

# Therapy and Health Catalogue 2020

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## Key

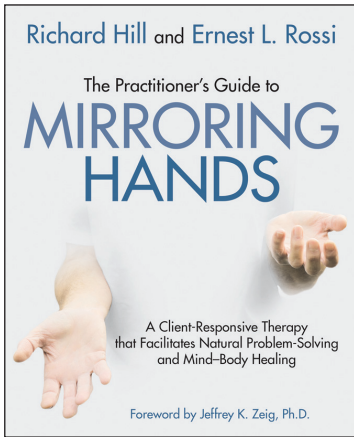


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Foreword by Jeffrey K. Zeig

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

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

## The Practitioner's Guide to Mirroring Hands

A client-responsive therapy that facilitates natural problem-solving and mind-body healing

Richard Hill and Ernest L. Rossi

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

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

## Hypnosis and Hypnotherapy

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304 pages

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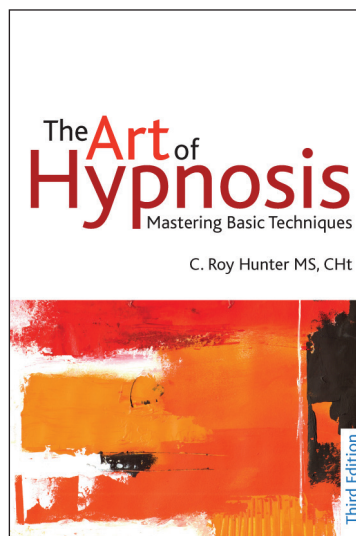
# The Art of Hypnosis – Third Edition

Mastering basic techniques

C. Roy Hunter

This updated third edition includes a new introduction by Conrad Adams together with a revised first chapter.

Roy Hunter is an expert in the field of hypnosis. He was specially selected to carry on the work of the 'Grand Master of Hypnotherapy', the late Charles Tebbetts, who was a master teacher of the art/science of hypnosis and hypnotherapy. This book is based upon the training courses of Tebbetts, which have been updated by Roy Hunter. Tebbetts' training has formed the basis of a large number of hypnotherapy courses taught both in America and Europe. *The Art of Hypnosis* is well-written and easy to read and understand, even for the novice. In-depth and practical information is given on how to achieve maximum results in a hypnotic session by phrasing suggestions properly and by using various techniques to determine which approach is best for each individual client.



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

## Hypnosis and Hypnotherapy

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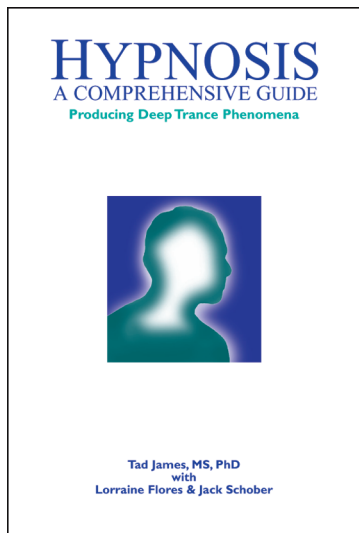
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240 pages

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Charismatic and possessing a profound ability to bring out the best in people, [Tad James](#) is a staunch believer in the inexhaustible inner potential of human beings. He is an exciting, dynamic transformational seminar leader, and a pioneer in the field of NLP.

## Hypnosis

A comprehensive guide

Tad James with  
Lorraine Flores and  
Jack Schober

Research shows that many people react differently to different types of hypnotic induction – yet many hypnotherapists are confined to using only one technique.

This practical book makes three radically different types of hypnosis easy to use in daily hypnotic work, exploring the methods of Milton H. Erickson, George Estabrooks and David Elman, presenting them in such a way as to allow a clear and accessible understanding. A resource for all students, trainers and therapists, it includes a range of powerful scripts for improved hypnotic work.

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.

## Hypnosis and Hypnotherapy

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# Ericksonian Approaches – Second Edition

A comprehensive manual

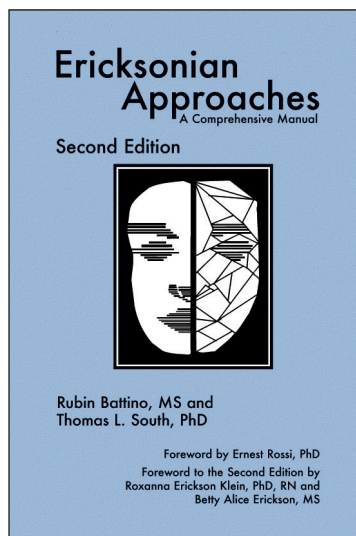
Rubin Battino and  
Thomas L. South

The most comprehensive manual on  
Ericksonian hypnotherapy yet published.

It is a thoroughly practical resource that assumes no previous knowledge of the field and develops the reader's understanding. Includes: the history of hypnosis; myths and misconceptions; traditional vs non-traditional inductions; basic and advanced inductions; language forms; utilisation of ideodynamic responses; hypnotherapy without trance; basic and advanced metaphor; and much more.

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

A CD of exercises is also available,  
ISBN 978-184590029-8.



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

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

## Hypnosis and Hypnotherapy

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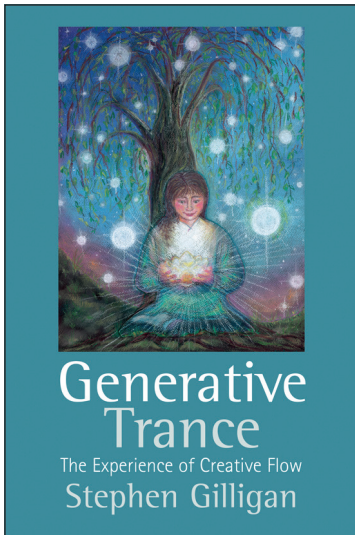
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Stephen Gilligan has become a leading figure in Ericksonian hypnotherapy. He is the developer of the Generative Self approach to personal growth. A licensed psychologist, Stephen maintains a private practice in Encinitas, California.

## Generative Trance

### The experience of creative flow

#### Stephen Gilligan

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

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

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

## Hypnosis and Hypnotherapy

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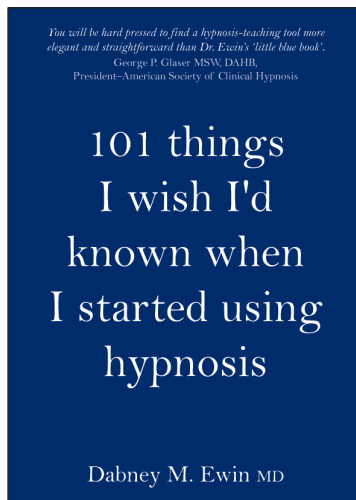
# 101 Things I Wish I'd Known When I Started Using Hypnosis

Dabney M. Ewin

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

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

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



The US version of this title has a different cover.

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

## Hypnosis and Hypnotherapy

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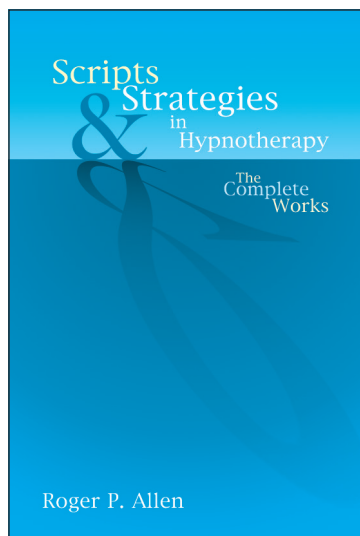
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**Roger P. Allen** is a practising hypnotherapist based in Portsmouth, UK. He constantly seeks to improve therapeutic practice by integrating into his sessions a wide range of established and experimental techniques and theories.

## Scripts and Strategies in Hypnotherapy

### The complete works

**Roger P. Allen**

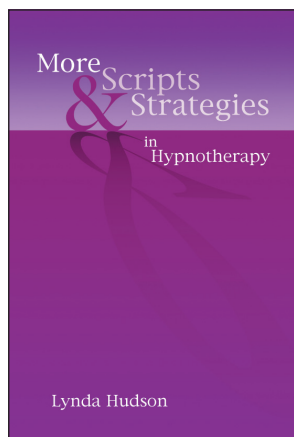
Recently updated, this book presents a comprehensive source of scripts and strategies that can be used by hypnotherapists to build a successful framework for any therapy session.

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

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

## Hypnosis and Hypnotherapy

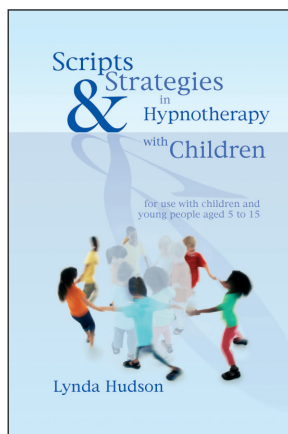
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## More Scripts and Strategies in Hypnotherapy

Lynda Hudson

A collection of brand new general scripts from Lynda Hudson, including the use of hypnotic language and suggestions for varying scripts for particular clients. This volume is an outstanding complement to Roger Allen's now classic *Scripts and Strategies in Hypnotherapy* and will be welcomed by beginner and experienced practitioners alike.



## Scripts and Strategies in Hypnotherapy with Children

For use with children and young people aged 5 to 15

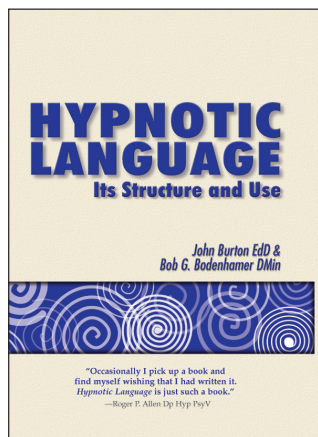
Lynda Hudson

A handbook for therapists using hypnotherapy with children and young people. In addition to providing a collection of hypnotic scripts for children aged 5 to 15, it offers easy-to-follow, solution-focused ways to structure treatment sessions.

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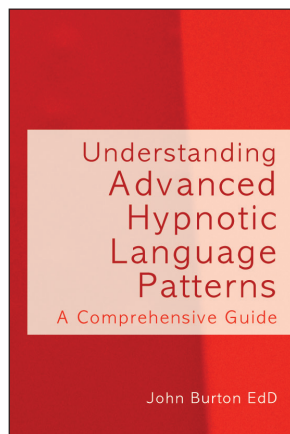
## Hypnotic Language

Its structure and use

John Burton and

Bob G. Bodenhamer

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



## Understanding Advanced Hypnotic Language Patterns

A comprehensive guide

John Burton

This book is the sequel to the critically acclaimed *Hypnotic Language*.

In this new volume the author provides more depth and also elaborates on the concepts that comprise hypnotic language.

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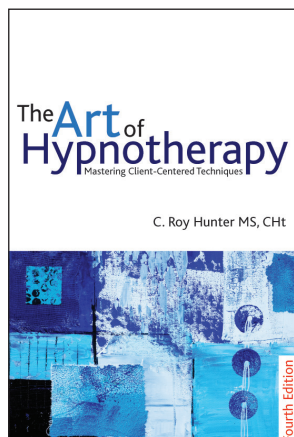
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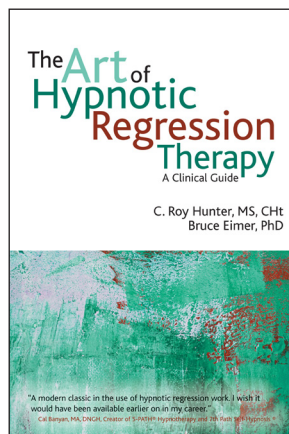


## The Art of Hypnotherapy

Mastering client-centered techniques

C. Roy Hunter

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



## The Art of Hypnotic Regression Therapy

A clinical guide

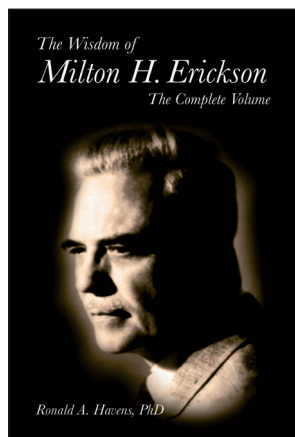
C. Roy Hunter and Bruce Eimer

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

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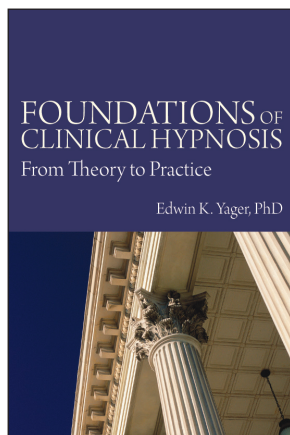


## The Wisdom of Milton H. Erickson

The complete volume

Ronald A. Havens

Milton H. Erickson was one of the most creative, dynamic and effective hypnotherapists and psychotherapists of the 20<sup>th</sup> century. He used unconventional techniques with remarkable success. This outstanding work of research extracts the core wisdom of Milton H. Erickson's lifelong work.



## Foundations of Clinical Hypnosis

From theory to practice

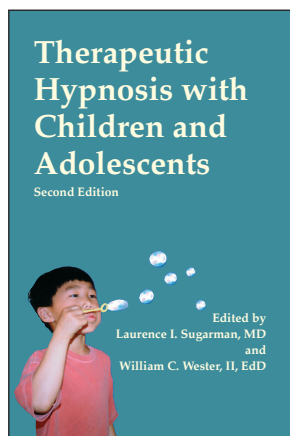
Edwin K. Yager

This comprehensive volume is certain to become an invaluable textbook in the field of clinical hypnosis. Edwin K. Yager has put together an impressive resource covering much of everything there is to know about how to translate theory into practice across the range of clinical settings.

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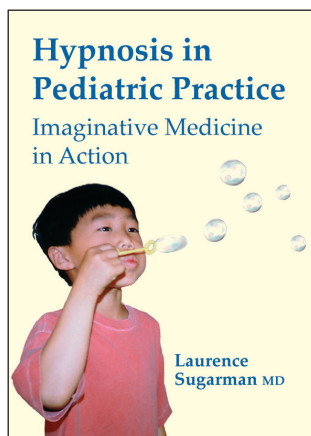
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## Therapeutic Hypnosis with Children and Adolescents – Second Edition

Laurence I. Sugarman and William Wester II

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



## Hypnosis in Pediatric Practice

Imaginative medicine in action

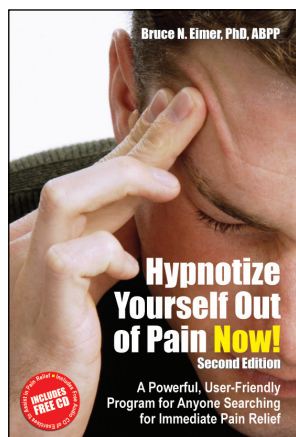
Laurence Sugarman

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

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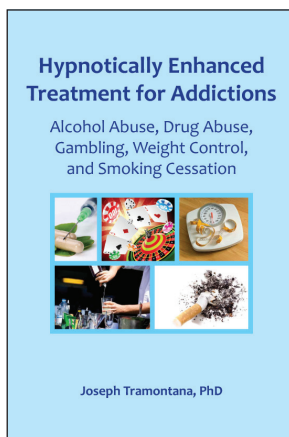


## Hypnotize Yourself Out of Pain Now! Second Edition

A powerful, user-friendly program for anyone searching for immediate pain relief

Bruce N. Eimer

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



## Hypnotically Enhanced Treatment for Addictions

Alcohol abuse, drug abuse, gambling, weight control, and smoking cessation

Joseph Tramontana

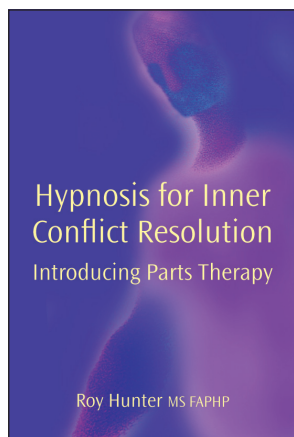
Offers new strategies, techniques and scripts, as well as reviewing traditional methods of treating addictions.

The techniques described can be employed both in and out of trance.

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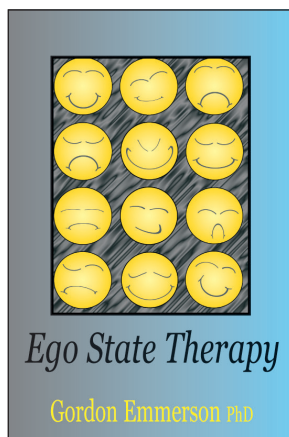


## Hypnosis for Inner Conflict Resolution

### Introducing Parts Therapy

Roy Hunter

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



## Ego State Therapy

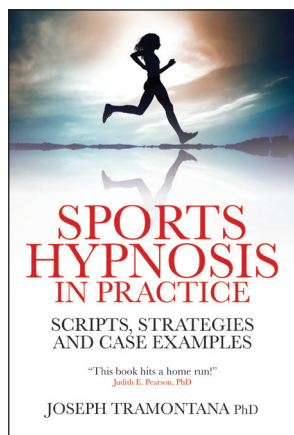
Gordon Emmerson

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

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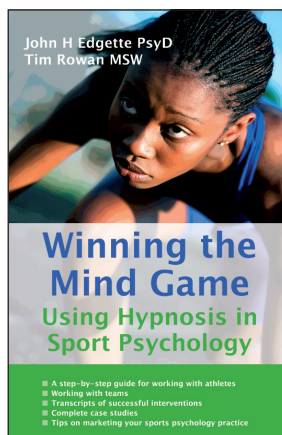


## Sports Hypnosis in Practice

### Scripts, strategies and case examples

Joseph Tramontana

This book offers new strategies and scripts for hypnotherapists, sports counsellors and sports psychologists working with athletes to help them achieve their peak performance.



## Winning the Mind Game

### Using hypnosis in sport psychology

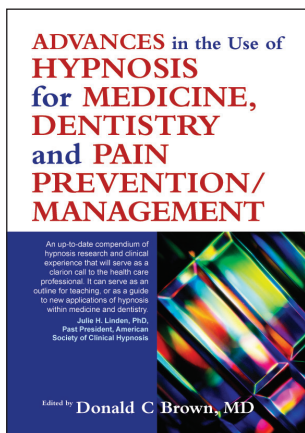
John H. Edgette and  
Tim Rowan

This book contains a wide range of advanced hypnotic interventions that allow therapeutic techniques to be adopted and used with athletes. Topics include theoretical considerations, working with teams and tips on marketing your sports psychology practice.

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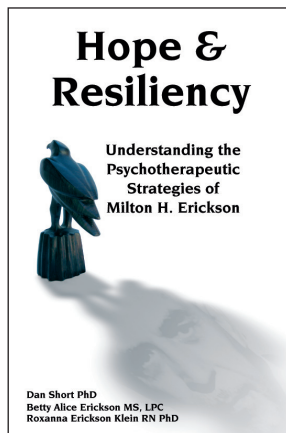
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## Advances in the Use of Hypnosis for Medicine, Dentistry and Pain Prevention/Management

Donald C. Brown

Drawing from presentations at the 6th Annual Frontiers of Hypnosis Assembly held in Halifax, Nova Scotia, Donald C. Brown's volume will inform and stimulate the thinking and practice of clinicians who already use hypnosis and those who are interested in knowing more about its efficacy and potential.



## Hope and Resiliency Understanding the psychotherapeutic strategies of Milton H. Erickson

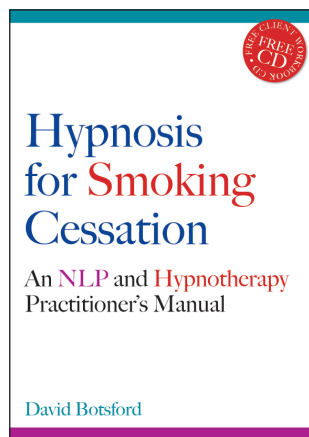
Dan Short, Betty Alice Erickson and Roxanna Erickson Klein

Although Erickson is most commonly examined through the lens of hypnosis, this book takes a much broader approach and defines several key components that made him successful as a therapist.

# Hypnosis and Hypnotherapy

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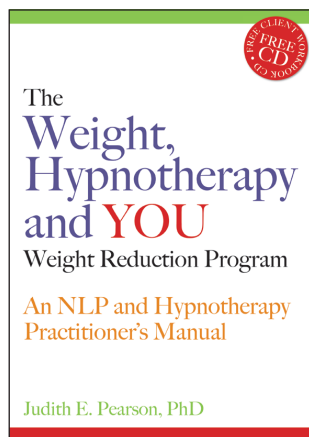


## Hypnosis for Smoking Cessation

An NLP and hypnotherapy practitioner's manual

David Botsford

This is the first book for hypnotherapy and NLP practitioners that is devoted entirely to the use of these techniques in enabling smokers to quit. Written by a former Harley Street hypnotherapist with over 12 years' experience in helping clients to quit smoking in one-to-one sessions.



## The Weight, Hypnotherapy and YOU Weight Reduction Program

An NLP and hypnotherapy practitioner's manual

Judith E. Pearson

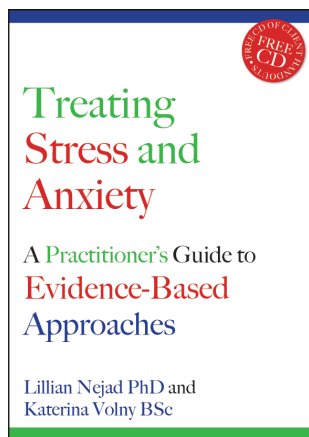
Gives practitioners a complete, fully-scripted, ready-to-use weight reduction program that addresses the epidemic problem of obesity in adults. Contains a comprehensive printable client workbook.

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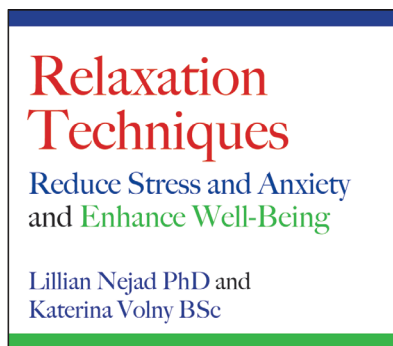


## Treating Stress and Anxiety

A practitioner's guide to evidence-based approaches

Lillian Nejad and  
Katerina Volny

Accessible and practical, this book provides clinicians and therapists with a guide to evidenced-based techniques that help reduce stress and anxiety as well as enhance quality of life. Contains comprehensive client handouts.



## Relaxation Techniques

Reduce stress and anxiety and enhance well-being

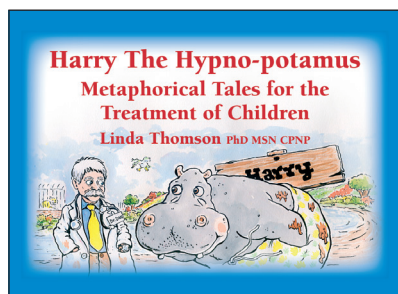
Lillian Nejad and  
Katerina Volny

The program contains seven simple yet powerful techniques to help you experience everyday relaxation, and each exercise is preceded by clear and simple instructions for their use. It can be used independently or in conjunction with psychotherapy.

# Hypnosis and Hypnotherapy

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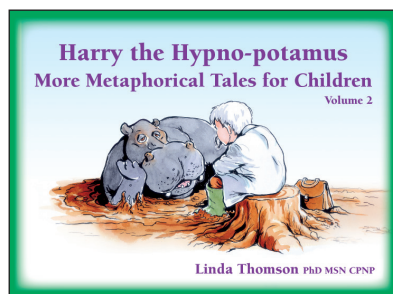


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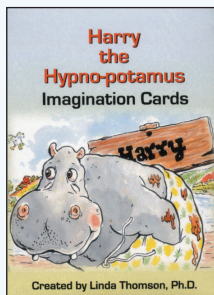
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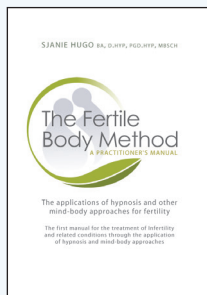
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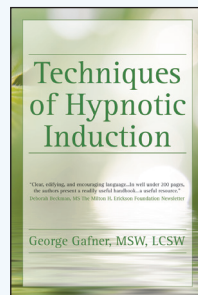
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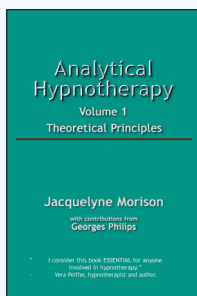
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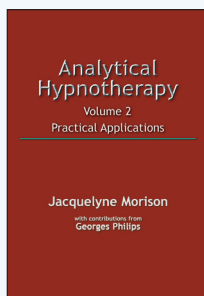
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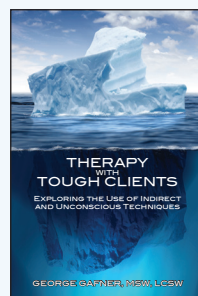
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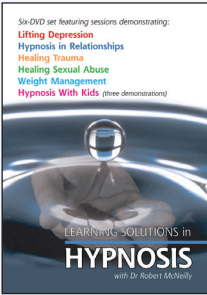
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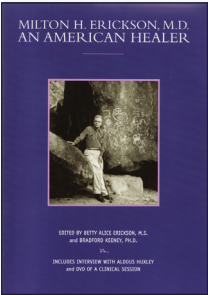
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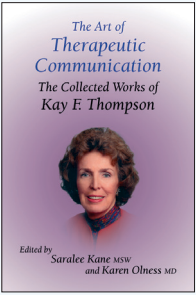
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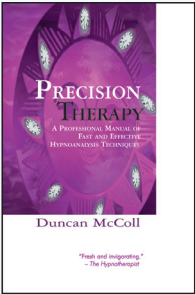
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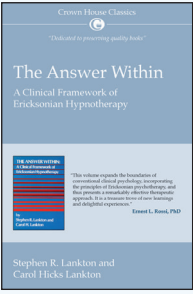
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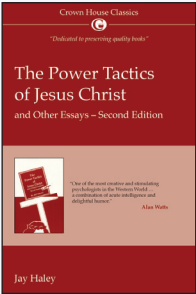
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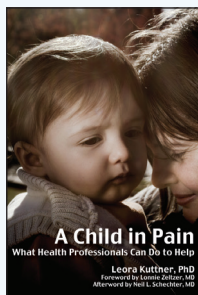
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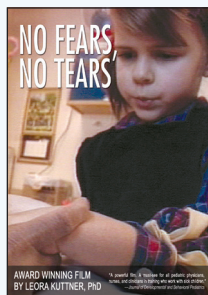
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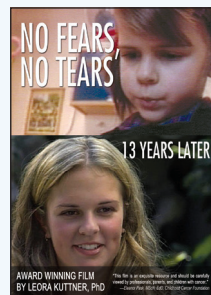
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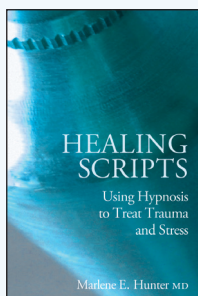
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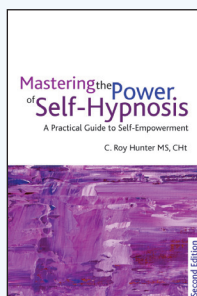
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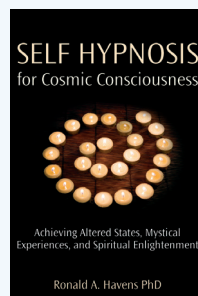
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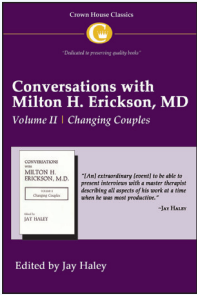
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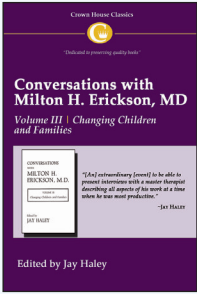
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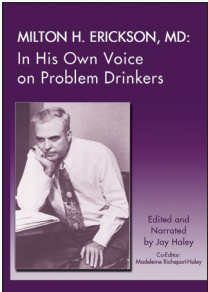
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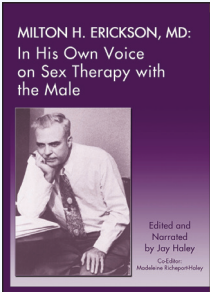
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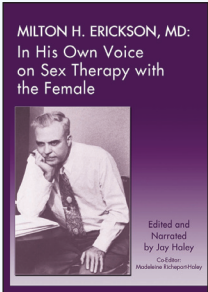
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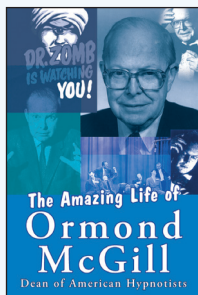
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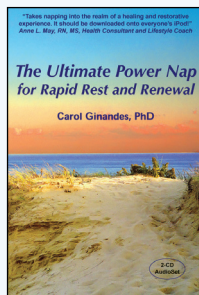
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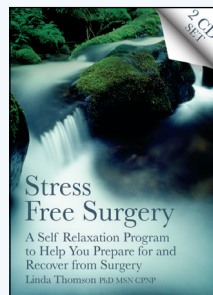
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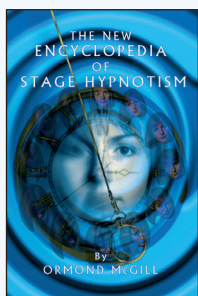
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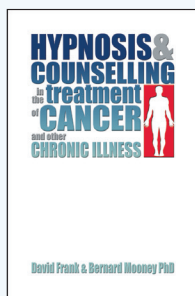
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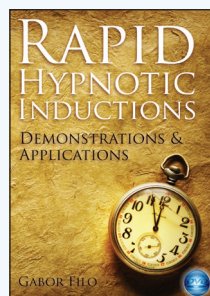
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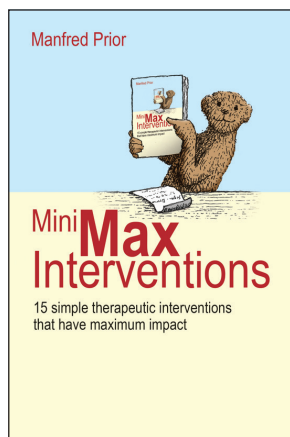
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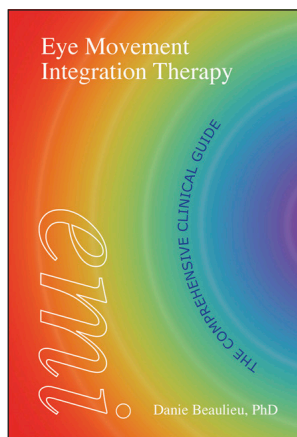


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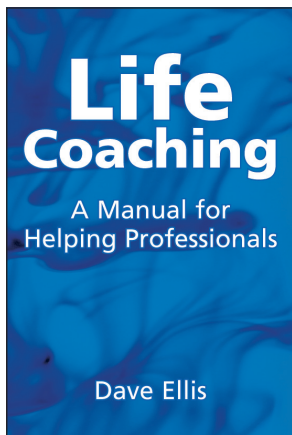
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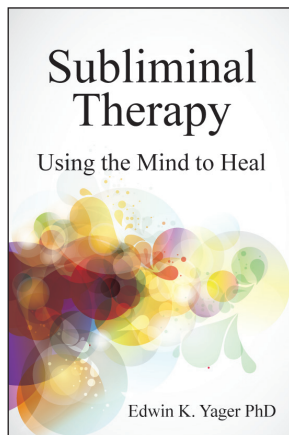


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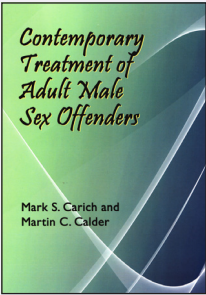
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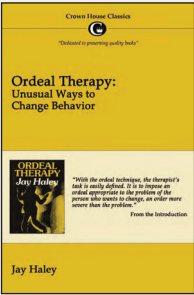
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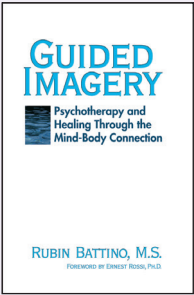
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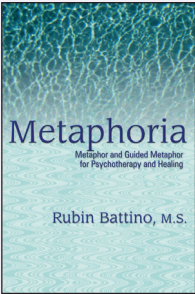
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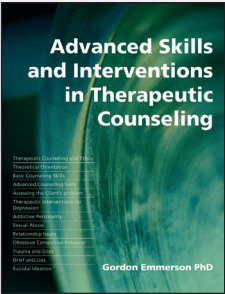
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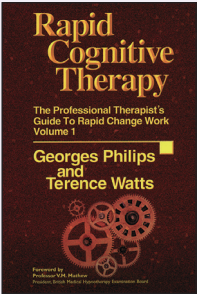
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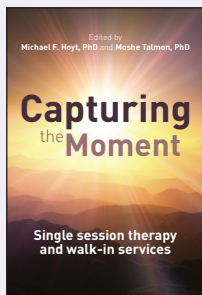
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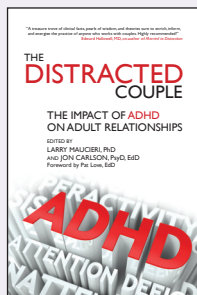
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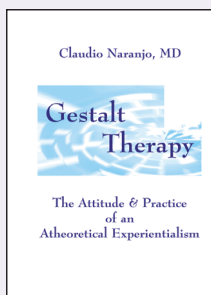
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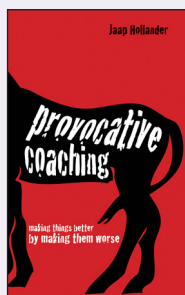
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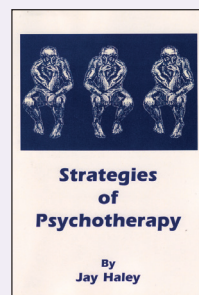
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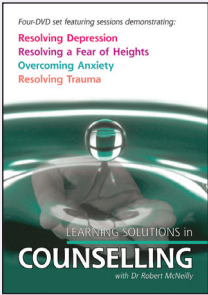
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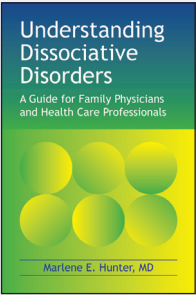
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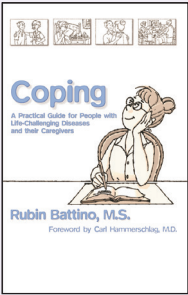
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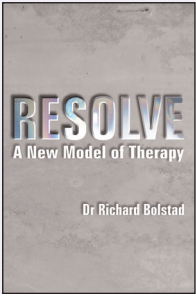
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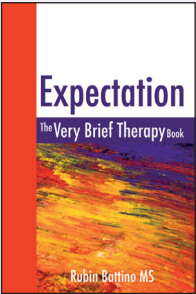
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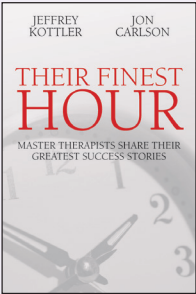
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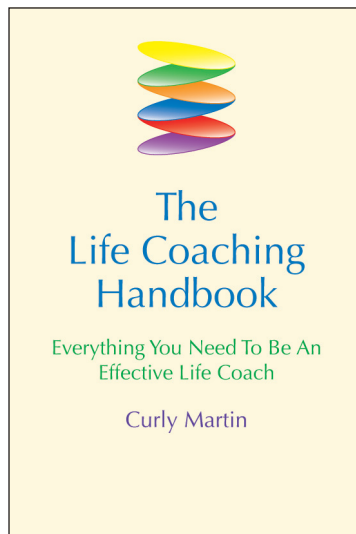
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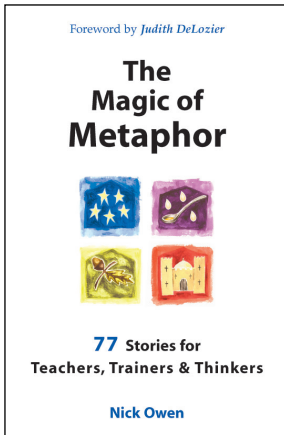
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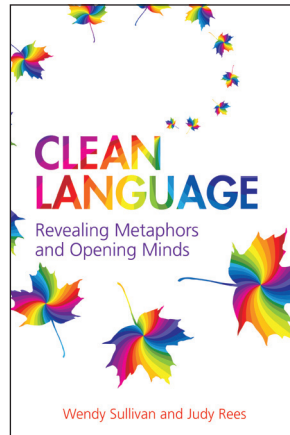


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Revealing metaphors and opening minds

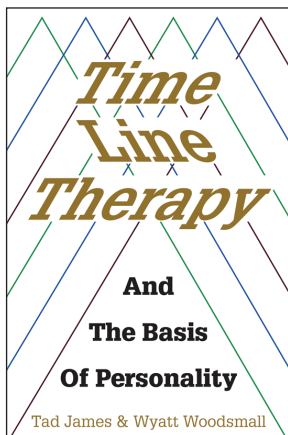
Wendy Sullivan and Judy Rees

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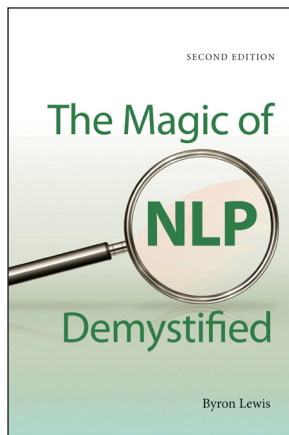
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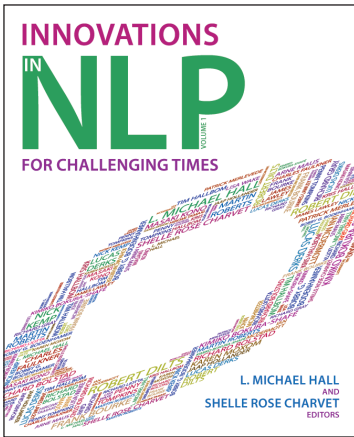
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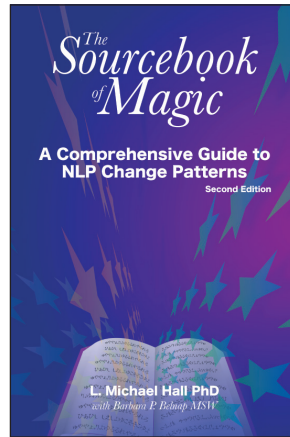
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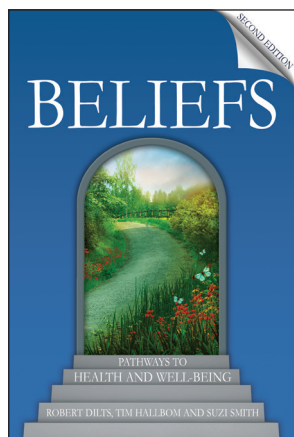
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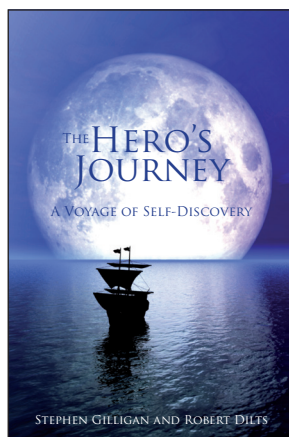
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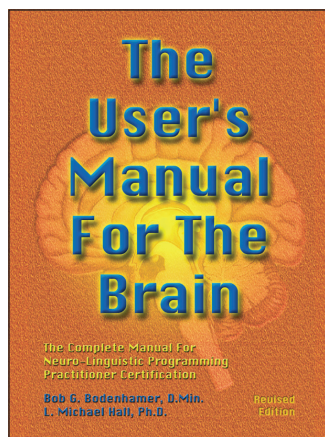
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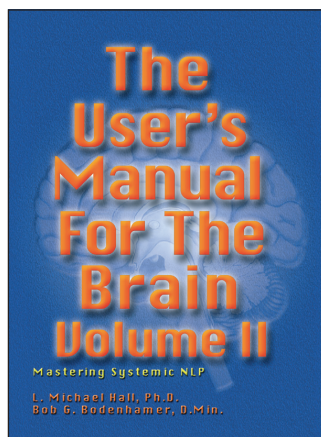


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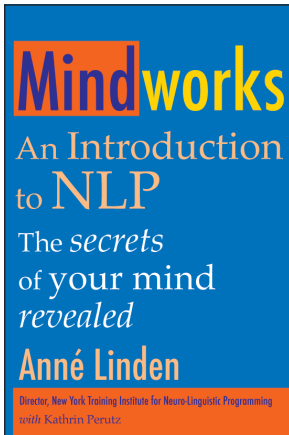
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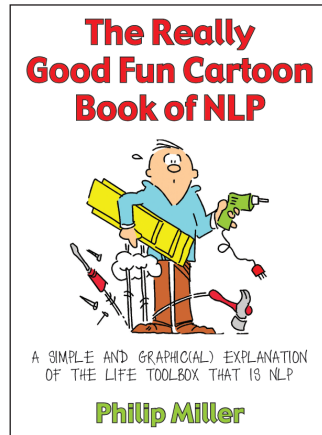
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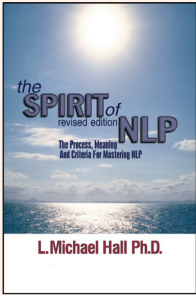
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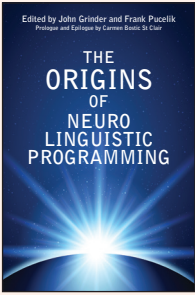
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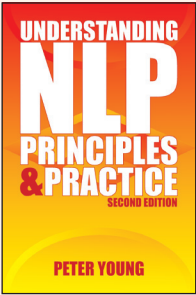
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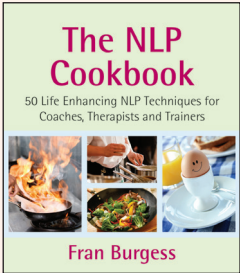
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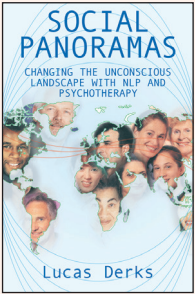
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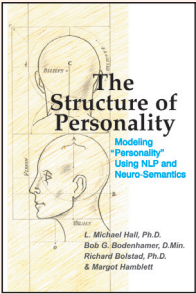
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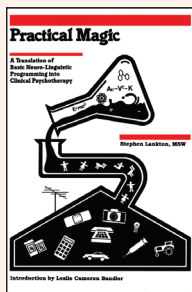
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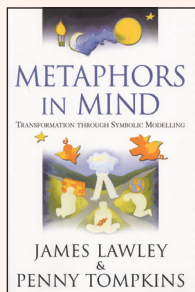
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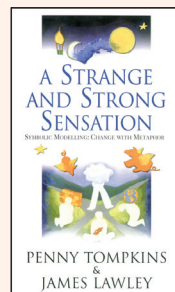
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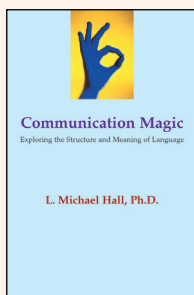
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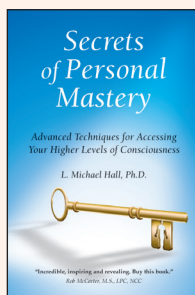
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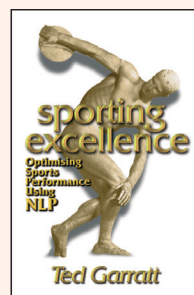
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**Jason Vale** is a well-known health and addiction author who has sold over five million books, over a million apps and is the man behind the ground-breaking health documentary *Super Juice Me!* He is frequently featured on radio, television and in the press across the globe, and his unique approach focuses on the right psychology and nutritional tools to make weight loss and good health easy and attainable for everyone.

## Super Blend Me! Super lean! Super healthy! Super fast!

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Jason Vale, the world's number one name in juicing, is back with his first ever protein-based blending plan. It's Jason's quickest and easiest programme to date, and has been specifically developed for people who want to get super lean, super healthy and super fast ... but don't want to clean a juicer!

*Super Blend Me!* has been designed with everyone in mind. It doesn't matter if you have an enormous amount of weight to lose, or just want to get a little healthier and shredded – *Super Blend Me!* is the perfect plan for all. Due to its rich, plant-based high-protein recipes, it has also been designed with physical exercise in mind. So whether you're an athlete or just someone who likes to exercise daily, you can run or lift to your heart's content on this programme. *Super Blend Me!* has also been designed with satisfaction, speed and convenience at its forefront. Jason has ensured that each recipe not only tastes amazing and fully satisfies on the hunger front, but is also super fast to make and its ingredients easy to get hold of!

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There is no such thing as an alcoholic and there is no such disease as alcoholism (as society understands it)!

Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard-hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues.

This book is much more than a simple eye-opener – it will:

- change the way you see alcohol forever
- show you how to stop drinking
- help you enjoy the process and enjoy your life so much more than you do now, without having to drink alcohol.



Jason Vale used to be a heavy smoker, drinker and junk food addict who also suffered from obesity, asthma, eczema, hay fever and severe psoriasis. Now a changed man, he dedicates his life to helping others improve their health and reduce their waistline in a healthy and sustainable way.

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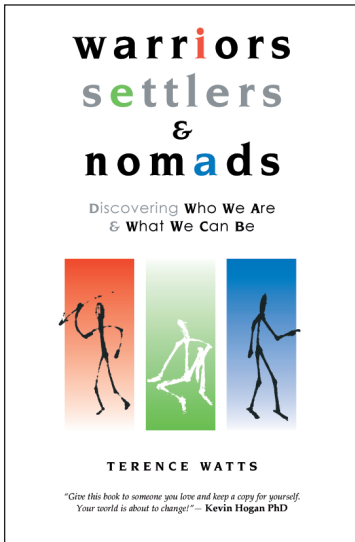
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**Terence Watts** is a Fellow of the Royal Society of Medicine, and the only psychology-related therapist to have been awarded the 'MCGI' – Member of the City & Guilds Institute. Founder of the Essex Institute of Clinical Hypnosis, the Institute of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

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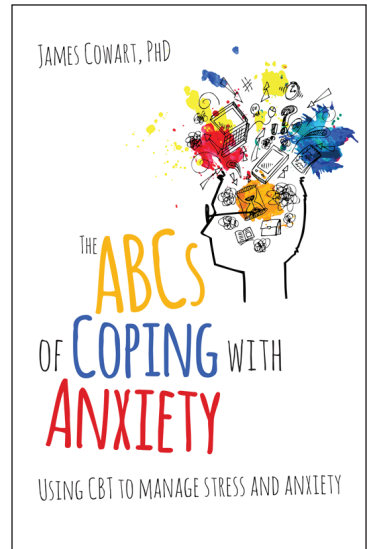
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Informed by his extensive experience and therapeutic knowledge, and with real-life case studies to guide you, James's easy-to-remember ABCS approach is as transformative as it is simple.



James Cowart is a psychologist with a special interest in providing CBT to people suffering with anxiety disorders. He has a PhD in Applied Behaviour Analysis and is a member of the American Psychological Association.

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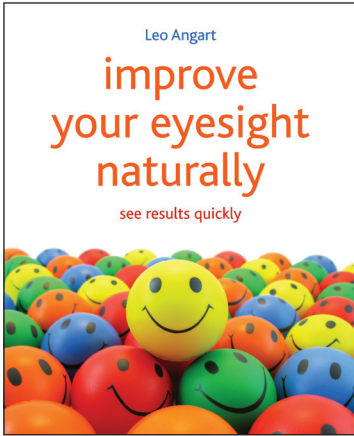
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Leo Angart is a business consultant, author and trainer. Having worn glasses for more than 25 years, he speaks from personal experience. It has now been more than 19 years since he threw away his glasses.

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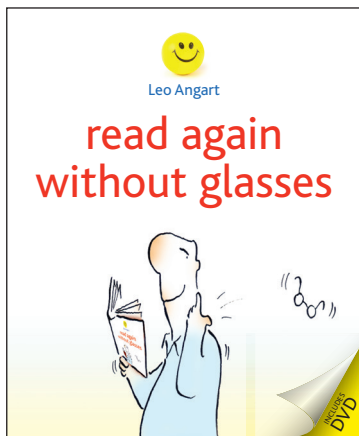
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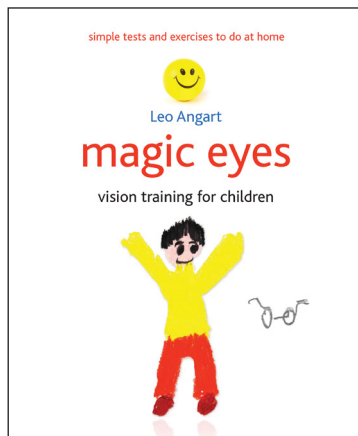


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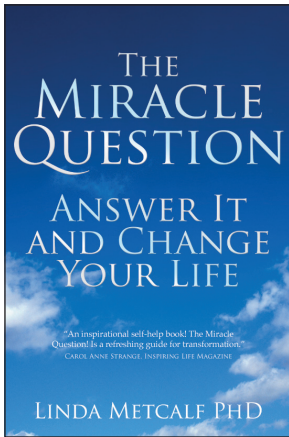
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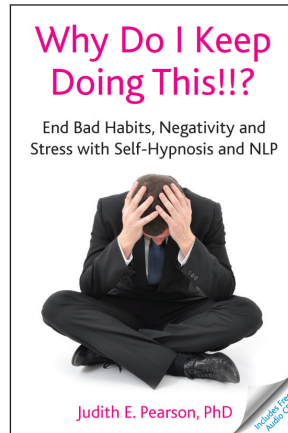
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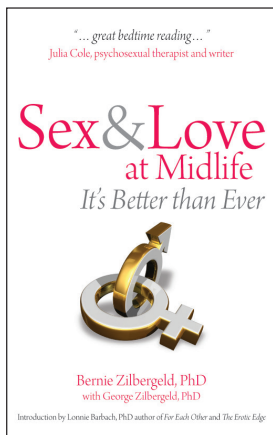
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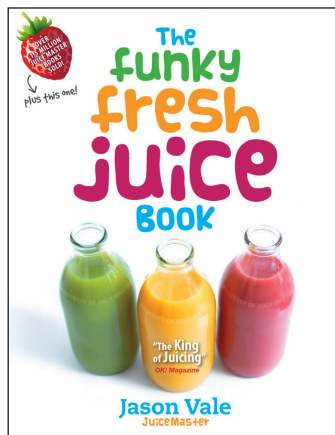
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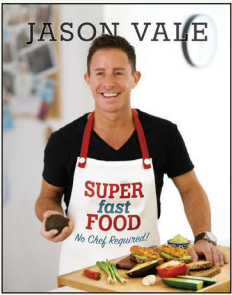
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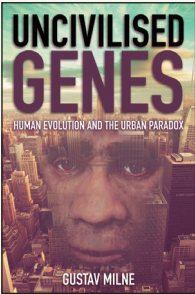
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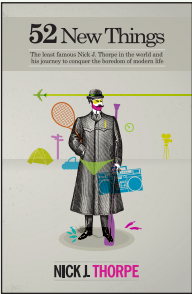
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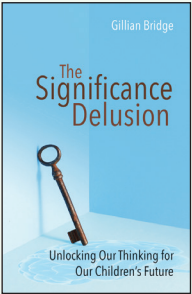
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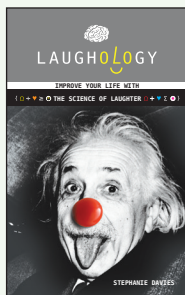
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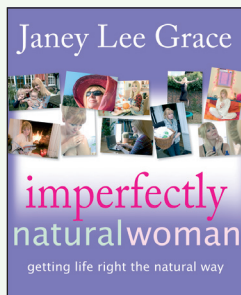
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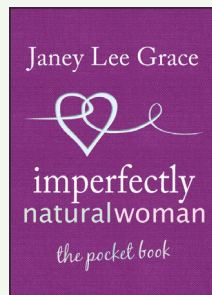
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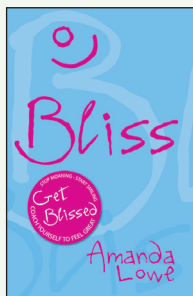
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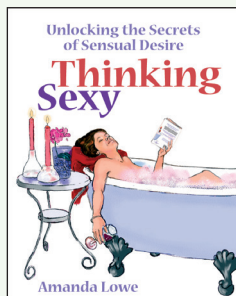
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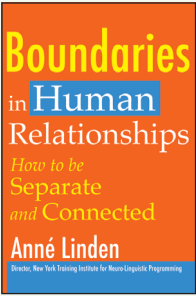
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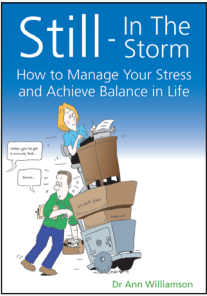
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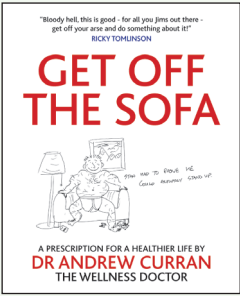
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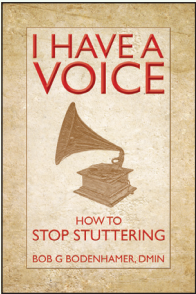
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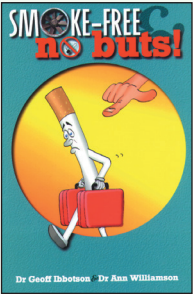
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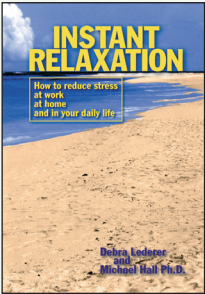
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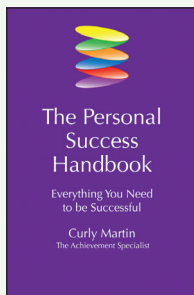
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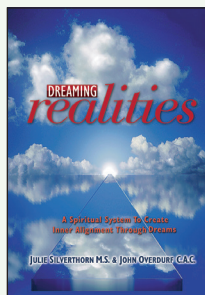
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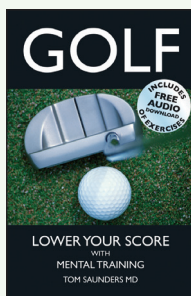
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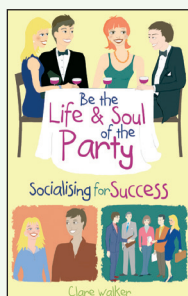
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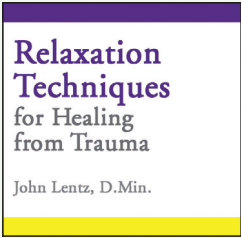
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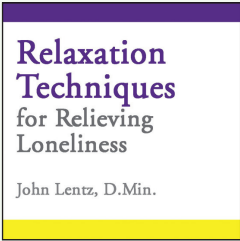
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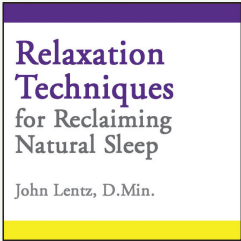
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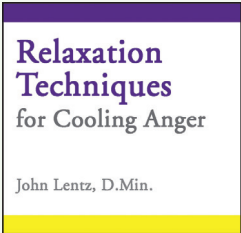
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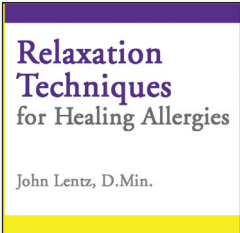
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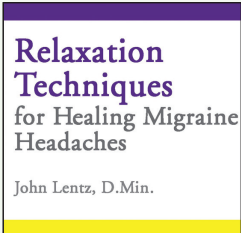
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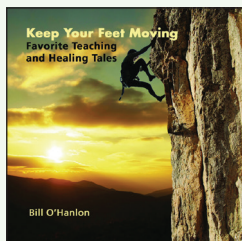
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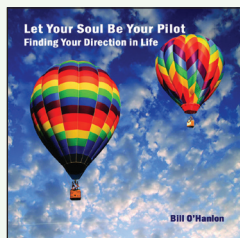
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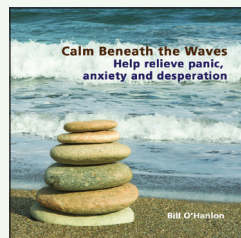
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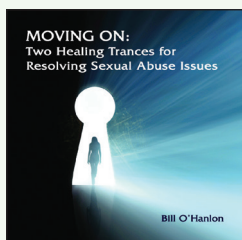
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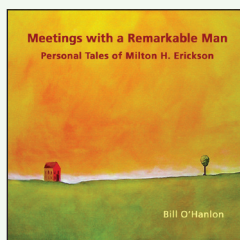
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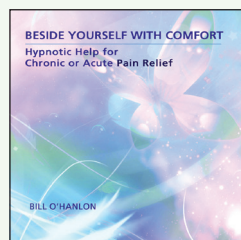
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