesight—even to throw away their glasses! The ideas behind Vision Training are based on solid principles. If you exercise your body, it becomes stronger: It also needs a period of retraining following an injury or illness. Typical vision problems, such as myopia, astigmatism, or presbyopia, are not diseases—they are more like habits of vision. Vision Training helps you regain your natural clear vision by undoing those habits. All it takes is about one hour of exercise a day—no surgery, nothing to buy, nothing to take.

Do the exercises and your vision will improve.

Paperback | 252 pages | ISBN: 9783937553085 | **Bk#3085 | \$19.95 (p)**



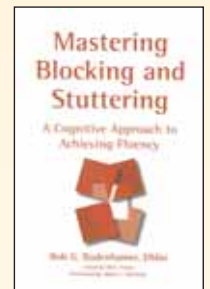
Mastering Blocking and Stuttering: A Cognitive Approach to Achieving Fluency

Bob G. Bodenhamer, DMin

Stuttering results from the thinking (cognition) process of the person as he or she associates speaking with the rising panic of blocking. Because blocking and stuttering are learned behaviors, they can be unlearned. An effective way of doing this is through the use of cognitive techniques such as those of NLP or Neuro-semantic. These two methodologies provide ways of working to change blocking and stuttering behaviors by altering the way a person thinks.

"At long last, speech language therapists and those who stutter have the tools to address the most overlooked component of stuttering."
—John C. Harrison, *National Stuttering Association*

Hardcover | 204 pages | ISBN: 9781904424406 | **Bk#4406 | \$46.95 (p)**



Adventures in Human Understanding Stories for Exploring the Self

John G. Watkins, PhD

In *Adventures in Human Understanding* the story is revealed as a therapeutic tool. It is the medium by which lessons may be learned and persist in the memory—providing metaphors for life, and meaning from our experiences. Each story is followed by a psychological analysis, ensuring that this book will be an effective instrument for facilitating therapy that is engaging for patient and therapist.

Paperback | 248 pages | ISBN: 9781899836758 | **Bk#6756 | \$24.95 (t)**



Better Than Ever: Love and Sex at Midlife

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

Bernie Zilbergeld, well-known sex therapist and author of the widely quoted, *The New Male Sexuality*, draws on his years of clinical experience to explain why we should be enjoying our lovemaking and our intimacy even more than ever. He presents evidence that many older men and women are still having great sex, and shows you how you can learn from the "lovers" among us.

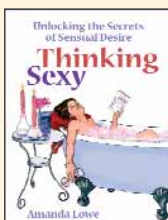
☆☆☆☆ "Coherently and accessibly written in language ideal for the non-specialist general reader, *Better Than Ever* is highly recommended reading."—*Midwest Book Review*

Hardcover | 224 pages | ISBN: 9781904424345 | **Bk#4341** | \$21.95 (t)

Thinking Sexy: Unlocking the Secrets of Sensual Desire

Amanda Lowe

The mind is our most erotic organ. Every sexual encounter is initiated 'in the mind' and it is the mind that determines whether it will be pleasurable or not. *Thinking Sexy* explores subconscious and deep-seated attitudes and defenses that can restrict a woman from enjoying her sex life to the fullest. It demonstrates ways to embrace vitality, zest, and passion for life.



Paperback | 160 pages | ISBN: 9781904424802 | **Bk#4805** | \$17.95 (t)



Games Slim People Play: Winning the Fit and Slim Game

L. Michael Hall, PhD

Ready for a new game to deal with food and fitness—a game that will give you the payoffs you want—a fit and slim body? Ready to ditch the games that haven't worked? Probably the best recommendation that can be made for this book is not only the number sold but the number of

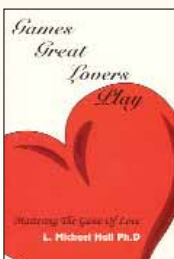
people who achieved their goal after reading it and let the author know of their success. A lot!

Paperback | 244 pages | ISBN: 9781890001209 | **Bk#1201** \$29.95 | (p)

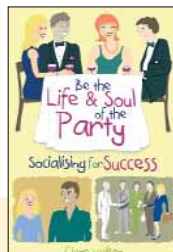
Games Great Lovers Play: Mastering the Game of Love

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.



Paperback | 274 pages | ISBN: 9781890001247 | **Bk#1244** | \$29.95 (p)



Be the Life and Soul of the Party: Socialising for Success

Clare Walker

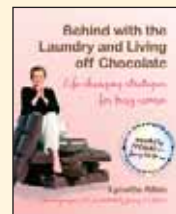
This book reviews the very real, yet surprisingly simple secrets to gaining lasting self-confidence and self-belief in social situations. Includes step-by-step strategies that let you in on the techniques of great communicators as well as tips that work in all kinds of social situations, from casual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

Paperback | 150 pages | ISBN: 9781904424994 | **Bk#4996** | \$19.95 (t)

Behind with the Laundry and Living off Chocolate: Life Changing Strategies for Busy Women

Lynette Allen

Life Coach Lynette Allen reveals her inspirational, intuitive, and realistic tips for creating a balanced, fun, stress-free, and fulfilling life for all women. Want answers? Read this book and understand how you too can learn to take compliments with pride, know when to put yourself first, and learn a simple strategy that helps you make difficult decisions with ease. Understand why you end up feeling guilty about everything and learn how to stop moaning and start believing, in yourself. Here, finally, is a book for all busy women of all ages, regardless of their career, profession, or life goals that will let them achieve the contentment and happiness that they desire.



Paperback with CD | 170 pages | ISBN: 9781904424390 | **Bk#4392** | \$15.95 (t)



Behind with the Mortgage and Living off Plastic: Charge up Your Life, Not Your Credit Card

Lynette Allen

This book addresses the fact that for women the underlying causes of financial problems very often have nothing to do with money and everything to do with being in charge of their lives and emotions. Using Lynette's short tips, women of any age can discover alternative and more constructive ways of feeling empowered and holding on to that feeling, permanently. Included is a CD of inspirational advice for women.

Paperback with CD | 208 pages | ISBN: 9781904424956 | **Bk#4953** | \$15.95 (t)

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

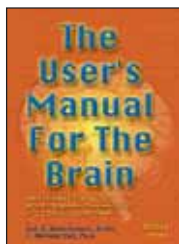
Lynette Allen

Using real scenarios and real issues the author has written the perfect self-help book for teachers—giving ideas, tips and strategies for the classroom as well as the woman herself. Teaching, marking, preparing... the pressure on teachers can be overwhelming, the demand on their time and energy is just unimaginable... oh, if only marking papers and hair lice were the only plagues to deal with. A great gift for the teacher in your life.



Paperback | 256 pages | ISBN: 9781845900199 | **Bk#0197** \$17.95 (t)

NLP (Neurolinguistics)



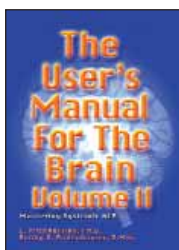
The User's Manual For The Brain Volume I: The Complete Manual for Neuro-Linguistic Programming Practitioner Certification

Bob G. Bodenhamer, D.Min. & L. Michael Hall, PhD

The comprehensive NLP Practitioner course manual contains the very latest in Neuro-Linguistic Programming, particularly with regard to the Meta-states model and the Meta-model of language. For everyone 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

Hardcover | 424 pages | ISBN: 9781899836321 | **Bk#6322** | **\$55.00 (p)**



The User's Manual For The Brain: Volume II: Mastering Systemic NLP

Bob G. Bodenhamer, D.Min. & L. Michael Hall, PhD

Following from Volume 1, this is the most comprehensive manual published to date covering the NLP Master Practitioner course. The authors introduce some of the newer advancements in the field and invite you to go beyond the Practitioner level and on to the Master's level where you will not only understand NLP, but you will be able to develop the depth of NLP. In addition, this volume introduces the reader to Advanced Meta-Model Distinctions, Mind-Lines, Advanced Time-Line Patterns, and Meta-Domains Systemic Models.

Packed with case studies, seminar demonstrations, discussions, and trances, this volume will enable practitioners to develop an attitude and spirit that allows them to apply the NLP Model powerfully.

"The quintessential self-study course on advanced NLP!"—Judith Pearson, PhD, Anchor Points

Hardcover | 480 pages | ISBN: 9781899836888 | **Bk#6888** | **\$55.00 (p)**

POWERPOINT® OVERHEADS CD

The User's Manual for the Brain

This set of PowerPoint® overheads summarizes *The User's Manual for the Brain Volume I* NLP Practitioner Certification with over 200 pages of slides, making this an ideal resource for NLP trainers using this volume as the basis for their training.

Dual format CD | PC/Macintosh | ISBN: 9781899836512 | **Bk#6519** | **\$129.95 (p)**

The Sourcebook of Magic A Comprehensive Guide to the Technology of NLP, Second Edition

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 core NLP patterns. This new edition 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.

Paperback | 360 pages | ISBN: 9781904424253 | **Bk#4252** | **\$29.95 (t)**



Understanding NLP: Principles and Practice, Second Edition

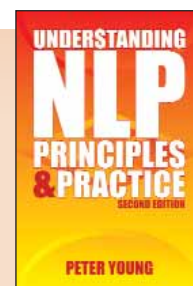
By Peter Young

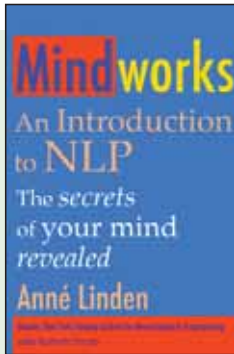
This completely revised edition unites the many strands of NLP. By using an elegant paradigm, which the author calls the "Six Perceptual Positions" model, this book opens a doorway into a more imaginative and coherent way of understanding and using NLP. It provides numerous examples of the paradigm in practice, and traces back many NLP concepts to their origins.

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 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.

Paperback | 360 pages | ISBN: 9781904424109 | **Bk#4104** | **\$29.95 (p)**





Mindworks: An Introduction to NLP The Secrets of Your Mind Revealed

Anné Linden

Neuro-Linguistic Programming (NLP) techniques have shown themselves to be effective and enduring. Based on the idea that the mind is a sort of computer, NLP assumes that our language—verbal and body—is the programming that allows us to change our thoughts and to influence others. *Mindworks* introduces the concepts and applications of NLP, describing how to reprogram thoughts, gain control over fears, and fulfill all of those dreams that have been dormant for too long. It breaks open the NLP toolbox to show readers how to use what's inside in order to accomplish goals and take control of their lives.

"Mindworks makes NLP palatable for the non-practitioner—someone who simply wants to know how to use NLP in daily life. Linden weaves the instruction into an upbeat, conversational delivery, with sample dialog, examples, and metaphors.

Linden makes the instruction into an upbeat, conversational delivery, with sample dialog, examples, and metaphors. *Mindworks* is a first-rate beginner's guide to NLP." —Judith E. Pearson, PhD, author of *Weight, Hypnotherapy and You*, licensed professional counselor, and certified hypnotherapist and NLP trainer

"This is a beautiful book. Not only is it full of delightful insights, it is written in the most elegant absorbing way. Only someone who has mastered a topic can write with such fluency and style. Anné Linden is undoubtedly one such master." —Sue Knight, author of *NLP at Work*, and international consultant, trainer, and coach

Paperback | 288 pages | ISBN: 9781845900861 | **Bk#0861** | **\$24.95 (t)**



META-STATES: Mastering the Higher Levels of Your Mind, 3rd Edition

L. Michael Hall

This third edition of *Meta-States* takes you on a journey to the theoretical background, understandings, and constructions of the Meta-States model itself. The aim is to fully locate Meta-States in the field of the cognitive-behavioral sciences as it establishes the emergent field of Neuro-Semantics. Meta-States is not just a model about how you think, feel, relate, act and speak, it is also a different way of thinking about the way you function as a human being. Understanding your own meta-states within this model of self-reflexive consciousness is to enter into a non-linear way of thinking and feeling.

This book represents a major contribution to the field of NLP. 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.

This book represents a major contribution to the field of NLP. 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.

Hardcover | 380 pages | ISBN: 9781890001346 | **Bk# 1346** | **\$49.95 (p)**



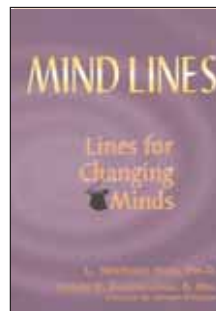
Practical Magic: A Translation of Basic Neuro-Linguistic Programming into Clinical Psychotherapy

Stephen Lankton, MS W

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."

Paperback | 264 pages | ISBN: 9781904424116 | **Bk#4112** | **\$29.95 (p)**



Mind-Lines: Lines for Changing Minds

L. Michael Hall, PhD

Mind-Lines is the book that will introduce you to the magic world of language, to the magic of persuasion, and to the magic of changing and transforming beliefs. We use language to create and set the meaning frames that control our thoughts. These frames set up "rules of our inner game," and whoever sets the frame controls the game. To change, we need new

lines and we need new frames. By reading this book you will discover how to send your brain in seven directions using two dozen reframing patterns and you will develop tremendous confidence and flexibility in handling the demands of change.

Paperback | 356 pages | ISBN: 9781890001155 | **Bk#1155** | **\$34.95 (p)**



Patterns for Renewing the Mind: Christian Communicating & Counseling Using NLP

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.

Paperback | 244 pages | ISBN: 9781890001308 | **Bk#1308** | **\$34.95 (p)**

Books by L. Michael Hall, PhD

Coaching Conversations: For Transformational Change

with Michelle Duval

This book demystifies the elitism of coaching as both a movement and as a specialized technology and makes its powerful methodologies accessible to anyone who wants to use them professionally and personally.

Paperback | 359 pages | ISBN: 9781890001261 | **Bk#1260** | **\$39.95 (p)**

Communication Magic: Exploring the Structure and Meaning of Language

Dr. Hall demonstrates how your life can be dramatically enriched by having complete control over how you relate and interpret what you are communicating to others, and how we can take charge of running our own brains.

Paperback | 360 pages | ISBN: 9781899836734 | **Bk#673X** | **\$36.95 (p)**

Dragon Slaying: Dragons into Princes, New Edition

Discover how to combat, tame, or even slay your “dragons” or negative states—failure, self-contempt, anxiety—by building up positive states to counteract them. A reader-friendly version of the *Meta-States Model* for personal empowerment.

Paperback | 308 pages | ISBN: 9781890001094 | **Bk#1090** | **\$29.95 (p)**

Figuring Out People: Reading People Using Meta-Programs

with Bobby G. Bodenhamer, DMin

Everyday we spend time mind-reading and second guessing the people with whom we live, work, associate, negotiate, parent, and love. This volume *enables* the reader to be able to recognize and work with each person's uniqueness.

Paperback | 370 pages | ISBN: 9781899836109 | **Bk# 6101** | **\$34.95 (p)**

Games for Mastering Fear: How to Play the Game of Life with a Calm Confidence

Provides you with all the tools you need for taking charge of your life, your emotions, your choices, and your fears, in a healthy, balanced, and ecological manner.

Paperback | 312 pages | ISBN: 9781890001216 | **Bk#121X** | **\$27.95 (p)**

The Matrix Model: The 7 Matrices of Neuro-Semantics

The 7 Matrices Model tells the story of how we all carry with us frames of mind that we map from experiences and ideas. It describes the mental and emotional frames that govern our lives.

Paperback | 424 pages | ISBN: 9781890001223 | **Bk#1228** | **\$34.95 (p)**

Movie Mind: Directing Your Mental Cinemas

Explains how all our emotions, thoughts, skills, and feelings are controlled by the “films” that we constantly run through our minds. We can take control of these films to empower ourselves.

Paperback | 196 pages | ISBN: 9781890001230 | **Bk#1236** | **\$29.95 (p)**

NLP Going Meta: Advanced Modeling Using Meta-Levels

The field of NLP began as an adventure in modeling experts. 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.

Paperback | 400 pages | ISBN: 9781890001162 | **Bk#1163** | **\$37.95 (p)**

Secrets of Personal Mastery: Advanced Techniques for Accessing Your Higher Levels of Consciousness

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.

Paperback | 304 pages | ISBN: 9781899836567 | **Bk#656X** | **\$29.95 (p)**

Self-Actualization Psychology: The Psychology of the Bright Side of Human Nature

Based on studies of people living life to the fullest, this book poses and answers such questions as: How do they feel, talk, behave? What drives them to make a difference? What attitudes characterize their quest to actualize their goals?

Paperback | 300 pages | ISBN: 9781890001339 | **Bk#1339** | **\$29.95 (p)**

Sub-Modalities Going Meta: Cinematic Frames for Semantic Magic

with Bobby Bodenhamer

We represent the world as we see, hear, and sense it and then set cinematic frames in our mind. This NLP book uses neuro-semantics to continue to discover the structure of experience and remodel NLP with the Meta-States model.

Paperback | 324 Pages | ISBN: 9781890001292 | **Bk#1295** | **\$37.95 (p)**

Unleashed: A Guide to Your Ultimate Self-Actualization

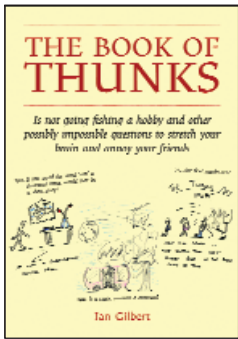
This book further develops the concepts of Self-Actualization Psychology to enable you to identify - and then expand upon — your innate potential in order to become the architect of your personal evolution.

Paperback | 329 pages | ISBN: 9781890001322 | **Bk#1322** | **\$34.95 (p)**

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

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.

Paperback | 234 pages | ISBN: 9781890001315 | **Bk#1315** | **\$29.95 (p)**



The Book of Thinks

Ian Gilbert

Following the best-selling *Little Book of Thinks*, Ian Gilbert has put together an enticing new collection. So, what are Thinks and why do we need them? Complacency is the enemy of vitality. We know this when it comes to the body (exercise means energy; lethargy means more lethargy), but it is also true of the mind. A Think is a question about the world around us but asked in a way that inspires uncommon answers, which then lead to energetic

debate and creative discussion. In *The Book of Thinks*, there are dozens of such questions. The result is a one-of-a-kind workout for the brain, a workout that gets adults and children to stretch and strengthen their thinking.

- Can you point to where the sky begins?
- Are shadows things?
- If a robot waiter brings you a drink, should you say thank you?
- If we can save the planet by wiping out half the human race, should we?

The *Book of Thinks* is an invitation to trade in mental complacency for mental adventure. A rich resource for use in groups or at home, the book can be used as a game in which everyone participates or even in a one-to-one conversation. Ask a question, see what they think!

Hardcover | 96 pages | ISBN: 9781845900922 | **Bk#0922** | \$12.95(p)



The Little Book of Thinks

260 questions to make your brain go ouch!

Ian Gilbert

A Think is an intriguing question about everyday things and events that we find in our everyday life but that stop you in your tracks and help you start to look at the world in a whole new light and think!

The Thinks in this book cover most areas of human existence, including truth, justice, reality, beliefs,

nature, art, beauty, right and wrong, life and death, war, religion, love, friendship, and more.

- If I borrow a million dollars am I a millionaire?
- Can a fly cause a plane to crash?
- Is a person man-made or natural?
- What is more important, being right or being nice?
- If it is zero degrees today, and tomorrow it will be twice as cold, how cold will it be?

This small book is a great resource for anyone wishing to create lively discussions every time you Think.

Hardcover | 100 pages | ISBN: 9781845900625 | **Bk#0625** | \$12.95 (p)



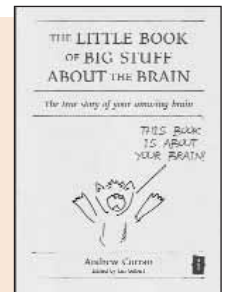
The Little Book of Big Stuff About the Brain:

The true story of your amazing brain

Andrew Curran

This delightfully illustrated book is designed to give anyone a working knowledge of the human brain from its first evolution over 2 billion years ago to the present day. This is the user's manual for your brain that was left out of the box. What it is, how it works, what it looks like, where it came from—it's all here in this light-hearted and easy-to-read book. Pick it up and you will never think about your own thinking in quite the same way again. Every action that we undertake, every thought that we entertain, every memory that we hold, every hang-up that we possess, every quirk, and knack- it's all the result of chemistry and electricity working across a network of squidgy organic matter that has helped shape life. Don't be fooled—this is really a comprehensive explanation of how and why the brain works, but put together in such a way that anyone from 16 to 60 can understand.

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The Brain's Behind It: New Knowledge about the Brain and Learning

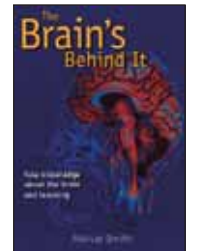
Alistair Smith

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:

- Can you teach intelligence?
- 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?
- What happens to my brain as I age?

The Brain's Behind It identifies fallacies, fads, and facts about the brain and learning and gives you valuable recommendations you can use, whether you're a teacher, parent, or policy-maker.

Paperback | 320 pages | ISBN: 9781904424710 | **Bk#4716** | \$29.95 (p)

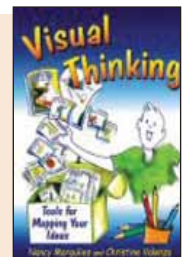


Visual Thinking: Tools for Mapping Your Ideas

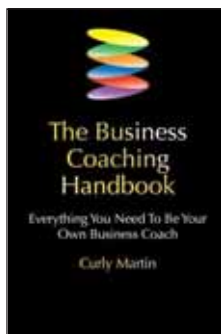
Nancy Margulies and Christine Valenza

Visual thinking encompasses a variety of techniques for representing ideas using words and symbols. These diagrams appeal to both the right and left sides of the brain, allowing them to convey both meaning and context, in a Gestalt fashion. As a result, they can be used to communicate information faster and with greater impact to today's post-literate audiences. In this very popular book aimed at educators, but well suited for professionals as well, the authors have compiled a "symbolary" of easy-to-draw iconographs that can be used to enrich communication, provoke deeper thought, and make the process of creating mind maps for notetaking and review a breeze.

Paperback | 176 pages | ISBN: 9781904424567 | **Bk#4562** | \$29.95 (p)



Business Psychology



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

Curly Martin

This book reveals what business coaching really is, how to assess the shape of your business, and what steps you need to put in place to let your business grow. It is designed to help entrepreneurs who have either recently gotten their business up and running or who have been in operation for a few years and now want to take the business to the next level.

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Change Management Excellence: Putting NLP to Work

By Martin Roberts

This revised edition includes a chapter on modeling. Working with top British and American companies for over 30 years, Martin Roberts has developed an enviable reputation for solving problems. He attributes this success to his ability to adapt and apply NLP, Behavioral Modification, Gestalt therapy, and Transactional Analysis techniques from the field of organizational psychology. This book is about achieving excellent change management using a variety of techniques and contains many new concepts and applications for consultants, would-be consultants, and everyone involved in change in a business setting.

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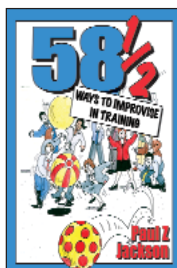
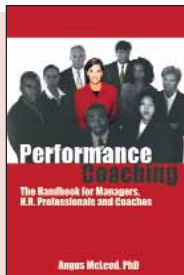
Performance Coaching: The Handbook for Managers, H.R. Professionals and Coaches

Angus McLeod PhD

Fast, accessible, and clearly written, *Performance Coaching* is comprehensive and rich in real examples of real executives achieving real success in real-life situations. Experienced coaches, too, will find key tips and tools to enhance their performance.

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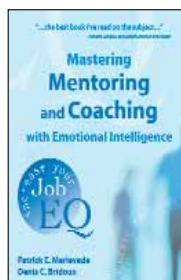
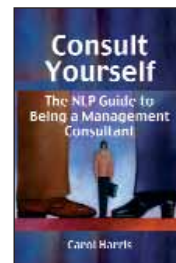
Consult Yourself: The NLP Guide to Being a Management Consultant

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 time more effectively, present information, interview, coach, collaborate, evaluate, and be confident.

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



Mastering Mentoring and Coaching with Emotional Intelligence

Patrick Merlevede & Denis Bridoux

The cost of replacing a single high performer will easily exceed one year's worth of compensation for that person. Your interventions as a mentor or coach help your workers get from a goal to an action. This book

updates the essential areas of mentoring and coaching. It integrates emotional intelligence and includes coaching and mentoring questionnaires to access skill levels, powerful techniques for short-term and long-term interventions, practical tips and exercises, and strategies suitable for both mentor and coach.

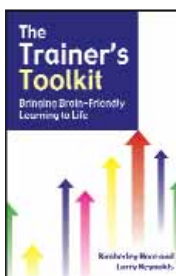
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Profiting from Multiple Intelligences in the Workplace

Joyce Martin

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 cleaning staff. The results not only allow the identification of individual abilities but also uncover the mosaic of abilities needed for multiskilling, multitasking, and efficient teamwork.

Paperback | 256 pages | ISBN: 9781904424659 | Bk#4651 | \$39.95 (p)



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, providing a blueprint for a new generation of Accelerated Learning methods. Includes a thorough explanation of the theory behind Brain-Friendly learning, 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 the tools that you will need.

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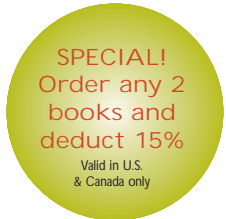
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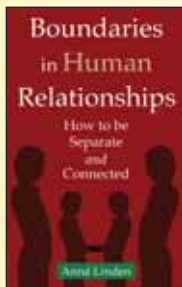
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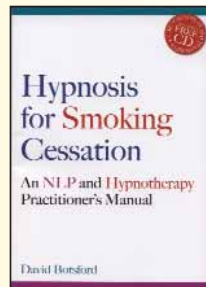
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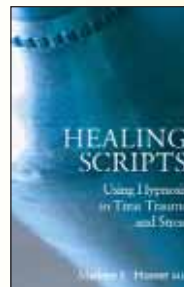
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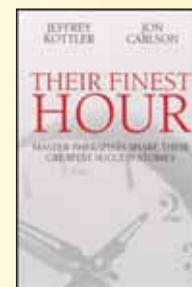
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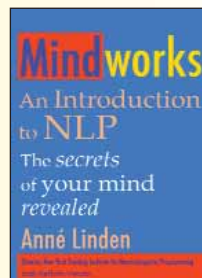
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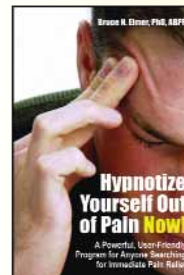
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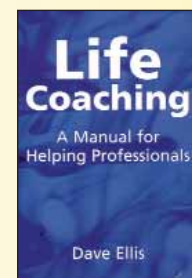
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