



# Hypnotherapie für Dummies (German Edition)

*Mike Bryant, Peter Mabbutt*

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Unter den vielen Therapienformen, die Menschen mit emotionalen Problemen oder stressbedingten Krankheiten helfen, zeigt die noch junge Hypnotherapie erstaunlich schnell große Erfolge. Die erfahrenen Hypnotherapeuten Mike Bryant und Peter Mabbutt erläutern die Wirkung von Entspannungsübungen und positiver Suggestion und zeigen, wie fließend die Grenzen zur Meditation und zum Neurolinguistischen Programmieren sind. Anhand vieler Beispiele erklären sie Ihnen, wie Sie durch Hypnotherapie belastende Gedanken und negatives Verhalten erkennen und ins Positive ändern können.



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