NEURO-HYPNOSIS

USING SELF-HYPNOSIS TO ACTIVATE THE BRAIN FOR CHANGE

C. ALEXANDER SIMPKINS and ANNELLEN M. SIMPKINS
Hypnosis has long been known to be an effective and expedient way to bring about real and measurable change, and recent research shows it can even forge new neural pathways, leading to lasting improvements in mind and brain. Self-hypnosis—how you can help yourself get into a beneficial hypnotic state—is the subject of this book. Drawing from over 30 years of teaching, researching, and practicing hypnosis, the authors share systematic instructions, techniques, and exercises for finding your way into a hypnotic trance—or deepen your trance if you’ve already found it. With exercises specifically tailored to address a wide range of concerns, including stress, depression, substance abuse, anxiety, weight management, fears, and sports performance, Neuro-Hypnosis is a comprehensive guide for anyone interested in hypnosis.

The authors synthesize and integrate the major theories of hypnosis and provide an overview of the fundamental tools used in self-hypnosis, especially attention, unconscious processing, and suggestion. They provide evidence and practical considerations that therapists need to incorporate hypnosis into their practice. All readers will benefit from the tips, techniques, and exercises throughout, which demonstrate how hypnotic interventions can be tailored to each person. Readers will be inspired to practice at home using hypnotic suggestions that target their specific concerns.

Deftly balancing theory and practice, Neuro-Hypnosis provides the tools you need to open yourself to self-hypnosis, experience the vast potential of your mind, and activate your brain for growth, development, and lasting change.

C. ALEXANDER SIMPKINS, PhD, and ANNELLEN M. SIMPKINS, PhD,
are psychologists in private practice specializing in meditation and hypnotherapy. They are the authors of over 20 books, including Meditation for Therapists and Their Clients and The Dao of Neuroscience.

ADVANCE ACCLAIM

“Illuminating, practical, and eminently readable. Neuro-Hypnosis updates self-hypnosis, beaming it into the 21st century. The authors admirably spotlight contemporary advances in the neurosciences; synergistically amalgamate existing theories about the nature of trance; and offer immediately applicable exercises. For the tyro and for the expert.”
—JEFFREY K. ZEIG, PhD, Founder and Director, The Milton H. Erickson Foundation

“Here is a book that is waiting to be read by those with a curious mind and an appreciation for learning. Its contents are based on solid science and firsthand knowledge of hypnosis and therapy. The authors’ compassion is especially clear in the numerous exercises that guide the reader as he or she seeks to translate the scholarly information into a felt personal experience. In sum, this book is an excellent resource for anyone wishing to uncover his or her hidden potentials.”
—ROXANNA ERICKSON-KLEIN, RN, PhD, Board of Directors, The Milton H. Erickson Foundation

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