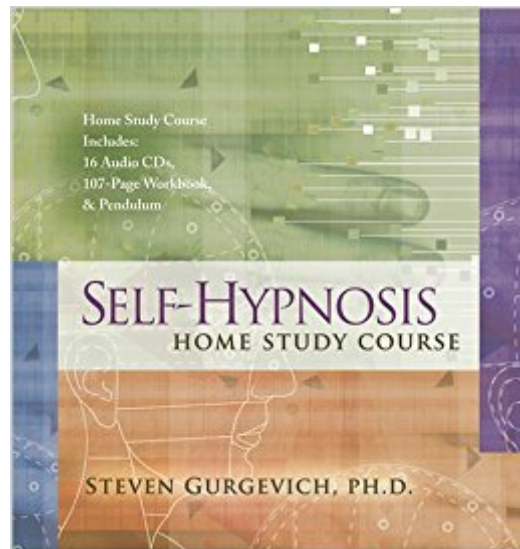




The book was found

The Self-Hypnosis Home Study Course



Synopsis

The body and the mind share an exquisite bond, teaches Dr. Steven Gurgevich. But how can we use this profound interconnection for healing? Enter The Self-Hypnosis Home Study Course, the first multimedia curriculum that taps the mind-body connection to optimize physical health, break unwanted habits, boost mental agility--whatever you set your mind to achieve. Features the Hypnotic Apothecary, with over 20 specialized hypnotic applications to relieve pain, assist in weight loss, heal skin, boost immunity, and much more.

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Customer Reviews

Steven Gurgevich, Ph.D. is a health psychologist specializing in behavioral and mind-body medicine. He teaches mind-body medicine to physicians at Dr. Andrew Weils Program in Integrative Medicine at the University of Arizonas College of Medicine.

Before investing in this course I checked out Dr. Gurgevich. As a former investigative journalist who used to work on his hometown newspaper in Tucson it wasn't difficult to find out that here is a man who knows and is not out to just make a fast buck. He also shares his knowledge in such a way that you learn it too. He really does "teach" in this course rather than "preach." I have never met a person who would not benefit from some counseling, therapy, or introspection. Dr. Gurgevich does just that, he guides you to learn more about yourself and to make beneficial changes, sometimes dramatic changes, in your "self." His association with the University of Arizona School of Medicine, Dr.

Andrew Weil, and the UA School of Integrative Medicine with Dr. Weil speak highly of Dr. Gurgevich. To read his CV (resume) it is easy to see this is not some johnny-come-lately out for your money. If you decide to own his course, and I hope you will, please do not consider it an expense - it is an investment and you will see dividends for a long, long time.

The instructional material is literally the state of the art. It solves the major problem with self-hypnosis tapes or CD's, in that any procedure will induce trance in about 80% of the clients/listeners, but they are not the same 80%. In hypnotherapy, if the therapist sees that one procedure isn't working he switches to another technique until he finds what does work well. I have never known a client to notice as this will only take a minute or two. Gurgevich encourages the listener to ignore what he is saying if the listener likes another induction better, by this time you will be familiar with a wide variety and know what works best for you. This does several things at once and, as I don't want to be accused of showing a magician stuffing a rabbit up his sleeve, I will only comment that this effortlessly moves the listener over the obstacle he might have had trying to "ride two horses at once" when they work on their own. (The author really moves the listener into doing their own tapes which keeps them from becoming "tied to the tape.") I would recommend going back and listening to the instruction CD's several times as there is more there than you will notice the first time. Gurgevich is a real sneaky son of a gun which is the highest complement a hypnotherapist can receive. If you are already experienced in hypnosis, you will love this material. Even when you are familiar with what he is doing, his aesthetic choices are delightful. I have 35 years experience and found this to be a real treat. There is a lot here that most people won't notice but you will love. If you are interested in learning hypnosis, this would be an excellent place to start.

This Self Hypnosis Home Study Course is very concise and well organized. It provides understanding and develops expertise, which can also be applied in Hypnosis with others. This is a Good no-nonsense product, and I highly recommend it. Thank You for reading. Gary Haun

This is an excellent product for the beginner in hypnosis. If you haven't had any previous experience or education with hypnosis, I would highly recommend this. I, however, did not actually want all the education. I just wanted the hypnosis CD's, which are actually very good. You can even use this information to make your own personal recording.

I loved this course. Purchased it many years ago and keep returning to it time and again. I've

purchased numerous other courses and various meditation CDs, quite a large number of them, but this remains my favorite. The instructional CDs really teach how to "own" your self-hypnosis and how/why it works. The guided sessions, of which there are many, provide the content for you to work with, making change and self-care truly possible in many areas: stress management, weight-loss, good sleep, etc., etc.. All too often, I feel somewhat lost or adrift after listening to audio courses...the information might be fascinating but how to apply it isn't clear...or the instruction given is weighted down in jargon or confusing concepts...but this course truly provides all the step-by-step instruction and tools necessary for success. Because the material is grounded in many years of working with patients, Dr. Gurgevich is clearly a master of his subject and knows how to be a first rate teacher. He also has a very subtle and unassuming voice, which is pleasant and easy to listen to. He somehow manages to leave out any intrusive or annoying ego...probably because he comes from a truly sincere place of concern for those he is teaching to heal themselves. Wonderful work but a remarkable teacher.

This course is simply amazing! Anyone who is serious about learning self hypnosis and using it would probably find this a favorite treasure. Crafted with such caring. LOADED with valuable and easy to learn information. Great hypnosis techniques, great hypnosis CDs. I really feel like this author sincerely cares about me and wants to help me. A very interesting course, fun! This is one of my favorite possessions now...which is saying a lot! I've seen a lot of improvement in myself, and look forward to much more. The hardest part for me was to learn to just let go, stop trying, and just allow the changes to happen. Who would have guessed?I also highly recommend 'Hypnosis House Call' also by Steven Gurgevich, (and make sure you buy one with the DVD included). These materials are worth so very much more than their retail price. I was astounded.Thank you Dr. Steven Gurgevich! Blessings!

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