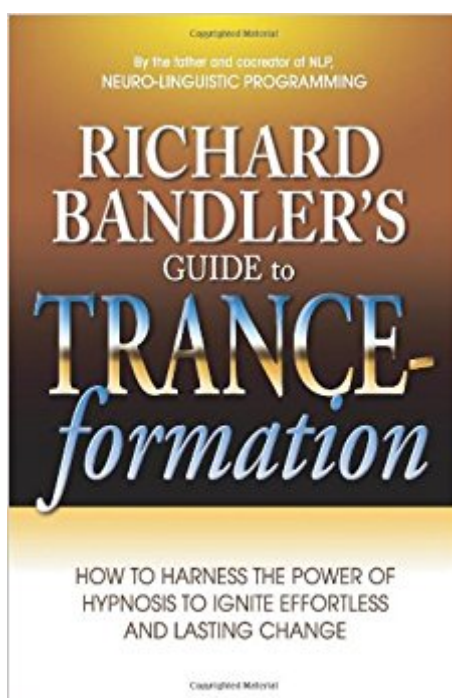


The book was found

Richard Bandler's Guide To Trance-formation: How To Harness The Power Of Hypnosis To Ignite Effortless And Lasting Change



Synopsis

More than thirty years ago, Richard Bandler set out to discover how some therapists effected startling change with their clients, while others argued about theories while their patients waited in vain for help. Now widely regarded as the world's greatest hypnotist and one of the most brilliant minds in the field of personal change, Richard Bandler created patterns that became the bedrock of neuro-linguistic programming (NLP), arguably one of the most profoundly effective approaches for self-improvement. In Richard Bandler's Guide to Trance-formation, he returns to his roots: hypnotic phenomena, trancework, and altered states to provide a highly compelling and effective prescription for quick and lasting personal change. According to Bandler, "trance" is at the very foundation of human experience. People are not simply in or out of trance, but are constantly moving from one trance to another. We have our work trances, our relationship trances, and our parenting trances. Some of these states are useful and appropriate; others are not. With his signature wit and contrarian approach to therapy, Bandler shows how anyone can reset and reprogram their problem behaviors to reach desired alternatives with lasting and life-altering results. With intriguing case studies, client dialogues, and more than thirty exercises, Richard Bandler's Guide to Trance-formation, is an engaging, read for anyone, whether they are new to NLP, want to further their NLP training, or simply want to make a positive difference in their own lives.

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Customer Reviews

With decades of practical and clinical hypnotherapy work behind him-during which he claims to

have cured everything from phobias to schizophrenia-hypnotist and author Bandler (Get the Life You Want) rejects conventional psychotherapy in favor of "neuro-linguistic programming," rooted in the inherent human capacity for learning and communication. Here, Bandler collects his techniques for overcoming mental problems now and in the future. Trance states, according to Bandler, are phenomena vital to the human experience, particularly in repetitive behaviors: "At some level or other, everything is hypnosis...people have their work trances, their relationship trances, their driving trances." Exploring these trance states with readers, Bandler provides a number of practical, meditative strategies for developing one's abilities to self-assess and reprogram destructive patterns, providing numerous patient anecdotes and sidelights on subjects like buried hypnotic commands. Despite some improbable claims (achieving lasting cures after only one trance session), Bandler's thorough breakdown of the learning process and simple, cumulative exercises make this psychological self-help worth a look, especially for those who have hit dead ends with more standard approaches. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

'This wonderful book is for anyone interested in making their life significantly better. It is a goldmine of insights and techniques from one of the greatest geniuses of personal change. As you use the techniques in Richard Bandler's Guide to Trance-formation, you will exponentially increase your ability to make dramatic life-enhancing differences. It is by far one of the most entertaining and professionally stimulating books I have read. It will change your life!' --Paul McKenna, Ph.D., coauthor of I Can Make You Thin and host of TLC's I Can Make You Thin

Richard Bandler is not a new name to me or anyone who has studied the psychology behind effective change and life enhancing skills. If you Google "NLP", or Neuro-linguistic Programming, you will find his name listed on Books, Research, and in the History of NLP as one of the two original founders. Hypnosis and language are concepts that the author is intimately, and expertly knowledgeable about. In this book you will learn how to apply self-hypnosis, with the correct language, for the purpose of improving any area of your life that you desire. You can use this knowledge to eliminate fears or phobias, increase assertiveness at work, or improve your relationships. I challenge you not to just read this book and let it inspire you, but pick an area of your life you want to transform, apply the techniques, evaluate the changes and you will be more than pleased. Share the knowledge with your family, refer your friends to the book, and you will be creating positive impact on the world. In this Internet Age, you don't have to take my word on it.

Research the author and his impact in the fields of psychology and self-help. Then come back and buy this book!

Mr. Bandler's work is, in my humble opinion, unrivaled. With years of experience and a no nonsense way about him that is direct and yet not aggressive, I have found this book to be a treasure that I return to over and over again. It is filled with exercises, examples, things to read and work through and experiment with a friend or group. It just cannot be stated enough what a necessary book this is for every serious hypnotist to have on his/her shelf. Amazing.

Great book. Highly recommended

The first course I ever took in NLP was with the maestro himself in 1980. His teaching was brilliant then and its brilliant now. Applying his work over the years has made a difference in my life and in the lives of my clients over the past thirty- two years. There are so many levels to the work that whether you're a novice or a master, if you want to be introduced, informed, educated and entertained, I highly recommend Trance-formation. Thanks Richard, for your contribution to making therapy a happier place to be. Shana Bellin

Sit down with this book alone, making sure to leave your preconceived notions outside the door. This book will help you recognize how you have been creating your experiences, both good and bad, and gives you some useful suggestions on how to transform behaviors you find troublesome into feelings that are more productive. It works if you work it. We are using it on our online hypnosis practice at [...]

Awesome strategies. Very concise and easy to apply. Richard Bandler has a very broad and keen understanding of human nature. By pointing towards viable solutions he explores all possible options to create lasting results. His main focus is to point the person in the right direction for a successful resolution.

Very readable and useful to apply to NLP and hypnosis.

Excellent book from beginning to end. This book delivers beyond expectations. Easy to read and understand, and not lacking in substance. Anyone, even those not familiar with hypnosis and

neurolinguistic programming, will benefit from reading and experiencing this book (here are exercises the reader can do to improve the reader's life). I highly recommend this book.

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