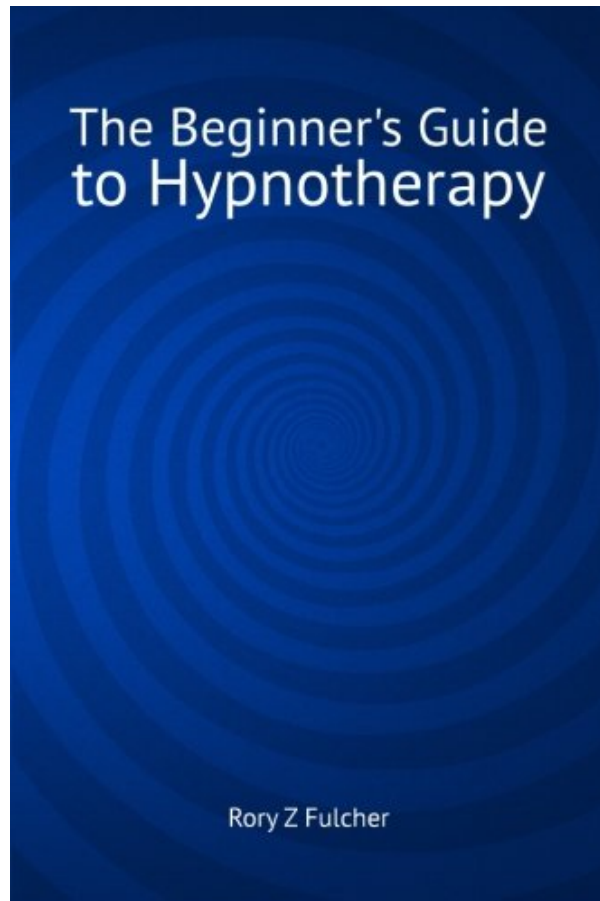


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About the Author

Rory Z is a hypnotist/hypnotherapist and hypnosis trainer based in Cambridgeshire, UK. He has been used and developed his hypnotism skills worldwide over the past 10+ years

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Anybody can learn to become a hypnotherapist, even if you have little or no experience. This book will teach you how to hypnotise anybody, how to deepen the state of hypnosis. What to do when you have your subject hypnotised - i.e. how to help them resolve their problems (whether, quitting smoking, losing weight, curing a phobia, fixing insomnia, gaining confidence... the list goes on) and how to wake them up at the end of the session. Whether you are recently trained, new to hypnotherapy or have no idea at all about hypnotherapy and would like to learn about it, the Beginner's Guide to Hypnotherapy is the perfect tool for you to get a grasp of the basics principles of hypnotherapy, methods used in real hypnotherapy sessions and the reasons why we do these things. A lot of "Hypnotherapists" read from scripts and have no idea why they are saying what they are saying... A GOOD Hypnotherapist does not do this. To become a GOOD Hypnotherapist takes an equal measure of skill, knowledge, positive intention and a great deal of practice. One size does not fit all with Hypnotherapy, and as a GOOD Hypnotherapist, it is up to you to provide a "tailor-made" solution for your future-clients. The Hypnotherapy methods and techniques set out in this Book will give you a solid foundation upon which to build your own Hypnotherapy scripts and sessions.

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About the Author

Rory Z is a hypnotist/hypnotherapist and hypnosis trainer based in Cambridgeshire, UK. He has been used and developed his hypnotism skills worldwide over the past 10+ years

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3 of 3 people found the following review helpful.

Great guide for the layman: gives you all the practical knowledge you need to get to work!

By Geoffrey Wilson

I'd already read and enjoyed Mr. Fulcher's Rapid Induction guide, so I bought this new book as soon as I knew about it.

It did not disappoint at all. Rory makes hypno-therapy concepts easy for the layman to understand, without dumbing them down or leaving out relevant safety information. He spends enough time on theory to give context to the reader and to instill confidence, but doesn't drag on too much before getting to the good stuff: how to actually hypnotize people, and then help them fix mental issues using a variety of time-tested techniques.

I have no degree in psychology or neuroscience or anything like that, but with this book (and practice!) I have a good working knowledge of how to use hypnosis to help people solve their problems.

1 of 1 people found the following review helpful.

There is definitely good value on what you spend for the quality of ...

By Victor Bravo

I bought a big bundle of Rorey's work because it was so much information for a really affordable amount. There is definitely good value on what you spend for the quality of what you get. I've been doing hypnosis for about five years and I picked up so many good tips and tricks. I guess I could say I have picked up a few bad habits along the way (short cuts really). He does a wonderful job on explaining what to do, why you're doing and when to do certain things. So if you're a beginner or a seasoned veteran. Pick it up.

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This book is an excellent read a must if you are interested in learning hypnotherapy! Gives a good insight into the basics to want to go on to complete a course

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