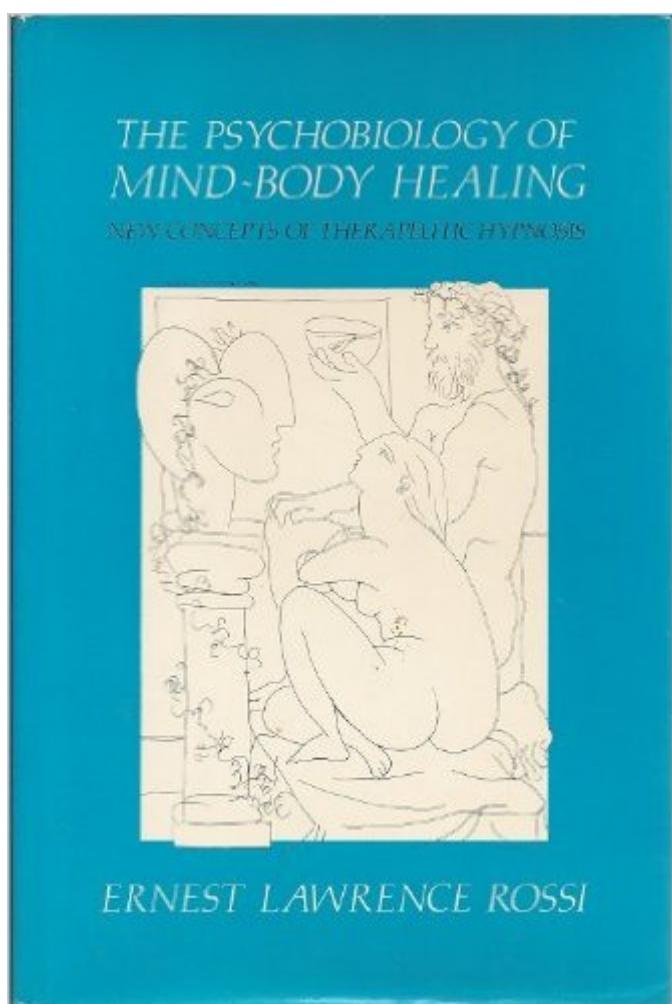


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# The Psychobiology Of Mind-body Healing: New Concepts Of Therapeutic Hypnosis (A Norton Professional Book)



## **Synopsis**

Rossi examines new evidence from psychoneuroimmunology, neuroendocrinology, molecular genetics, and neurobiology, and shows how we can utilize these natural processes to facilitate our emotional and physical well being. More than a dozen new approaches to Many of the hypotheses that Rossi proposed when this book was published in 1986 have now been confirmed. The mind-body connection is a process that can be seen, measured and accessed through hypnosis. In establishing that it is possible to use the mind to heal body illness, he now brings together new evidence from psychoneuroimmunology, neuroendocrinology, molecular genetics and neurobiology. More than a dozen new approaches to mind-body healing are outlined in a series of teaching tutorials. --This text refers to an alternate Hardcover edition.

## **Book Information**

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## **Customer Reviews**

The book explains in great detail the influence and the effect of mind over body from the perspective of neuro-biology. In simple terms, most healing performed with hypnosis are a result of mind influencing the blood-flow, which then creates corresponding changes in the body. Rossi provides a some amazing case-histories where hypnosis has helped people deal with problems which were unresponsive to regular medical treatment. Together with a number of healing techniques, the focus is on Ericksonian principle of utilization. In this respect he also points out the significance of "utradian rhythm" - the fact that throughout the day we all drift in and out of trance naturally, and that

one could do hypnosis even more-effectively by doing it in accord with ultradian rhythm, at a time when the person feels naturally more relaxed and drifting into a trance state.

In a word, excellent. A wonderful explanation of mind-body dynamics and the placebo effect. Some excellent hypnotic and mind-body healing techniques. Dr. Rossi is a true expert in his field. He fully justifies that reputation with this book.

this is an up to date book on the latest knowledge on hypnosis and its therapeutic uses. it is authoritative and theories are scientifically based. it has given hypnosis a sound scientific basis.

this book is easy to read & gives easily replicable procedures. many of his advanced interpretations are based on very basic material used in the national guild of hypnotists certification training. this book acts as an upgrade to the training.

This book starts with so much indepth knowledge, that it is not for the beginner or someone with just a passing interest. you should have a good working knowledge of the brain before taking this text on. You will be better served if you are not trying to figure out the basics and can just concentrate on the outcomes of the studies.

Wow! Putting it all together - why the body responds with symptoms when the brain (psyche) is in pain. Also tutorials for clinicians wanting to help heal psychosomatic clients of their illnesses. Brilliant!

Another HAVE TO HAVE in the library of a truly professional hypnotherapist. Thank you Dr. Rossi for your work and allowing us to follow where you led.

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