



Creative Self-Hypnosis: New wide-awake, nontrance techniques to empower your life, work, and relationships

Roger A. Straus

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DE-HYPNOTIZE YOURSELF AND EMPOWER YOUR LIFE , WORK AND RELATIONSHIPS We are all victims of post-natal suggestion. By learning how to use your thoughts, feelings and imagination through the dramatic new approach to self-hypnosis presented for the first time in this book, you can become more fully alive and make your life and yourself what you want them to be. Grounded in state-of-the-art clinical sociology, this wide-awake approach to self-hypnosis enables you to use your creative imagination to redirect and empower all areas of your life without having to put yourself in a trance. Rather, you will learn how to free yourself from the trance of everyday life limitations and misconceptions. Teaching you how to be your own life-change consultant, this book gives you practical techniques you can use to get what you want out of your life, your work and your relationships. It provides a training program for self-empowerment, with detailed exercises, techniques and tactics that you can use anywhere, any time, in any situation. This very useful book shows the readers step by step how to live more fully by combining modern (alert) self-hypnosis with advanced principles of social psychology. I highly recommend it for all who wish to enhance their task performance, their social relationships, and their life enjoyment. Theodore X. Barber, Ph.D. Director, Biomedical Research Foundation Author of Hypnosis, Imagination and Human Potentialities

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