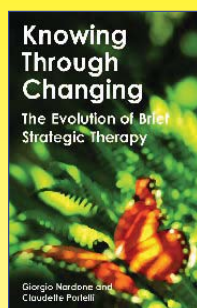
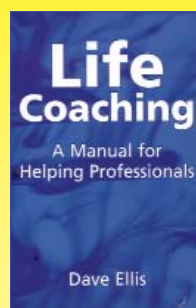


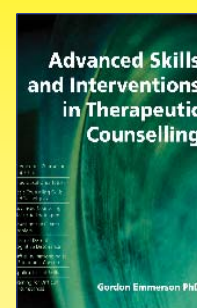
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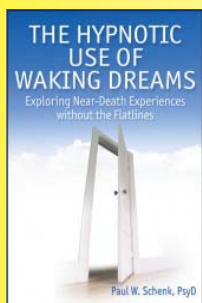
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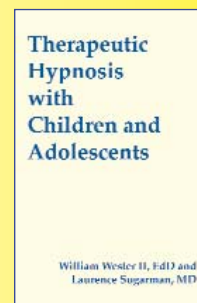


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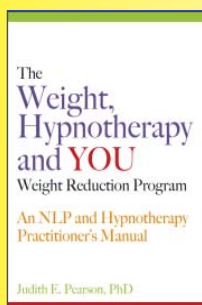


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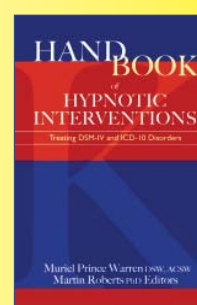
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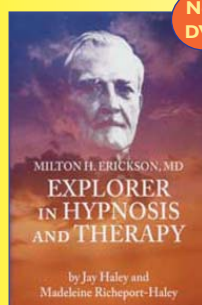
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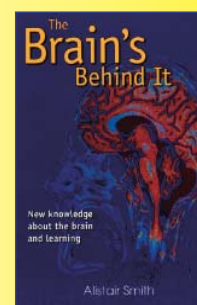
■ Business Psychology ■



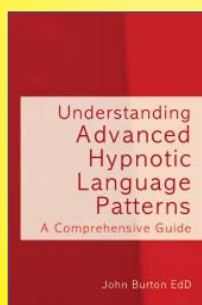
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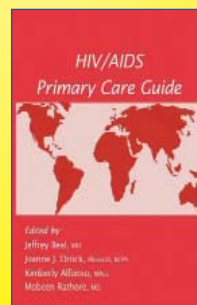


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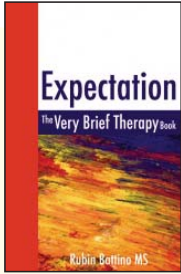
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JUST PUBLISHED!

Expectation: The Very Brief Therapy Book

Rubin Battino

This immensely powerful and practical book is about utilizing the power of expectation in working with clients. It is the author's contention that creating an environment in which the client expects to change is the foundation of doing effective very brief therapy. His own private practice is one where he rarely sees clients more than one or two times. Clients know in advance that this is the way that he works, and so their expectation is that during each session they are going to get down to the hard stuff, and resolve their concerns insofar as it is possible.

This means working as if each session were the last one. So, this book is about all of the things that are designed to work in a single-session mode. There will, of course, still be clients who will need many more sessions but creating the expectation that each session will be last creates an impetus towards change that is vital in the therapeutic process.

After presenting the basic outline of this approach, the balance of the book details (chapter by chapter) the specific approaches that the author finds most useful in this work. These include:

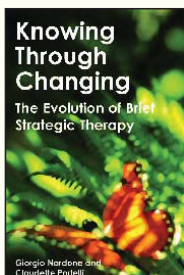
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| ■ Rapport | ■ George Burns's Nature-Guided Therapy |
| ■ Hypnotic Language | ■ Richard R. Kopp's Metaphor Therapy |
| ■ Metaphor and Hypnosis | ■ Ernest Rossi's Rapid Methods |
| ■ Solution-Oriented Approaches | ■ The Ideodynamic Methods of D. B. Cheek |
| ■ The Work of Steve de Shazer and Associates | ■ NLP Approaches |
| ■ Bill O'Hanlon's Approaches | ■ Narrative Therapy |
| ■ Lucas Derks's Social Panorama | ■ Rituals and Ceremonies |
| ■ Erickson and Very Brief Therapy | ■ Provocative Therapy |
| ■ Jay Haley and Ordeal Therapy | ■ Barry Duncan, Scott Miller, and Jacqueline Sparks's, "Heroic Client" |
| ■ Ambiguous Function Assignments | ■ Moshe Talmon's Single Session Therapy (SST) |

Expectation is the definitive guide to how Rubin Battino does therapy. As such, this volume is an essential addition to any therapist's library.

"Challenging preconceptions that therapy is a prolonged endeavor, *Expectation* is insightful and thought provoking and is a valuable reference manual for those seeking a solid grounding in very brief approaches to therapy. The author clearly explains his eclectic and pragmatic approach, one that has drawn from numerous sources that allow him to complete the entire process of therapy in only one or two sessions. Another 'must have' book from this respected author and therapist."—Peter Mabbutt, FBSC, FBAMH, Director of Studies, London College of Clinical Hypnosis

(See also page 13 for Rubin Battino's other popular titles.)

Hardcover 208 pages ISBN: 1845900286 **Bk#0286 \$29.95 (p)**



Knowing Through Changing: The Evolution of Brief Strategic Therapy

Giorgio Nardone and Claudette Portelli

This book is the result of 15 years of clinical research from the Brief Strategic Center (Centro di Terapia Strategica) in Arezzo, Italy. It puts forth a simple yet comprehensive description of the epistemology and genealogy of Brief Strategic Therapy with importance given to the first treatment session. It emphasizes the most evolved therapeutic interventions for each of the disorders studied, which include: anxiety and phobic disorders, depression, eating disorders, blocked-performance pathologies, child behavior problems, and more. The authors discuss the underlying logic of each disorder and its variants, the attempted solutions that maintain and worsen the problem, and a step-by-step description of effective therapy.

This volume is a comprehensive, critical report of the different research approaches used in the study of psychotherapy. It is followed by a detailed account of the intervention used at numerous institutes and clinics around the world that rely on the Advanced Brief Strategic Model. In summary, this volume presents what are now being practiced using Brief Strategic Therapy, as well as prospects for the future.

About the Authors: **Giorgio Nardone** is a psychologist and psychotherapist and is director of Centro di Terapia Strategica in Arezzo, Italy and director of the School of Specialization in Brief Strategic Psychotherapy. **Claudette Portelli** is a clinical psychologist and psychotherapist at the Centro di Terapia Strategica and in her native country, Malta.

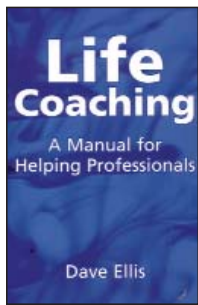
"A brave and noble stand against the drug lords of modern psychiatry. Over the years the authors have researched practical and effective ways of helping others without the toxic effects of medication and long-term economic entanglement. His work helps re-liberate the helping professions."—Bradford Keeney, PhD Distinguished Scholar of Cultural Studies, Ringing Rocks Foundation

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

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

Hardcover 208 pages ISBN: 1845900154 **Bk#0154 \$39.95 (p)**

New Releases / Psychotherapy



Life Coaching: A Manual for Helping Professionals

David Ellis

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

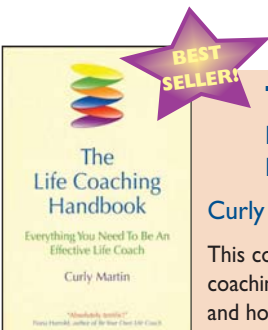
Life coaching is not therapy, but many of the qualities that therapists possess, and the techniques they use, naturally lend themselves to a life coaching approach. Because Ellis advocates a more directive approach than most authors of life coaching books, this book will naturally appeal to therapists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

Contents include:

- The coaching continuum
- Creating and using a life coaching agreement
- Using the six types of conversation
- Maintaining the appropriate balance in the relationship
- Developing creativity and intuition
- Handling emotions
- Ending the coaching relationship
- Questions and answers about life coaching

"This is more than just a book about life coaching. It is a practical handbook in which the author shares his thoughts and ideas about how life coaching should be, work, and help individuals. Each chapter builds, step by step, a solid basis enabling the reader to gain a clear understanding of the many aspects of life coaching. This book is jargon-free and down to earth in its approach, which is very refreshing. Whether you are already a life coach, are considering life coaching as a career, or are a therapist or counselor who wants to understand life coaching and how it differs from [your] own work, this book is well worth reading."—Terri Bodell, National Association of Counselors, Hypnotherapists and Psychotherapists

Paperback 256 pages ISBN:1904424945 **Bk#4945 \$29.95 (p)**



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

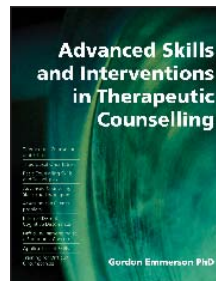
Curly Martin

This complete guide to life coaching reveals what life coaching is, how to coach yourself and others effectively, and how to create and sustain a successful coaching practice. It contains a comprehensive program of

Advanced Life Coaching Skills with key NLP-based techniques that include:

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

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



Advanced Skills and Interventions in Therapeutic Counseling

Gordon Emmerson

Advanced Skills and Interventions in Therapeutic Counseling is written for the advanced student as well as for practicing mental health professionals. Building on a foundation of ego state therapy, it provides the reader with an understanding of the client's

personality, and reviews the fundamentals of the counseling process, such as setting up of the counseling room, how to interact with the client, and advanced active listening skills. It gives the reader a means to assess their clients so that the direction of therapy is clear.

Unlike the DSM-R where clients are diagnosed into categories, the counseling assessment procedure provided in this book places each client issue into a category. Client problems are presented as falling into two main divisions, internal dissent and situational concerns, as well as into a number of sub-categories. A flowchart is provided to assist counselors to determine the best direction for therapy for each issue. Clearly illustrated counseling interventions are presented to demonstrate the various directions therapy may take. Among the therapeutic interventions that are covered and illustrated are:

- Depression
- Sexual abuse
- Relationship issues
- Trauma and crisis intervention
- Anger
- Obsessive compulsive behavior
- Grief and loss
- Suicidal Behavior

This is a "must have" book for any counselor or therapist as it that starts with the very foundations of therapy and carries through to the very end.

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

Paperback 240 pages ISBN:1845900170 **Bk#0170 \$39.95 (p)**

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

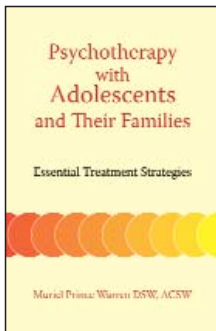
Paperback 224 pages ISBN: 1899836713 **Bk#6713 \$27.95 (t)**



The Life Coaching Handbook 2 CD Set

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

2-CDs Length: 2 hours ISBN: 1904424694 **Bk#4694 \$37.95 (p)**



“HIGHLY RECOMMENDED!”*

Psychotherapy with Adolescents and Their Families: Essential Treatment Strategies

Muriel Prince Warren, DSW, ACSW

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

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

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

“An effective job of meeting [the] goal of providing a manual to help therapists find the types of interventions to list in a treatment plan for managed care.”—*PsyCRITIQUES*

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

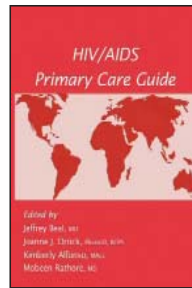
*** “I highly recommend *Psychotherapy with Adolescents and their Families*. It is clearly written, the examples are invaluable as they are true to life. Therapists at all levels of professional practice as well as mentors of all academic stages will benefit from the use of well established theories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

Muriel P. Warren, DSW, ACSW, is a psychotherapist, hypnotherapist, author, and educator engaged in private practice.

Paperback 460 pages ISBN: 1904424627 **Bk#4627 \$49.95 (p)**

OUR GUARANTEE:

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HIV/AIDS Primary Care Guide

Jeffrey Beal, Joanne Orrick, Kimberly Alfonso, and Mobeen Rathore, editors

This comprehensive volume represents the collective efforts of 25 of the Florida/Caribbean AIDS Education and Training Center (AETC) faculty as well as 37 guest authors. The impressive faculty represent a diverse group of HIV care providers. The guide is organized into six sections covering HIV and AIDS care and treatment

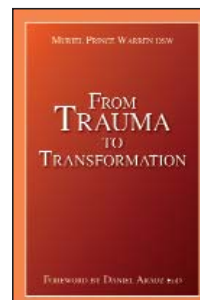
of the child, adolescent, and adult. The text is targeted for the front-line clinician and is designed to allow for the rapid identification of practical treatment information.

The success of antiretroviral therapy is resulting in not only an improved quality of life, but also an improved life expectancy for our patients. With these changes come new challenges. Clinicians are pressed to better manage the primary care needs of their patients. Complications of medication therapies need to be evaluated and treated, as do problems associated with the aging of our patients such as hypertension, heart disease, diabetes, etc. As more medications are required, closer observation is needed to prevent serious drug interactions.

☆☆☆☆ **“Expertly compiled and edited, this is an in-depth and ‘reader friendly’ study focusing upon the complexity of the care and management of AIDS victims, as well as an informative treatise on the care and treatment of child, adolescent, and adult HIV/AIDS patients. Provides readers with an up-to-date understanding of the recommended treatment and procedures involved in treating and accommodating AIDS victims. *HIV/AIDS Primary Care Guide* is very strongly recommended to all medical practitioners, caregivers, families, and individuals involved with AIDS or HIV infection.”—**

Midwest Book Review

Paperback 576 pages ISBN: 1845900278 **Bk#0278 \$75.00 (p)**



From Trauma to Transformation

Muriel Prince Warren, DSW
Foreword by Daniel Araoz, EdD

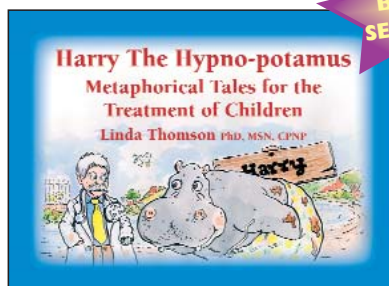
In this post 9/11 world, therapists need to expand their toolboxes to deal with the all of the different variations of trauma and their effects on the individual. This book takes one long step toward providing a new way of dealing with the devastating emotional residue of a traumatic event. It focuses on the innovative

application of hypnotherapy to help many trauma victims come to grips with their demons. By helping victims “self-actualize,” they can regain their normal life and move forward again. This book outlines the effects of trauma on both the mind and the body, and provides comprehensive systems and treatment plans for the mental disorder or distress caused or exacerbated by trauma.

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

Paperback 340 pages ISBN: 1904424902 **Bk#4902 \$39.95 (p)**

New Releases / Hypnotherapy



Harry, the Hypno-potamus: Metaphorical Tales for the Treatment of Children

Linda Thomson, PhD, MSN,
CNP

A collection of 32 metaphorical stories that deal with a variety of physical and behavioral problems faced by children. Embedded in each story is a metaphor as well as hypnotherapeutic techniques that can be used as part of a comprehensive approach to the diagnosis and treatment of a host of disorders. Reading the title story, "How Harry the Hypno-potamus Got His Name," to a child is a wonderful way to introduce him or her to the idea of hypnosis as well as understanding the power of the child's imagination. The 32 illustrated stories feature animals in the Ashland 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

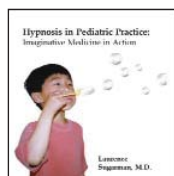
A clinician may wish to read one of the stories with a child or may find it more suitable to adapt the techniques to his own unique style. Some of the therapeutic interventions are very problem specific while others are more general and can be used for a variety of conditions. Each story contains full-color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

"My one criticism is that when we come to the last tale, we are not ready to stop. We are left wanting more."—*American Journal of Clinical Hypnosis*

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

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

Hardcover 176 pages Full-Color ISBN: 1904424570 **Bk#4570 \$44.95 (p)**



ALSO AVAILABLE!

Hypnosis in Pediatric Practice: Imaginative Medicine in Action

Laurence Sugarman, MD

A 70-minute DVD demonstrating 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.

For additional information see Page 7 of this catalog.

DVD ISBN: 1845900367 **Bk#0367 \$49.95 (p)** September 2006

Therapeutic Hypnosis with Children and Adolescents

William Wester II, EdD and
Laurence Sugarman, MD

Coming Off Press — January 2007

Therapeutic Hypnosis with Children and Adolescents

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

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

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

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

Chapters include:

Introduction to Hypnosis

- A Contextual Framework for Hypnosis with Children — W. Wester/ L. Sugarman
- Developmental Considerations — L. Kuttner
- Hypnosis with Adolescents and Developmental Aspects of Hypnosis with Adults — J. Linden
- Engaging Hypnotic Ability — J. Teleska & L. Sugarman
- Induction and Intensification Techniques — W. Wester
- Considerations in the Use of Hypnosis with Children — T. Wall

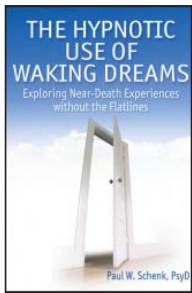
Psychological Implications

- Hypnosis in Childhood Trauma — J. Linden
- Habits — W. Wester
- Depression — D. Kohen
- Anxiety — W. Wester
- Hypnotherapy of Childhood Somatoform Disorders — G. Elkins
- Hypnotic Treatment of Behavioral Disorders — C. Guyer
- Hypnosis with Families — A. Roffman

Medical Applications

- Integrating Hypnosis into Acute Care Settings — L. Sugarman & D. Kohen
- Perioperative Hypnosis — T. Lobe
- Hypnosis for Children with Chronic Disease — R. Anbar
- Hypnosis for Children with Elimination Disorders — L. Thomson
- Hypnosis and Recurrent Pain Syndromes — L. Sugarman
- Hypnosis and Palliative Care — L. Kuttner

Hardcover 400 pages ISBN: 1845900375 **Bk#0375 \$49.95 (p)**



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

Paul Schenk, Psy.D.

People who undergo near death experiences often have profound and life changing experiences. It is as if the whole of their life has been put into focus and they can see relationships, experiences, and their hopes and dreams in a completely new light. Now Paul Schenk

shows you how you can help clients experience some of the life-changing benefits of a near death experience without the life-threatening cardiovascular crisis. With full length annotated case transcripts, you will learn how to do this and explore the many other things you can do with hypnotically facilitated waking dreams.

The therapeutic usefulness of dream interpretation is deeply rooted in psychotherapy. *The Hypnotic Use of Waking Dreams* bypasses the controversy associated with past life therapy, i.e., that if reincarnation doesn't exist, neither can past life therapy. It provides a much more traditional approach to understanding and utilizing the kinds of chemical experiences that occur with this interactive approach to hypnotically facilitated dream-like imagery.

Dr. Schenk integrates classic teachings on dream interpretation and trauma treatment with decades of published work on near death experiences. The resulting applications to a variety of presenting clinical problems are demonstrated with extensive case transcripts. The therapeutic use of waking dreams is independent of both the clinician's and the client's beliefs about reincarnation because the dream content can be understood as being just good fiction as it is in classical dream analysis.

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

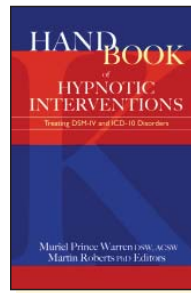
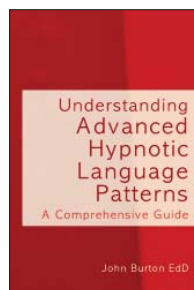
Paperback 192 pages ISBN: 1845900308 **Bk#0308 \$29.95 (p)**
November 2006

Understanding Advanced Hypnotic Language Patterns: A Comprehensive Guide

John Burton, EdD

This book is the sequel to the very popular *Hypnotic Language*, also by the author, and bears some similarities to that work. In this new volume, the author provides more depth and also elaborates on the concepts that comprise hypnotic language. The core idea presented is that a person's level of cognitive awareness significantly determines his functioning ability in life. Hypnotic language seeks to expand the client's awareness as its most general aim. The specific components within the awareness-expanding include the cognitive and perceptual processes involved in meaning-making. This perspective then allows the reader to clearly identify the specific awareness limitations of the client and identify the specific cognitive perceptual ingredients that make up the client's problem. Drawing on this insight, the hypnotherapist can then construct hypnotic language patterns that go right to the client's issues, invoking positive change. Numerous case examples are presented that include client assessments and dynamics, selecting and constructing hypnotic language patterns, and applying the language patterns in therapy.

Hardcover 240 pages 1845900324 **Bk#0324 \$39.95 (p)** **November 2006**



COMING OFF PRESS!

The Handbook of Hypnotic Interventions: Treating DSM-IV and ICD-10 Disorders

Muriel Prince Warren, MSW and Martin Roberts, PhD, editors

Now for the first time this book brings together all the threads of excellent clinical practice in

hypnotherapy. Written and presented in a concise and readable format, it offers an authoritative guide to all of the recognized disorders in the DSM-IV and ICD-10.

The editors address each of DSM-IV's main groups of psychological disorder and for each present the symptoms, differential diagnosis, possible causes, contributing factors, and suggested modes of treatment appropriate to each case. When hypnosis is clearly called for, scripts have been provided in many instances to assist in the delivery of the appropriate therapy, along with detailed explanations of a variety of hypnotic inductions. When hypnosis is not a recommended protocol, that is indicated as well.

This single-volume reference resource for the experienced practitioner or student wishing for an up-to-date survey of hypnotherapy will become the classic reference manual of the future.

"The Handbook of Hypnotic Interventions is one of the most comprehensive books in the field of hypnotherapy. By incorporating ICD-10 and DSM-IV classifications, the diagnosis of each disorder becomes objective, based on internationally accepted criteria. Clinicians can diagnose and communicate at a professional and scientific level, rather than being purely subjective views. The editors have also gone to great lengths in discussing differential diagnosis and all the currently available interventions, including pharmacotherapy, which makes this book more elegant. I am confident that this book will be a very valuable addition to each and every therapist's consulting room."—Professor V. M. Mathew, MBBS, Consultant Psychiatrist and Clinical Director

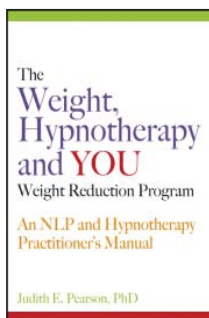
"I have seldom had the pleasure of reading such an approachable and comprehensive work on hypnotherapy. The book takes the reader—whether student or experienced professional—through the various types of disorder they are likely to encounter, dealing with causes, symptoms, treatment, and expected results. It also contains an excellent selection of scripts and techniques for trance inductions and the establishment of ideomotor response, which will be bound to add to any reader's existing portfolio. This is a book I would happily recommend to any hypnotherapist, whether experienced or newly qualified."—Ursula Markham, D.Hyp., MHF, Founder of The Hypnothink Foundation

Hardcover 600 pages (est) ISBN: 1904424228 **Bk#4228 \$69.95 (p)**
December 2006

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 / Psychotherapy / Hypnotherapy



The Weight, Hypnotherapy and YOU Weight Reduction Program **An NLP and Hypnotherapy Practitioner Manual**

Judith Pearson, PhD

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

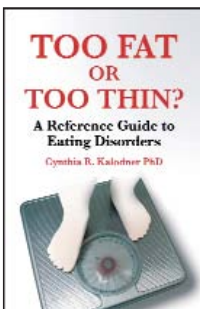
instructions for managing, and conducting (as well as marketing) a unique program to add a new, valuable, and profitable service to an existing private practice. The program is based on actual clinical experience and published research on the efficacy of hypnotherapy as a viable tool in weight management.

The book covers the practitioner's preparation: the program background, relevant research, prerequisite skills, training, and knowledge. In addition, it explains how to screen clients, create office forms, and deal with ethical, safety,

and marketing considerations. The eight scripted sessions cover the clinical interview and outcomes, reframing overeating, self-hypnosis, stress management, sensible food choices, the relationship with food, exercise, and lasting results. The book tells readers how to motivate recalcitrant clients and how to market the program in one's own community to build a referral network. Included in the book are sample marketing materials, office forms, as well as a reproducible Client Workbook with take-home readings and assignments. This program will help your clients stay motivated and on-track with their nutrition and exercise plans, while working at an individual pace. Also included is a CD that contains a reproducible client workbook for multiple uses.

About the Author: Dr. Judith E. Pearson is a Licensed Professional Counselor, NLP Practitioner/Trainer, and Certified Hypnotherapist in solo practice in Springfield, Virginia. She is executive director of the National Board of Certified Clinical Hypnotherapists and teaches at Webster University and the American Hypnosis Training Academy.

Paperback 240 pages (with CD) ISBN: 1845900316 **Bk#0316 \$44.95 (p)**
Due November 2006



ALSO AVAILABLE

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

Cynthia R. Kalodner, PhD

This practical resource guide for mental health professionals, and college and high school students and their parents dispels the myths surrounding eating disorders by providing factual and historical information on how our understanding of these problems has evolved.

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

Paperback 240 pages ISBN: 1904424856 **Bk#4856 \$27.95 (p)**

TWO CLASSICS — NOW REPRINTED

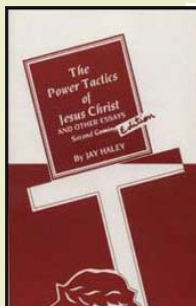
Power Tactics of Jesus Christ

Jay Haley

In this classic volume available now 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.

"Most of the essays in this book deal with the therapeutic situation, from the point of view of both victim and executioner. He instructs the therapist on how to fail, the schizophrenic on how to stay schizoid, the analyst on how to remain one-up on the analysand . . . but the essay likely to cause the most commotion has nothing to do with psychology or psychoanalysis. It is an entertaining, and sobering look, at Jesus Christ as a power tactician . . . Haley shows Jesus organizing the poor like Saul Alinsky—calling simultaneously for conformity and social change . . . keeping his disciples under control with the cunning of a Bolshevik. There are some startling assertions in this essay."—John Leonard, *The New York Times*

Paperback 168 pages ISBN: 1845900219 **Bk#0219 \$19.95 (p)**



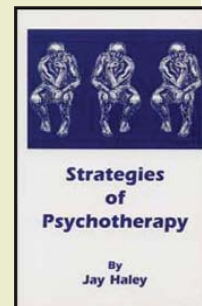
Strategies of Psychotherapy

Jay Haley

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

In this volume, Jay Haley acknowledges his debt to the Gregory Bateson research project exploring the nature of communication as well as to Milton H. Erickson, MD, for the many hours of conversations and a new perspective on the nature of therapy. The reactions to this different view continue to be controversial today in the therapy field.

Paperback 208 pages ISBN: 1845900227 **Bk#0227 \$24.50 (p)**



New Releases / Hypnotherapy DVDs

LEARNING SOLUTIONS IN HYPNOSIS: A Series of Video Demonstrations

Dr. Robert McNeilly

The following series of DVDs each includes an actual demonstration with Dr. Robert McNeilly and a client or clients using hypnotic techniques based on the work of Milton H. Erickson, MD. A master clinician, Erickson taught us to accept and utilize whatever a client brought into the therapy conversation. The individual clients were able to have their own unique experience to easily and respectfully access the resources needed to create their unique solutions to their presenting problem. Rather than focusing on what's wrong, these sessions demonstrate how individuals can readily and effectively reconnect with their preferred experiences in a time effective way.

These DVDs will be of interest to therapists who are beginning to understand the teachings of Milton Erickson as well as those who want to enhance their experienced effectiveness.

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



Hypnosis in Relationships: A DVD Demonstration

Robert McNeilly

DVD 40 minutes ISBN: I845900065 **Bk#0065 \$39.95 (p)**



Hypnosis with Kids: A DVD Demonstration

Robert McNeilly

DVD 40 minutes ISBN: I845900057 **Bk#0057 \$39.95 (p)**



Weight Management: A DVD Demonstration

Robert McNeilly

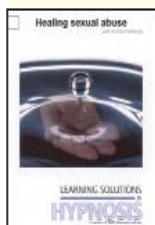
DVD 40 minutes ISBN: I845900081 **Bk#0081 \$39.95 (p)**



Healing Trauma: A DVD Demonstration

Robert McNeilly

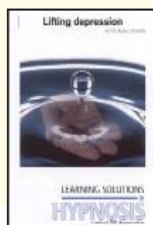
DVD 40 minutes ISBN: I845900049 **Bk#0049 \$39.95 (p)**



Healing Sexual Abuse: A DVD Demonstration

Robert McNeilly

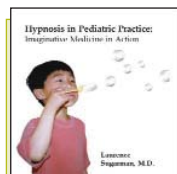
DVD 40 minutes ISBN: I84590009X **Bk#009X \$39.95 (p)**



Lifting Depression: A DVD Demonstration

Robert McNeilly

DVD 40 minutes ISBN: I845900073 **Bk#0073 \$39.95 (p)**



FORTHCOMING!

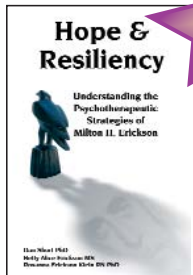
Hypnosis in Pediatric Practice: Imaginative Medicine in Action

Laurence Sugarman, MD

This professionally produced 70-minute DVD demonstrates the use of a variety of hypnotic techniques with children. The use of hypnosis can comfort children and adolescents during procedures, injections, and examinations, and help them to manage stress and cope with chronic disease. The DVD includes eight actual sessions with children ranging from age 7 through age 16 and clearly shows the benefits to both the child and their family. Presenting symptoms include the relief of migraines; asthma control; enuresis (bed-wetting); recurrent abdominal pain; juvenile migraines and muscle tension headaches; needle phobia; and traumatic leukemia therapy. Included with the DVD is a 32-page Learning Guide, co-authored by Daniel Kohen, MD, Richard Kreipe, MD, and Laurence Sugarman, MD. It includes complete clinical summaries of all 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: I845900367 **Bk#0367 \$49.95 (p) September 2006**

New Releases / Hypnotherapy / Milton Erickson



**BEST
SELLER!**

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

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

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

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

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

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

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

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

Hardcover 212 pages ISBN: 1904424937 **Bk#4937 \$39.95 (p)**



**BEST
SELLER!**

Ericksonian Hypnosis Cards

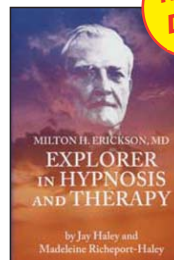
Jamie Smart

Inspired by the great hypnotic language product called "Zebu cards," which are now out of print, this set of Ericksonian language cards is an invaluable tool for those wishing to learn the verbal magic of Milton H. Erickson, MD. Each set of cards includes 52 casino-

quality game cards with the patterns you will learn, examples of how to use them, and commentary about how and why these work the way they do. You also get tips on how to embed commands and instructions for Hypnotic Slapjack, a card game that we've adapted to include the language patterns you will learn.

"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: 1905045018 **Bk#5018 \$29.95 (p)**



**New
DVD**

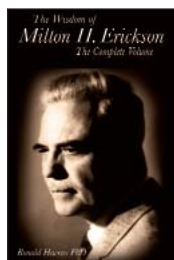
Milton Erickson: Explorer in Hypnosis and Therapy Jay Haley and Madeleine Richeport-Haley

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

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

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

DVD 60-minutes ISBN: 1845900235 **Bk#0235 \$49.95 (p)**



The Wisdom of Milton H. Erickson: The Complete Volume

Ronald A. Havens

Long out of print as a two-volume set, this outstanding work of research extracts the core wisdom of Milton H. Erickson's life-long work. Gleaned from the records of over 140 publications and lectures given by Erickson during his career, this combined volume is an essential part of the available

literature on Dr. Erickson. Part One on Human Behavior and Part Two on Psychotherapy present his methods and lessons, including his feelings on the use of objective observation, the uniqueness of the conscious mind, the realities and abilities of the unconscious mind, the creation and use of a therapeutic environment, and many other aspects of the life and work of this remarkable thinker and teacher. Part Three, Hypnosis & Hypnotherapy, presents a clear account of how Dr. Erickson conceived of hypnosis, particularly its access to the unconscious and its role in the process of therapy.

"A wonderful book allowing us not just another compilation of, but a comprehensive insight into, the wisdom of Milton Erickson. The book is most welcome for students and practitioners alike."—Professor W. J. Maas, Vice Chancellor Eureka University

Hardcover 410 pages ISBN: 1904424961 **Bk#4961 \$44.95 (p)**

New Releases / Hypnotherapy CDs

Enjoying Weight Loss

Roberta Temes, PhD

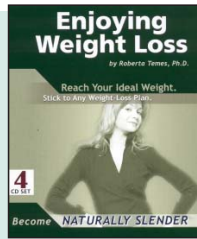
Using the latest weight-loss research combined with cutting-edge hypnosis techniques, this 4-CD program allows you to effortlessly follow any healthy weight-loss plan. Become naturally thin by actually enjoying eating right and exercising more.

Learn how to:

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

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

4-CD Program ISBN: 850125001105 **Bk#1105 \$119.95 (x)**



Relieving Dental Anxiety

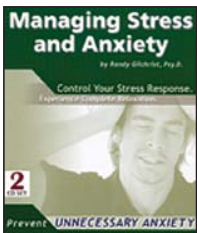
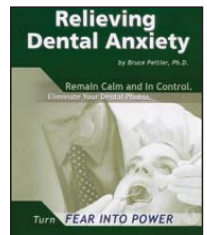
Bruce Peltier, PhD

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

Listen to this program and you will learn to:

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

2-CD Program ISBN: 850125001198 **Bk#0198 \$69.95 (x)**



Managing Stress and Anxiety

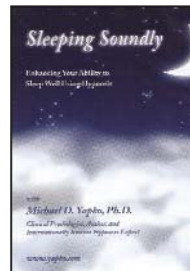
Randy Gilchrist, PhD

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

By listening to this program you will learn to:

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

2-CD Program ISBN: 850125001228 **Bk#0228 \$69.95 (x)**



Sleeping Soundly: Enhancing Your Ability to Sleep Well Using Hypnosis

Michael Yapko, PhD

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

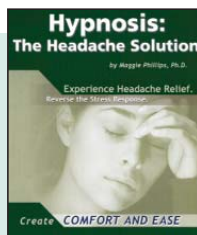
CD Approx. 35 min. ISBN: 0965667243 **Bk#7243 \$21.95 (x)**

Hypnosis: The Headache Solution

Maggie Phillips, PhD

Created by a world renowned psychologist, this hypnosis program will help you reverse the pain associated with headaches. Designed for situations where typical interventions are not enough, this program will help you stop the chain reaction that causes severe headache pain. By learning how to relax in the face of triggers that normally cause headaches, you will experience a new sense of control and comfort. More importantly, it will guide you through exercises that will at first help you interrupt headache pain and then teach you how to prevent it.

CD Program ISBN: 850125001204 **Bk#1204 \$39.95 (x)**



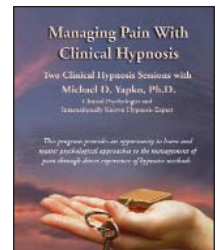
Managing Pain with Clinical Hypnosis

Michael Yapko, PhD

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

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

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Hypnotherapy

The Art of Therapeutic Communication:

The Collected Works of Kay Thompson

Edited by Saralee Kane, MSW and Karen Olness, MD

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

Kay Thompson's unique abilities with the language of hypnosis entranced her listeners through the world. She expanded the ways words and language, and thus metaphors, could be used in clinical hypnosis and therapy. She lectured widely about how language affects physiology. Her contributions underpin many of the techniques of current clinical hypnosis and are important resources for modern psychotherapy.

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

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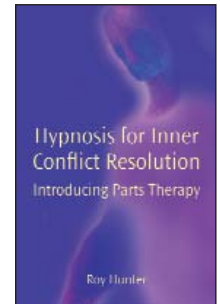
With DVD



Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy

Roy Hunter

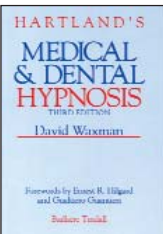
This book describes an elegant approach to reconciling the conflicting "parts" of a client's personality. Closely allied to ego state therapy and voice dialogue, parts therapy uses hypnosis to identify conflicting parts that are damaging the well being of clients. These parts are then directed to negotiate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



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

"Despite this book's other virtues, Hunter's most important accomplishment is that he has refined parts therapy into a systematic approach. Uses a sample session transcript all the way through to illustrate the technique. A very readable book that is easy to follow and is quite readable even from the layman's perspective."—Paul Jones, Hypnotherapist

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David Waxman

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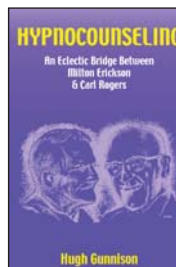
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Igor Ledochowski

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

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

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Hugh Gunnison

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

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

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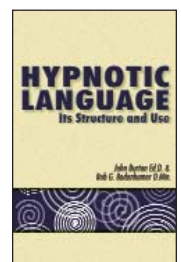
Hypnotic Language: Its Structure and Use

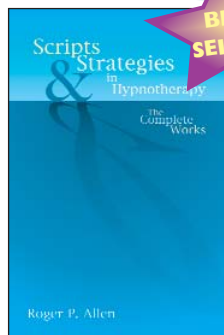
John Burton, EdD & Bob G. Bodenhamer, DMin

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

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

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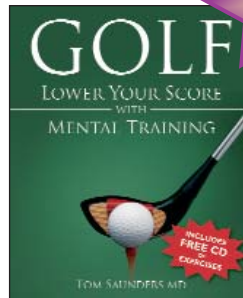
- Inducing the Trance State
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- Habit Breakers
- Weight Loss
- Fear and Pain Management
- Building Confidence and Self-Esteem
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All of the scripts can be used as is or adapted for specific clinical situations.

“This volume provides an imaginative source of scripts covering the most commonly seen cases. 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*

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- Use mental imagery to improve your game
- Develop positive behavior patterns
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About the Author: Tom Saunders, MD is a professor emeritus at the University of Calgary in Canada. He plays to a 12 handicap.

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John H. Edgette, PsyD & Tim Rowan, MSW

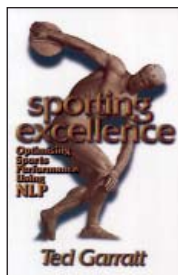
Hypnosis is an invaluable tool to quickly and effectively influence the subconscious mind and to promote lasting change. Therapists with some existing knowledge of hypnosis can now begin applying their skills in working with athletes of all ages. This volume contains a wide range of advanced hypnotic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

“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*

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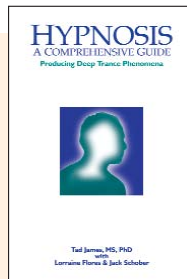
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Tad James MS, PhD with Lorraine Flores & Jack Schober

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

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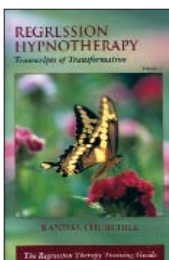
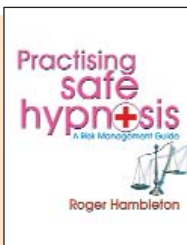
A Risk Management Guide

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.

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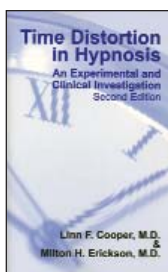
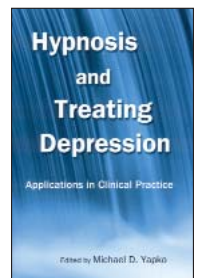
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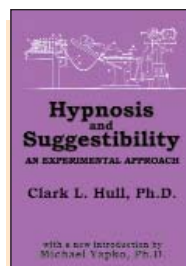
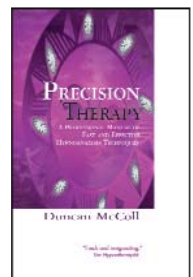
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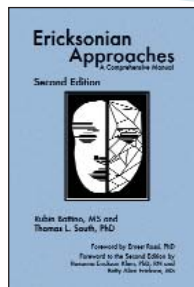
Clark L. Hull, PhD

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

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Hypnotherapy / Metaphors & Guided Imagery



NEW EDITION

Ericksonian Approaches: A Comprehensive Manual Second Edition

Rubin Battino, MS & Thomas L. South, PhD

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

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

"Ericksonian Approaches goes far beyond a mere resource for techniques and exercises. The expertise of the practitioner is inseparable from benefits derived from therapy. The polished professorial style draws the reader in, instructs attentively, and encourages progression. The book reaches readers on even another level. The canopy of knowledge not only touches on what readers know, it also invites examination of what they think they know. Even seasoned practitioners will find elements with which they are only sparsely familiar and become intrigued with their own abilities to extend and grow."—Roxanna Erickson Klein, PhD, RN and Betty Alice Erickson, MS, from the New Foreword

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

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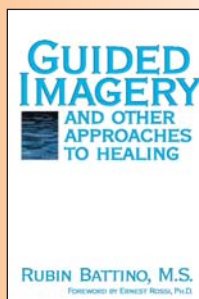
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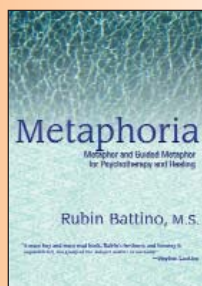
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Rubin Battino

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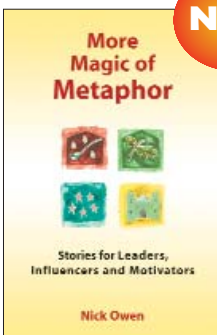
- the structure of a metaphor—from its essential elements to its optional components.
- the delivery of metaphor—from rapport-building and communication skills to the art of effective storytelling.
- what makes metaphor work, with examples of poor and good usage.

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

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

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NEW!



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

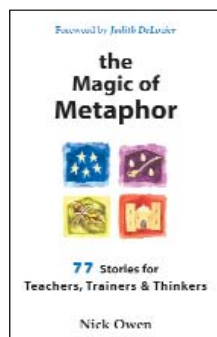
Nick Owen

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

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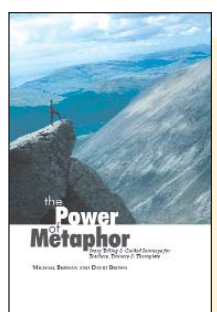
The Magic of Metaphor 77 Stories for Teachers, Trainers & Thinkers

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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.

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

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This unique book combines the power of metaphor and the dynamics of storytelling. Tracing techniques of storytelling back to their original roots, it first promotes a deep understanding of the uses of

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Metaphors in Mind: Transformation through Symbolic Modelling

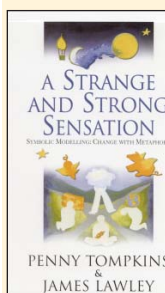
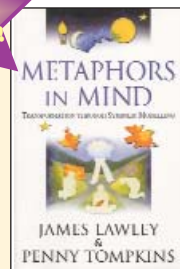
James Lawley and Penny Tompkins

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: 0953875105 **Bk#5105 \$29.95 (p)**



COMPANION VIDEOTAPE

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

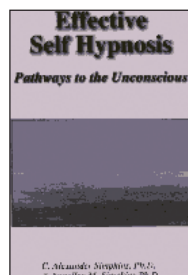
Penny Tompkins and James Lawley

This full-color annotated video lets you see how symbolic modeling actually works. The primary content is built around a session with a client in which the client discovers her metaphors and symbols. The video contains two versions—the first is annotated and helps

the viewer follow the client's process. The second version is without annotation so that the viewer can construct their own model. Included with video is a 36-page booklet containing the full transcript. (108 minutes in color)

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Effective Self Hypnosis: Pathways to the Unconscious

Alexander & Annellen Simpkins

This book is written for professionals who are interested in helping themselves or their clients using hypnotic facilitation, as well as for the individual interested in developing their own skills in self hypnosis. Although the exercises are directed to the person

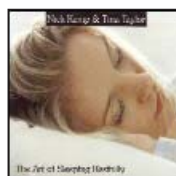
performing them, therapists can use the exercises themselves or adapt them for their clients. Sections cover the evolution of self hypnosis, fundamental tools in hypnosis along with exercises, step-by-step instructions for inducing self hypnosis in yourself, and self hypnosis for solving specific problems. Includes an audio CD entitled, "Steps to Self Hypnosis."

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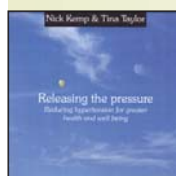
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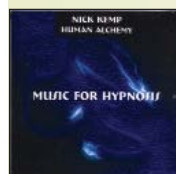


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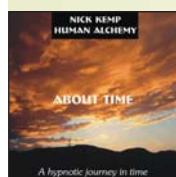


Music for Hypnosis **NEW!**

Nick Kemp

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

CD 35 minutes ISBN: 0955110467 **Bk#0467 \$25.95 (p)**

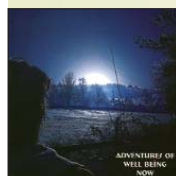


About Time: A Hypnotic Journey in Time

Nick Kemp

All about how we use it, how we can make use of it, and how we can create it. Our "sense of time" is greatly determined by how and what we pay attention to. In hypnotic states we can notice how time can distort, so a few minutes can seem like hours.

CD 35 minutes ISBN: 0954599381 **Bk#9381 \$25.95 (p)**

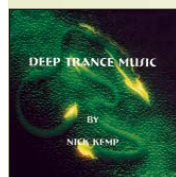


Adventures of Well Being Now

Nick Kemp

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

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Deep Trance Music

by Nick Kemp

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

CD ISBN: 0954599357 **Bk#9357 \$25.95 (p)**

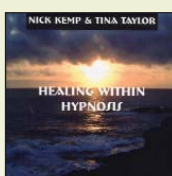


Fertility

by Tina Taylor and Nick Kemp

This CD focuses on reducing stress levels and building states of mind conducive to conception.

CD ISBN: 0954599330 **Bk#9330 \$25.95 (p)**

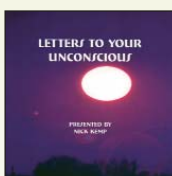


Healing Within Hypnosis

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: 0954599322 **Bk#9322 \$25.95 (p)**

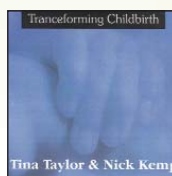


Letters to Your Unconscious

by Nick Kemp

This CD is designed to create an inner state of well-being, which in turn creates the potential for state changes and really deep states of relaxation.

CD ISBN: 0954599314 **Bk#9314 \$25.95 (p)**



Transforming Childbirth

by Tina Taylor and Nick Kemp

This is a wonderful resource for any mother-to-be. The aim is to teach an expectant mother how to achieve a really deep state of relaxation such that they can influence your physiological experience during the birthing process.

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Carl Hammerschlag, MD

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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 and see if it still makes sense in our lives. Sometimes we get so locked into old patterns that they keep us from truthfully looking at where we are today.

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with David Burns, MD (13 CME credits)

Taped live. Cognitive Interpersonal Therapy (CIT) is a new treatment developed by Dr. Burns to help patients deal with anger, resolve conflicts, and develop more satisfying relationships. You will learn this basic, flexible approach, which can be used to treat patients with a wide variety of relationship conflicts. You will also learn strategies for dealing with angry patients who blame others and resist change, and paraoxical methods to boost motivation and empower the patient. Includes a CD of all handouts and tests in .pdf format.

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with David Burns, MD (13 CME credits)

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with David Wexler, PhD (12 CME credits)

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Therapy with Reactive, Explosive, Indulged and Other Difficult Adolescents

Janet Edgette, PsyD (6 CME credits)

Recorded live. Dr. Edgette discusses how to work with teenagers who may show little interest in sitting in a room and discussing their “problems.” She shows how to hold the adolescent client accountable for his/her actions without fracturing the therapist/client relationship. Also covers working collaboratively with parents, teachers, and other third parties who may have unrealistic expectations about how therapy can work. Includes a CD-ROM of all handouts and tests in .pdf format.

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When Push Comes to Shove:

Advances in the Treatment of Domestic Violence

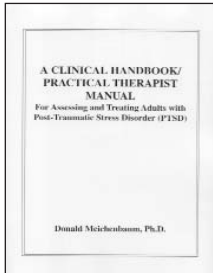
David Wexler, PhD (7 CME credits)

Recorded live. Using practical case examples as well as excerpts from recent movies, Dr. Wexler demonstrates how to recognize the potential for violence, assist victims to reveal and discuss violence patterns, intervene effectively when violence has occurred, and employ the most effective prevention strategies. Meets the Domestic Violence requirement for California psychologists, MFTs, counselors, and social workers. Includes a CD-ROM of all handouts and tests in .pdf format.

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Donald Meichenbaum, PhD

This comprehensive training manual for mental health professionals presents almost all that is known about the assessment and treatment of PTSD. In over 600 pages, Dr. Meichenbaum not only challenges the reader's understanding of PTSD, but presents numerous case studies to enable the reader to understand the subject even further. Over 1,500 references.

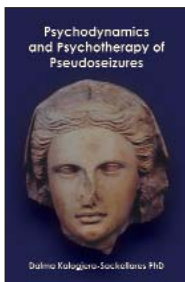
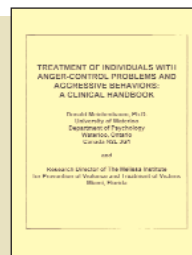
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Donald Meichenbaum, PhD

Answers all questions concerning the diagnosis and treatment of individuals with anger control problems as well as aggressive behavior. Populations covered include: psychiatric inpatients and outpatients; children and adolescents in residential programs; incarcerated populations; spouse abusive couples in the military; special needs populations of individuals with traumatic brain injury or developmental disabilities; individuals who have been victimized; occupational groups such as police, military, psychiatric nurses; various private-practice populations; and much more.

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Dr. Kalogjera-Sackellares offers a psychodynamic model for understanding pseudoseizure syndromes by utilizing and synthesizing concepts drawn from three different schools of psychodynamic theory and therapy: psychoanalytic theory, object-relations theory, and self psychology. Offers practical guidance and techniques for handling situations that might be encountered while conducting therapy.

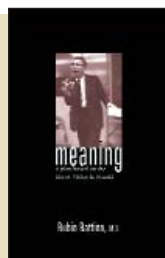
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Rubin Battino, MS

Psychiatrist and neurologist, Viktor E. Frankl, the founder of Logotherapy, developed his system before spending several years in Nazi concentration camps. *Meaning* is a biographical play relating the most critical times in Frankl's life with dialogue taken verbatim from Frankl's own writings, making this drama almost autobiographical.

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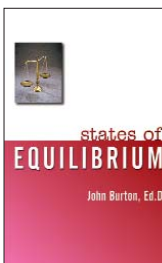
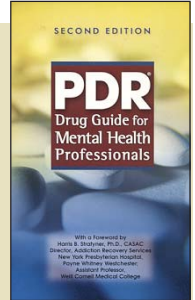
PDR Drug Guide for Mental Health Professionals, 2nd Edition

It's not enough to know what psychotropic drugs clients are taking. Mental health professionals also need to know how those drugs might interact with other medications or substances. This completely revised and updated edition will help you find the information you need. Inside, you will find:

- Detailed profiles of 80 widely used psychotropic medications
- **New** full-color pill identification guide
- **New** chapter on street drugs with over 100 listings
- Summaries of more than 1,600 potential interactions with psychotropic drugs
- Overviews of more than 1,000 common prescription drugs
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This volume is completely indexed by name, category, usage, and side effects and is written in a user-friendly, plain-language style.

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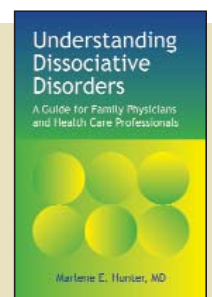
Marlene E. Hunter, MD

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

This volume outlines common presentations in the family physicians' practice, and gives practical suggestions for working with this challenging group of patients within a medical setting.

"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*

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Psychotherapy / Counseling

Eye Movement Integration Therapy: The Comprehensive Clinical Guide

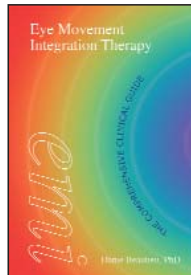
Danie Beaulieu, PhD

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

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

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

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Irresistible Influence Cards

Jamie Smart

In this busy world, everyone has needs, wants, and desires. It's been said that if you help people get what they want, you can have whatever you want. And what is the key to helping other people get what they want? Influence. And how do you get influence? 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 one of the quickest and easiest ways we've found is through the use of these original playing cards.

By using these cards, you will:

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

And best of all, have a blast learning to be irresistibly influential.

See also: *Ericksonian Hypnosis Cards* (p. 8) and *NLP Coaching Cards* (p.24)

52 card deck ISBN: 1905045026 **Bk#5026 \$31.95 (p)**

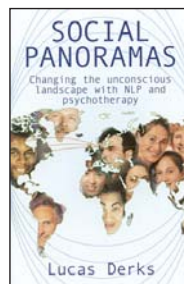


Dreaming Realities: A Spiritual System to Create Inner Alignment Through Dreams

by Julie Silverthorn, MS & John Overdurf, CAC

Taking a refreshing approach to the act of dreaming, this book allows you to explore your full potential through the very control of your dreams. It teaches the reader how to construct dreams that will improve reality, and demonstrates how such dreams directly affect our lives.

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Lucas Derks

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perspectives on others and ourselves.

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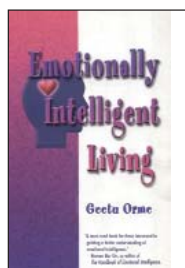
Emotionally Intelligent Living

Geetu Orme

This well written and thoughtful book from one of the pioneers in emotional intelligence offers the reader the opportunity to use the increasingly rich body of knowledge about E.I., not for academic purposes but as a means of enriching their lives. It shows how the concept of emotional intelligence can be used to help us understand ourselves, combine the powers of emotion and intellect, and gradually make better choices about our lives.

"This is a very readable and practical book that includes a helpful guide to relevant emotional intelligence tools, exercises, and websites."—Peter Salovey, PhD Dean, Yale College at Yale University

Paperback 240 pages ISBN: 1899836470 **Bk#6470 \$19.95 (t)**



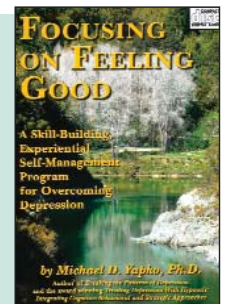
Focusing on Feeling Good: A Skill-Building Self-Management Program for Overcoming Depression

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. Sections cover:

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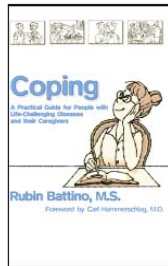
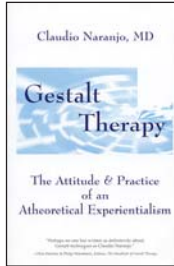
Gestalt Therapy: The Attitude & Practice of an Atheoretical Experientialism

Claudio Naranjo

This remarkable exploration has captured the flavor and distinctive character of the California-based school of Gestalt therapy, first propagated by Perls. This book is indispensable in demonstrating why Fritz Perls was truly the father of the now-flourishing human potential movement.

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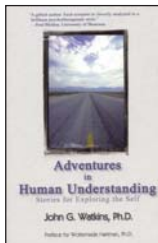
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In *Adventures in Human Understanding* the story is revealed as a therapeutic tool. It is the medium by which lessons may be learned and persist in the memory—providing metaphors for life, and meaning from our experiences. Each story is followed by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

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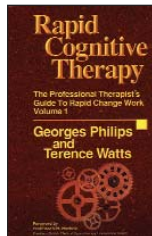
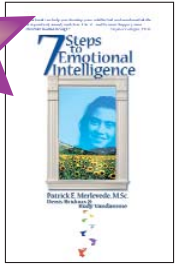
7 Steps to Emotional Intelligence

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

Now in its seventh big printing, this volume is a thoroughly structured, functionally-formatted guide to improving your emotional intelligence (EQ). It also serves as a personal textbook of EI theory, a manual of NLP techniques, and a workbook that will systematically lead your through the process of dynamic EQ improvement. This book is driven by one important message: "Don't just think about it, do it!" Through the use of powerful exercises and self-assessment techniques, this volume 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.

"This book can help you develop your intellectual and emotional skills. It is practical, sound, and clear. Use it and become happier, more effective human beings."—Stephen Gilligan, PhD

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Georges Philips & Terence Watts

Nearly all the strategies described can be used as adjuncts to conventional behaviorist and analytical approaches to therapy including NLP and Gestalt.

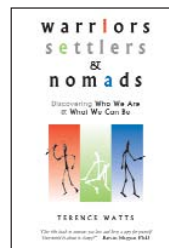
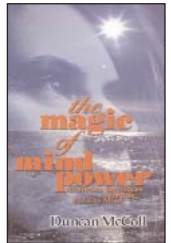
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Duncan McColl

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Warriors Settlers & Nomads: Discovering Who We Are & What We Can Be

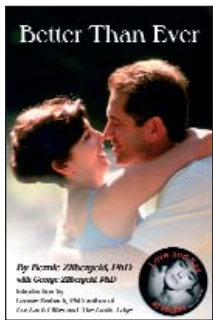
Terence Watts

A guide to self-discovery and self-liberation, *Warriors Settlers & Nomads* utilizes powerful hypnosis and visualization techniques in a program designed to release our hidden potential. It provides unique personal growth strategies that enable us to discover who we really are.

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Personal Growth & Self Help



Better Than Ever: Love and Sex at Midlife

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

Is it better than ever? The children have grown and there's more time on your hands. Are you finding that the love and intimacy has gone from your life? As we mature, our sexual drives mature as well, but it is also

a fact that while you may slow down, the quality doesn't have to be lower or your pleasure less.

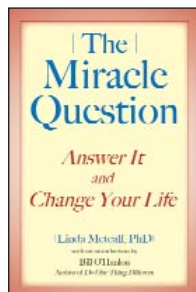
In this honest, yet light-hearted volume, replete with delightful stories and anecdotes, Bernie Zilbergeld, well-known sex therapist and author of the widely quoted, *The New Male Sexuality*, draws on his many years of clinical experience and explains why we should be enjoying our lovemaking and our intimacy even more than ever.

Dr. Zilbergeld presents evidence that a good number of older men and women are having great sex in both their long- and short-term relationships. He shows you how you can learn from the "Lovers" who are the relationship experts among us.

Read this book and you will go away knowing that your love life and your intimate relationships can be just as strong today as 10, 20, or even 30 years ago.

☆☆☆☆ "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: I904424341 Bk#4341 \$21.95 (t)



The Miracle Question: Answer It and Change Your Life

Linda Metcalf, PhD
With a foreword by Bill O'Hanlon, PhD

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

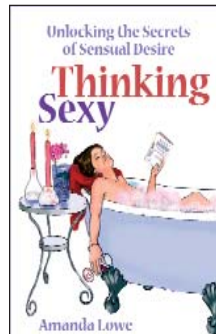
"While you sleep, a miracle happens. Tomorrow morning when you wake up, what will you see yourself doing, thinking, or believing about yourself that will tell you that a miracle has actually taken place?"

The Miracle Question is a step-by-step approach for people who feel "stuck" and overwhelmed by their lives. It offers methods for tapping into sources and resources they already have.

With written exercises that help put you in charge of your goals and strategies, this book becomes the first true self-help book where you are in charge of your own miracle.

"A wonderfully-written book that takes us on a transformational journey. If you're seeking change, *The Miracle Question* is the one question you can't afford not to ask yourself!"—Bob Bertolino, PhD, Author of Collaborative, Competency-Based Counseling and Therapy

Hardcover 196 pages ISBN: I904424260 Bk#4260 \$19.95 (t)



Thinking Sexy: Unlocking the Secrets of Sensual Desire

Amanda Lowe

"Every sexual encounter is initiated in the mind and it is the mind which determines whether it will be pleasurable or not."

Amanda Lowe's new book *Thinking Sexy* explores subconscious and deep-seated attitudes and defenses that can prevent a woman from enjoying her sex life to the full. This is not a prescriptive book but one to help the reader open her mind to more opportunities that can enliven a flagging sex life or make her intimate moments even more exciting.

When Amanda set out to write *Thinking Sexy*, she conducted what she dubbed 'The Lowe Sex Survey' by opening up a stall in her local street market. She invited passers-by to talk to her candidly about sex as she wanted to find out what everyday people thought about sex. The results were as varied as the people who spoke to her, and most of her subjects walked away with a smile on their faces as if they were reliving the memory.

Paperback 160 pages ISBN: I904424805 Bk#4805 \$15.95 (t)

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

Clare Walker

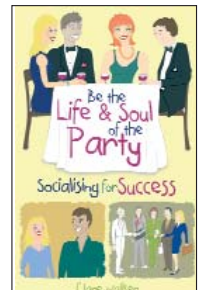
Have you always wanted to feel good at social gatherings ... to feel great chatting with others ... to be accepted as well as entertaining to others? This book reviews the very real, yet surprisingly simple secrets to gaining lasting self-confidence and self-belief. Includes advice on:

- Step-by-step strategies that let you in on the techniques of great communicators
- Tips that work in all kinds of social situations, from casual parties to business events
- The very best way to let the 'real you' shine through

"A straightforward, no-fuss guide offering simple, candid advice."

—Nick Hambleton-Jones, TV Director

Paperback 150 pages ISBN: I904424996 Bk#4996 \$16.95 (t)

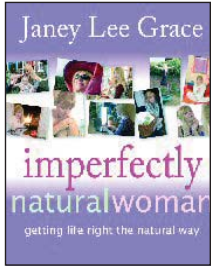


Bliss: Coach Yourself to Feel Great

Amanda Lowe

This is a direct, funny, and engaging book on a subject that is dear to all of our hearts—happiness and fulfillment, whatever your age. Life isn't always about how far you can go, or how high you can jump, or even how much money you can earn. It's about recognizing when you feel content and knowing how to tap into those feelings, and embrace them to bring bliss into your life, however difficult the circumstances may be.

Paperback 272 pages ISBN: I90442418X Bk#418X \$14.95 (t)



BRITISH BEST SELLER!!

Imperfectly Natural Woman: Getting Life Right the Natural Way

By Janey Lee Grace

If the closest you've ever come to 'natural' living is choosing the 'light' version of mayonnaise, or if the only recycling you've ever done is throwing out all of your wine bottles together the morning after—this is book you will want to read.

The title is all-important, you see. It's *'Imperfectly' Natural Woman*. After all, if you are 100% 'natural' that wouldn't really be 'natural'. We've all got imperfections and we're all at a different stage in our journey.

What the book really offers is recommendations that can be trusted—stuff that is safe, ethical, and really works. Other really exciting sections of the book are the Imperfectly Natural Questionnaires, which help direct you in your decision-making process. You may not be ready for some of these things yet, other ideals you'll have been practicing for years, but one thing is sure—once someone gets 'informed,' if it is meant to be, their conscience will nag away till they give it a go.

You'll find great ideas for:

- healthy eating
- green living
- space clearing
- organic clothing
- natural beauty
- feminine care
- chemical free cleaning
- alternative medicine
- and much, much more

The book is also jam-packed with sources and references for all of the products and places mentioned. Most of them relate to the United Kingdom, where this book was #1 on amazon.co.uk.

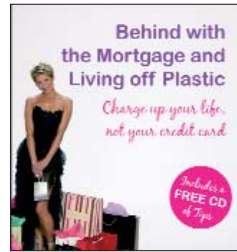
"She gives the old-fashioned, simple living tips a makeover—it's like having a modern day Mrs. Beeton on your shoulder!"—Tracey Smith, writer and broadcaster

"If you'd like to feel good about yourself and save the planet—read this book."—The Ecologist

Paperback 260 pages ISBN: 1904424899 **Bk#4899 \$24.95 (t)**

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.



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

Lynette Allen

This sequel to the very successful *Behind with the Laundry and Living off Chocolate*, Lynette Allen's

newest book addresses the fact that for women the underlying causes of financial problems very often has nothing to do with money and everything to do with being in charge of their lives and emotions.

When a woman feels down or troubled, a bit of "retail therapy" can provide a temporary salve and give a quick lift. Using Lynette's short tips, women of any age can discover alternative and more constructive ways of getting that high and holding on to it, permanently. Included along with the book is a CD of inspirational tips for women.

Paperback with CD 208 pages ISBN: 1904424953 **Bk#4953 \$15.95 (t)**



Behind with the Laundry and Living Off Chocolate:

Life Changing Strategies for Busy Women

By Lynette Allen

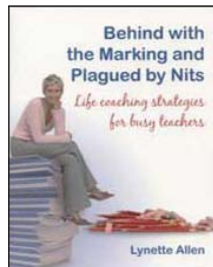
Life Coach Lynette Allen reveals her inspirational, intuitive, and realistic tips for creating a balanced, fun, stress-free, and fulfilling life for all women. Want answers? Read this

book and understand how you too can learn ...

- To take compliments with pride
- To put yourself first
- To know when to use your intuition—it's a great decision making tool
- A simple strategy that helps you make difficult decisions with ease
- That now is the time to be honest. Is every friend really on your side?
- Why you end up feeling guilty about everything
- To stop moaning and start believing, if you are always left with the chores
- What to do if divorced? Separated? Single?
- How stress really does affect you

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: 1904424392 **Bk#4392 \$15.95 (t)**



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

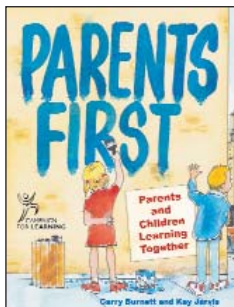
Lynette Allen

The best-selling author of *Behind with the Laundry and Living off Chocolate* has done it again! 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 and nits were the only plague of their lives! Makes a great gift for the teacher in your life.

Paperback 256 pages ISBN: 1845900197 **Bk#0197 \$14.95 (t)**

Personal Growth & Self Help



Parents First: Parents and Children Learning Together

Garry Burnett and Kay Jarvis

Parents today are frustrated because they don't know how or where to begin to help their child with the many challenges facing them in elementary and secondary school. *Parents First* is the first book designed to improve both parents' and children's self-esteem and self-motivation.

Challenges such as homework, foreign languages, or even classroom changes, can often prove too much for children without practical and effective support from home. *Parents First* is an ideal book for parents with children ages 10-13 as well as their teachers. Remember, parents make the best teachers.

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

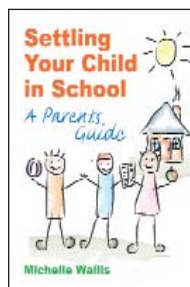
"It is full of sound, practical advice as to how parents can help with their child's learning. It is a very readable book and the suggestions are easy to follow and are offered in a variety of learning styles."—Julie Gibbon, Association of Teachers of Mathematics

Paperback 152 pages ISBN: 1904424139 **Bk#4139 \$14.95 (t)**

Settling Your Child in School: A Parent's Guide

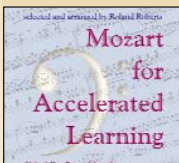
Michelle Wallis

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



Paperback 72 pages ISBN: 1904424503 **Bk#4503 \$12.95 (t)**

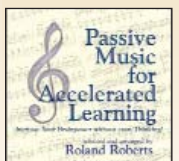
Classical Music is particularly conducive to improving our ability to learn as it helps us to attain a state of relaxed alertness, known as the "alpha state," which is very beneficial to concentrating and studying. In an alpha state, a person is able to learn or concentrate in a stress-free, high-energy environment. As background music when studying or working, it will help to accelerate the pace of learning effortlessly. Specially arranged by Roland Roberts.



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Unleash your potential through the genius of Mozart. This collection of almost two hours of Mozart's favorite hits will help you both concentrate and relax in whatever you are working on.

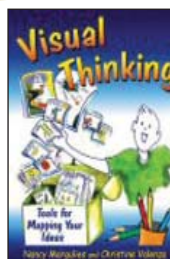
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Passive Music for Accelerated Learning

Increase your brainpower without even thinking! This classical collection of almost 2 hours of music features works from Bach, Vivaldi, Mozart, Corelli, Scarlatti, Handel, and many others. Perfect for background music when studying or working.

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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: 1904424562 **Bk#4562 \$27.95 (p)**

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

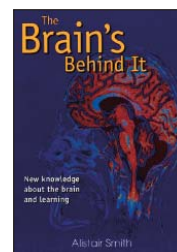
Alistair Smith

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 misinformation 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.

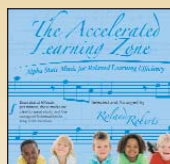
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Classical Octane: Adrenalin Pumping with the Classics

Recorded at around 80 beats per minute, these tracks are an excellent accompaniment to high-energy activities such as brainstorming, vigorous exercise, or group work.

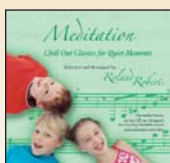
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The Sourcebook of Magic A Comprehensive Guide to the Technology of NLP, Second Edition

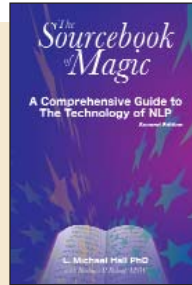
L. Michael Hall, PhD

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

Paperback 360 pages ISBN: 1904424252 **Bk#4252 \$29.95 (t)**



Understanding NLP: Principles and Practice, Second Edition

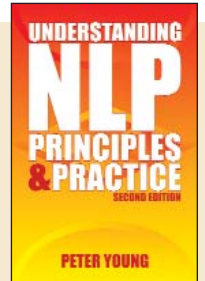
By Peter Young

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

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

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

Paperback 360 pages ISBN: 1904424104 **Bk#4104 \$24.95 (t)**



**BEST
SELLER!**

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

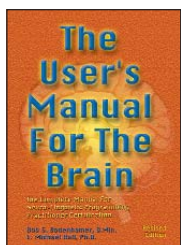
Bob G. Bodenhamer, D.Min. & L. Michael Hall, PhD

Following on from Volume I, 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 very spirit of NLP. In addition, this volume also 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 the practitioner 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 Point.

Hardback 480 pages ISBN: 1899836888 **Bk#6888 \$55.00 (p)**



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. It contains the very latest in Neuro-Linguistic Programming, particularly with regard to the Meta-states model and the Meta-model of language. For all those embarking on Practitioner training or wishing to study at home, this book is your essential companion.

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

Hardcover 424 pages ISBN: 1899836322 **Bk#6322 \$49.95 (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: 1899836519 **Bk# 6519 \$129.95 (p)**

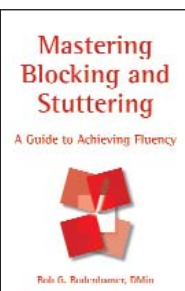
NLP Coaching Cards

Jamie Smart

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. When people have a problem or challenge, it does not typically exist—in reality—it exists in their map of reality. Enrich their map enough, and their problems will be solved, their challenges overcome.

This deck of 52 NLP Coaching 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 that you can use, and also commentary about how and why these work the way they do. Included as well are tips on how to use the cards and the patterns on them. See Also: *Ericksonian Hypnosis Cards* (p. 8) and *Irresistible Influence Cards* (p. 18).

52-card deck ISBN: 1905045085 **Bk#5085 \$27.95 (p)**



Mastering Blocking and Stuttering: A Cognitive Approach to Achieving Fluency

Bob G. Bodenhamer, DMin

This remarkable publication offers a completely new approach to treating this debilitating condition. Dr. Bodenhamer explains how this phenomenon results from the thinking (cognition) process of the stammerer or stutterer as he or she associates speaking with the rising panic of blocking. Because blocking and stuttering are learned behaviors, they can be unlearned. One way of doing this is through the use of cognitive techniques such as those of NLP or Neurosemantics. 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—the habits of thought that drive the speech block."—John C. Harrison, National Stuttering Association

Hardcover 204 pages ISBN: 1904424406 **Bk#4406 \$44.95 (p)**



Coaching Conversations: For Transformational Change

Michael Hall PhD & Michelle Duval

The first coaching book to provide actual transcripts of coaching conversations that invite a reader into the experience and provide descriptions about what's going on in the process for easy replication in numerous contexts. It 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 it professionally and personally.

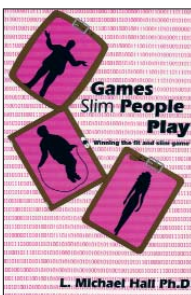
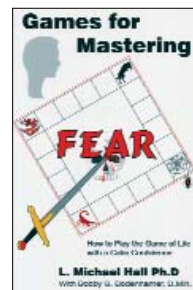
Paperback 359 pages ISBN: 1890001260 **Bk#1260 \$34.95 (p)**

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

L. Michael Hall, PhD

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. If you have fear in your life then reading this book may well change your life. If you are a counselor, therapist, coach, or business consultant then this book will provide you with the resources to assist in helping your clients manage the fear that may limit their choices.

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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 old games that haven't worked? Then this is the book for you! Probably the best recommendation that can be made for a book of this type is not the number sold but the number of people who achieve their goal and let the author

know of their success.

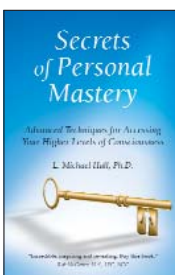
Paperback 244 pages ISBN: 1890001201 **Bk#1201 \$27.95 (p)**

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: 1890001244 **Bk#1244 \$29.95 (p)**



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

by L. Michael Hall, PhD

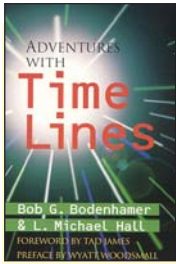
Secrets of Personal Mastery guides you through thought experiments that work upon your 'executive' mind power. Michael Hall introduces you to the higher management of your own mind at all its levels to prepare you for the ultimate development of excellence—

accessing your personal genius. This book addresses:

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

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

Paperback 304 pages ISBN: 189983656X **Bk#656X \$27.95 (p)**



Adventures with Time Lines

Bob G. Bodenhamer and L. Michael Hall

- Do you ever wish you could go back in time and do something over again, this time doing it the right way?
- Do you ever have the sense that the future could become brighter?

If you answer yes to either question, then by reading this book, you will have the chance to recreate the past, present, and/or future for which you have always dreamed. The techniques discussed in this book have resulted in positive changes in clients, such as: freedom from panic and anxiety attacks; overcoming self-sabotage; ending grief, anger, and depression; removing guilt; overcoming eating disorders; healing wounds from sexual, emotional, and physical abuse; increased income; addition of joy in living; getting the most out of life; putting time on your side; and much more.

"A provocative and compelling new work about Timelines, NLP, and General Semantics."—*Tad James, PhD, from the Foreword*

Paperback 280 pages ISBN: 0916990427 **Bk#0427 \$19.95 (p)**

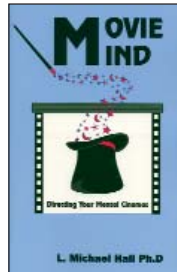
Movie Mind

Directing Your Mental Cinemas

L. Michael Hall, PhD

The real beauty of this title is that it captures the magic of the cinema and relates it to our everyday thoughts. The author expertly, and simply, explains that all our emotions, thoughts, skills, and feelings are controlled by the films that we constantly run through our minds and that, more importantly, we can take control of these films to empower ourselves to find success in everything we say, feel, and do.

Paperback 196 pages ISBN: 1890001236 **Bk#1236 \$29.95 (p)**



The Power Process:

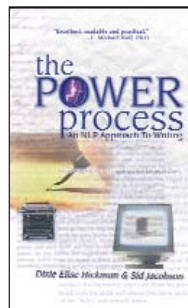
An NLP Approach to Writing

Dixie Elise Hickman & Sid Jacobson

Distilling the essence of what makes a writer successful, *The Power Process* applies the NLP model to writing in all forms, showing how to perfect your technique. If you need to write effective copy, or if you wish to embark on a creative project, this invaluable aid and reference guide will revolutionize and energize your approaches to writing.

"This excellent, readable, and practical book charts the path for effective writing by using the high-level distinctions of excellence from the field of NLP and will especially make a difference in the field of business writing."—*Michael Hall, PhD*

Paperback 256 pages ISBN: 1899836071 **Bk#6071 \$19.95 (p)**



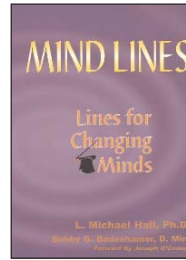
Practical Magic: A Translation of Basic Neuro-Linguistic Programming into Clinical Psychotherapy

Stephen Lankton, MSW

This book is still considered the basic primer for understanding NLP (Neuro-Linguistic Programming). 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."

"The closest thing to a basic beginning manual to NLP."—*Daniel Goleman, PhD*

Paperback 264 pages ISBN: 1904424112 **Bk#4112 \$29.95 (t)**



Mind-Lines: Lines for Changing Minds

5th Edition

L. Michael Hall, PhD & Bob G. Bodenhamer, DMin

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.

"A powerful way to move the consciousness of people from where they think they are to where they would much rather be. A powerful technology for the future."—*Oliver Mankly, Professor Emeritus, Science and Studies of the Future*

Paperback 356 pages ISBN: 1890001155 **Bk#1155 \$29.95 (p)**

Sub-Modalities Going Meta:

Cinematic Frames for Semantic Magic

Michael Hall and Bobby Bodenhamer

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

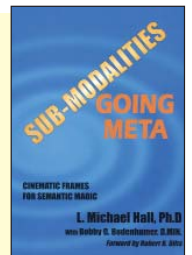
- Discover the secrets of sub-modalities and their meta nature.
- Discover the semantic nature of our cinematic frames.
- Discover how to powerfully use cinematic frames for transformation.
- Learn how to effectively use semantically loaded meta-frames ("sub-modalities").
- Disconfirm limiting Beliefs and install empowering Beliefs.
- Set meta-frames for accelerating your learning and understanding.
- Marvel at the magic of structure in the relationship between cinematic features and meaning.

"A masterful piece . . . a comprehensive collection of information and patterns about genius using 'sub-modalities.' Great concepts and practical application."—*Dr. John Burton, author of States of Equilibrium*

"I recommend this new masterpiece with pleasure. Any student of NLP who wants to really understand how to successfully structure remedial and generative patterns, as well as how to access and design powerful and compelling states, this book is a must read. You will also simply be amazed. So, open the book and let your journey begin!"

—*Kenrick E. Cleveland, NLP Trainer*

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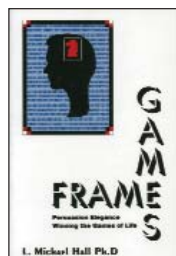
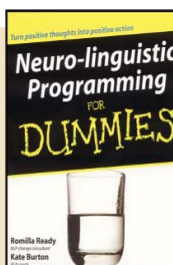
Neuro-linguistic Programming for Dummies

By Romilla Ready and Kate Burton

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

"Neuro-linguistic Programming for Dummies avoids the jargon of many other books and provides both the basic essentials for the beginner and advanced theory for experienced NLP readers. . . . Well written . . . will undoubtedly interest and delight many people . . ."—Resource Magazine

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Frame Games: Persuasion Excellence

L. Michael Hall, PhD

Frame Games is a book all about the games we all play every day of our lives, and the games that we play in every arena of life: health, wealth, business, personal, etc. *Frame Games* explains why we act the way we do, our thinking patterns, emotional habits, and the actions and interactions that make or break us. Puts the cutting-edge model of Meta-States into a form that is easy to understand and use.

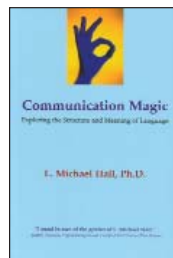
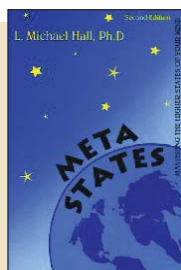
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Meta-States: Mastering the Higher States of Your Mind

L. Michael Hall, PhD

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

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Communication Magic: Exploring the Structure and Meaning of Language

L. Michael Hall, PhD

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. In a clear and logical manner the author examines: How language affects the mind-body system, how language can perform magic-like feats in the nervous and immune systems, and how we can take charge of running our own brains.

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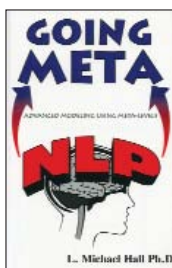
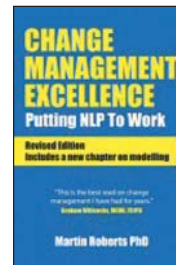
Change Management Excellence: Putting NLP to Work

By Martin Roberts

This new revised edition now 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. It also provides an intriguing insight into why many fashionable 'cookbook' approaches to change run into problems—and how to avoid repeating them.

"Most consultants have something to learn from this book, even if they won't admit it! If you plan a change process, make sure someone in your change team reads this!"—Patrick E. Merlevede, MSc

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NLP Going Meta: Advanced Modeling Using Meta-Levels

L. Michael Hall, PhD

The field of NLP began as an adventure in modeling experts. The originators asked, "How do the experts communicate, relate, and map the world?" Then they modeled three therapeutic wizards and the adventure began. This book offers the next step in modeling. It

explores the mechanism of reflexivity and how the logical levels play a role in modeling the structure of experience.

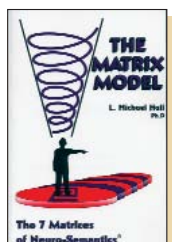
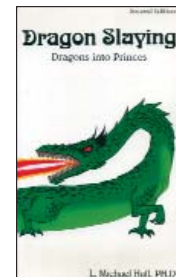
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L. Michael Hall, PhD

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.

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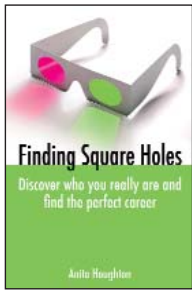


The Matrix Model: The 7 Matrices of Neuro-Semantics

L. Michael Hall, PhD

Are you ready to wake up to the matrix of frames that you were born into? Are you ready to take charge of your mental-emotional matrices that govern how you see things, how you feel, and your skills? 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. This book begins where *Frame Games*, *Meta-States*, and *Secrets of Personal Mastery* end.

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Finding Square Holes: An individual's guide to career development

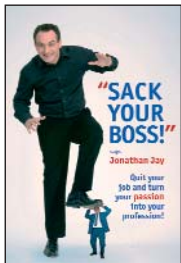
Anita Houghton

Finding Square Holes is unique in taking a predominantly self-reflective approach to career development, combining techniques from personal development theory, Neuro-Linguistic Programming (NLP), and the Myers-Briggs model of personality. If you're in a

crossroad in your career—either trying to decide what to do or disgruntled with your current job—this is the book for you.

"A treasure trunk of no-nonsense work-life balance tips and career advice. If you've ever wondered what on earth you're doing in the job you're in, this dip-in-and-out-of book is your new motivating, thought-provoking best friend." —Susan Wallace, *Writer & Journalist*

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Sack Your Boss: How to Quit Your Job and Turn Your Passion into Your Profession

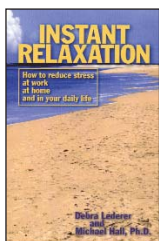
Jonathan Jay

Every week, thousands of people quit their jobs and go into business for themselves. Perhaps you too are thinking of doing this right now? What you need to make it a success is information on exactly how to do it—from

someone who has done it. In this book you will learn how to find customers, how to get free publicity, how to run a successful business, how to avoid the mistakes most new business owners make, and much, much more.

"A compelling, incisive book written by a top business coach who's been there, seen it, and done it. Read it from cover to cover—it'll put you on the fast track to success."—Jeff James, *Editor, Making Money*

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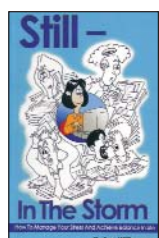
Instant Relaxation: How to Reduce Stress at Work, at Home and in Your Daily Life

Debra Lederer & Michael Hall, PhD

This is the last word in quick, effective NLP and yoga techniques reducing stress at work and at home. This book offers a seven-day program enabling the reader to access

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Still—In The Storm: How to Manage Your Stress and Achieve Balance in Life

Dr. Ann Williamson

Presents a program of exercises that offer long-term stress solutions in an easy-going, reader-friendly style using effective stress-relieving techniques, including: hypnosis, cognitive strategy, visualization, time management, relaxation, exercise, and positive mental rehearsal.

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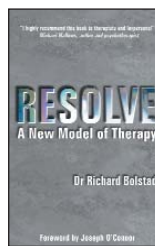
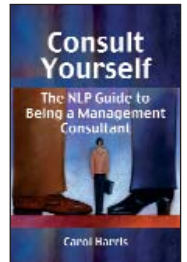
Consult Yourself: The NLP Guide to Being a Management Consultant

Carol Harris

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

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

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Resolve: A New Model of Therapy

Richard Bolstad, PhD

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

Paperback 232 pages ISBN: 1899836845 **Bk#6845 \$27.95 (p)**

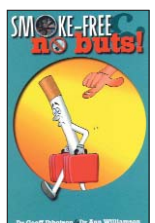
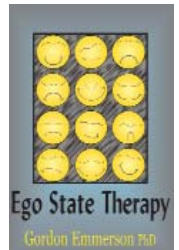
Ego State Therapy

Gordon Emmerson, PhD

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

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

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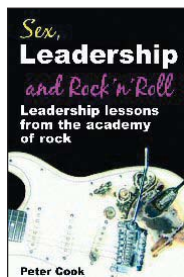


Smoke-Free & No Butts!

Dr. Geoff Ibbotson & Dr. Ann Williamson

This delightfully illustrated book relies on a whole 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.

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JUST PUBLISHED!

Sex, Leadership and Rock'n'Roll: Leadership Lessons from the Academy of Rock

Peter Cook

At last, a book that cuts through the jargon of leadership and personal development. It offers a real world source of inspiration and provocation in areas such as: creativity, innovation, relationships, motivation, leadership, high performance, learning and reinvention. The unique approach springs from the mix of leading edge concepts with the wisdom of the street in the form of rock music. Peter Cook has skillfully synthesized these diverse viewpoints using his background, both as a business academic, MBA graduate and tutor, strategy consultant and thought leader as well as a musician, writing and performing music, in rock bands.

"None would doubt that we live in a Rock 'n' Roll Age—so what makes more sense than a brilliant, original, rockin' Rock 'n' Roll model of business management and leadership? This is a marvelous book, which closes the door on the tidy, hierarchical, know-your-place 'Orchestral Age' and ushers in a new, creative era of challenge and change. Hooray!"—Tom Peters

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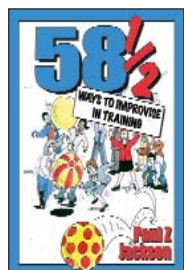
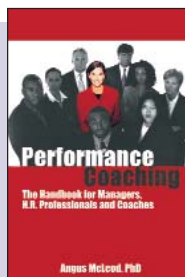
Performance Coaching: The Handbook for Managers, H.R. Professionals and Coaches

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. Even experienced coaches can find key tips and tools that will enhance their performance.

"A practical book with wonderful tips, ideas, and perspectives. McLeod's experience oozes out of every page. Ideal for newly qualified coaches who are serious about their profession."—Kriss Akabusi, MBE, MA

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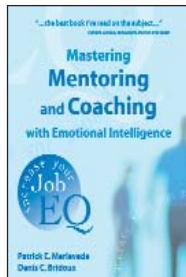
58-1/2 Ways to Improvise in Training: Improvisation Games and Activities for Workshops, Courses, and Team Meetings

Paul Jackson

Whether you are running a training session, workshop, or a team meeting, this varied collection of games and activities will help you create an environment of active improvisation and experimentation, of imagination and energy, of laughter and commitment. The games in this book can be used in a variety of ways. A physical activity warms up limbs and breaks down barriers between group members. A verbal activity is an exercise in creativity and intellectual dexterity. More than simply icebreakers, these activities are designed as vehicles for content. Each game has a metaphorical link between the activity and the subject of the workshop.

"A 'hands on' book full of ideas to help trainers energize groups large and small. It's a book that will remain on my desk rather than propping it up!"—Leslie Spiers, Managing Director, Proem Consulting

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Mastering Mentoring and Coaching with Emotional Intelligence

Patrick Merlevede & Denis Bridoux

Mentoring and coaching programs play an important role in keeping top performers in your company happy. A rule of thumb is that the cost of replacement of a single high performer will easily exceed one year's worth of compensation for that person. The interventions you do as a mentor or coach help your workers get from a goal to an action. This book updates the areas of mentoring and coaching and 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.

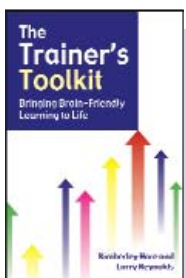
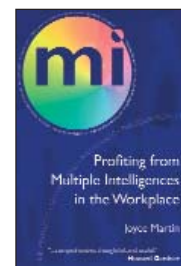
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Profiting from Multiple Intelligences in the Workplace

Joyce Martin

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

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

Kimberley Hare & Larry Reynolds

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

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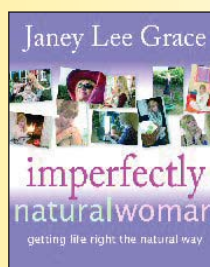
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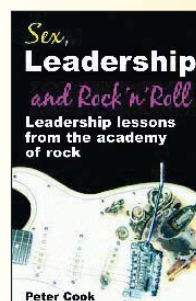
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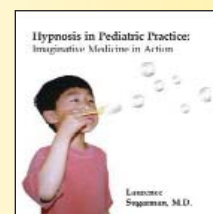
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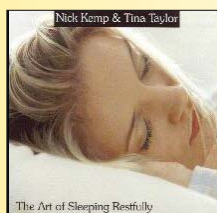
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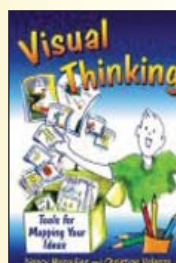
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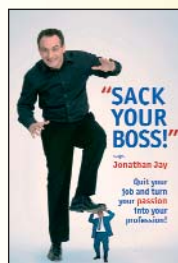
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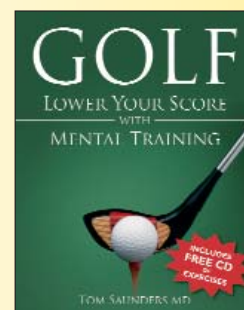
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