

HYPNOSIS and HYPNOTHERAPY, The Guidebook To Positive Transformation

In his professional guidebook HYPNOSIS AND HYPNOTHERAPY, The Professional Guide To Mental Health and Positive Transformation, hypnotherapy expert Edward J. Longo demonstrates how positive changes have aided in making effective transformations, permanently.

While striving to alleviate the complex disorders that sabotage mental health, the author has resolved mental issues through spiritual inspiration, positive motivation, and guided imagery. Gleaned from more than ten years of practice, the contents within HYPNOSIS AND HYPNOTHERAPY have been formulated to teach professionals to help their patients become empowered. By engaging this masterful book instructors, practitioners, and psychotherapists alike will learn how to program their patients to resolve disorders, such as anxiety and other mental, or psychological issues.

The techniques posed herein are so profound one female patient, after failed attempts to become pregnant via medical doctors and In vitro fertilization became pregnant within just two weeks of her initial two-hour session. This is her TESTIMONY given on Christmas, several years hence: “Yes, I had a boy in December. Thank your help in letting me be open to God’s plan for me. I listened to your tape the entire time I was pregnant and even on the way to the hospital. God truly answered my prayers and gave me the greatest gift of all . . . Sincerely, Laura Frey.”

Comment by Harold Takooshian, PhD,
President (2007), Society for General Psychology,
Division One of the American Psychological Association

“In his recent book HYPNOSIS and HYPNOTHERAPY hypnotherapist, Edward J. Longo presents to both novice and professional readers a panoramic 240-page overview of the great value of hypnosis in dealing with common life problems such as weight loss, substance abuse, anxiety. This highly readable book moves from the general nature of hypnosis (the subconscious, the autonomic nervous system, trances, DSM-4) to specific techniques for hypnotherapy (scripts, inductions, affirmation), and even how one can become a certified hypnotist as a career path. The book offers a valuable and exciting introduction to this old yet also new source of healing.”

HYPNOSIS and HYPNOTHERAPY, The Professional Guide To Mental Health and Positive Transformation

By Edward J Longo

Publication Date: September 25, 2006

Price: \$64.95, 240 pages

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