DOUBLE-BINDS
THE DNA OF EMOTIONAL & MENTAL PROBLEMS AND HOW TO MAKE USE OF THEIR POSITIVE POTENTIAL

DR. JOHN D. LENTZ
"We have experienced John Lentz's new book as an ingenious contribution to the wonderful arts of optimizing positive human potentials. We believe the educational, practical and therapeutic applications of the creative double binds he is developing will prove their worth in emerging neuroscience research that documents how they could actually facilitate gene expression and brain plasticity in the arts, sciences and humanities as well as everyday life."

—Ernest Rossi PhD & Kathryn Rossi PhD Authors of
Creating New Consciousness in Everyday Life: The Psycho-Social Genomics of Self Creation

“This is a book full of serious humor and humorous wisdom. Therapists, Counselors and everybody still communicating verbally will profit from this book. John Lentz is able to address and draw in a brilliant way from many fields: The Art of Communication in the tradition of Ericksonian hypnotherapy, religion, philosophy, history and literature.”

—Bernhard Trenkle, DIPL. PSYCH Member
of BOD of the Milton Erickson Foundation and
The International Society of Hypnosis ISH, and
Director of the Milton Erickson Institute Rottweil Germany

“This succinct book describes in 18 chapters what takes many individuals a lifetime to appreciate. Expressed in terms that are simple yet deep, it address some of the most complex interactions that take place within and between human beings. Bringing these ideas into our own awareness, Lentz has given us a gift of offering ways to examine difficult communications and opportunities to improve communications in a multitude of ways. By bringing the notion of a “positive double bind” forward, Lentz has reframed possibilities in a strategic way, with Ericksonian precision.”

—Roxanna Erickson Klein PhD BOD
of the Milton Erickson Foundation

Dr. Lentz is a marriage and family therapist who is also the director of the Ericksonian Institute of Jeffersonville, Indiana, where he teaches and practices Hypnosis as well as offering therapy.