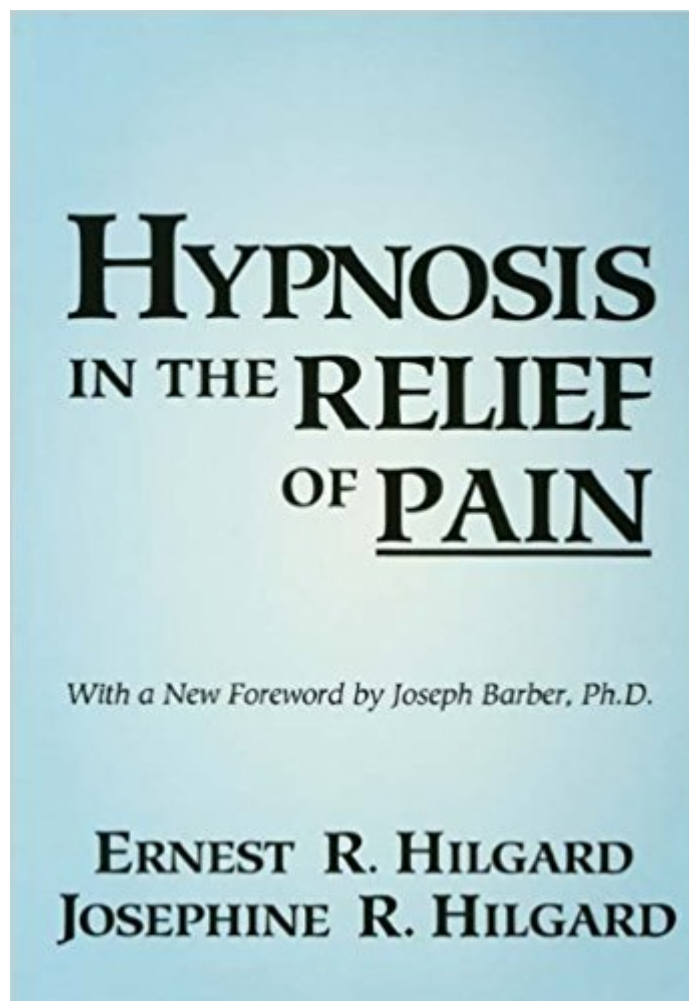


The book was found

Hypnosis In The Relief Of Pain



Synopsis

Written by a psychologist and a psychiatrist noted for their expertise as both practitioners and researchers, the book illustrates how hypnosis can significantly alleviate the pain of childbirth, medical or dental surgery, burns or other accidental injuries, cancer, and chronic syndromes. With over 600 references covering the field of modern research into the mechanisms of pain, the authors convey a thorough understanding of findings and limitations of available empirical studies. Yet the book remains exceptionally clear and non-technical and will appeal not only to professionals involved with pain reduction but to lay people as well. The Hilgards address a broad spectrum of topics relating to hypnosis and pain, ranging from an historical review to a consideration of future areas for investigation. They thoughtfully tackle the controversy still surrounding the nature of hypnosis - "Is it an altered state of consciousness or a pattern of behaviour adopted by both subject and hypnotist? The concluding section presents the Hilgards' neo-dissociation theory of hypnosis as well as a highly useful technique for assessing susceptibility in clinical situations. Pain has been called the greatest unsolved problem in medicine. Hypnosis in the Relief of Pain, with its honest and complete appraisal of the role of hypnosis on pain reduction, will contribute significantly to the understanding and broader use of this noninvasive and natural healing phenomenon.

Book Information

File Size: 3383 KB

Print Length: 314 pages

Page Numbers Source ISBN: 0876307004

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publisher: Routledge; 1 edition (April 15, 2013)

Publication Date: April 15, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00CDV139G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,027,813 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

inÃÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #52

inÃÂ Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Hypnotherapy #61

inÃÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy

Customer Reviews

good

The Kindle edition is an updated version of an old book. Not a lot has been changed in this edition, but it does have some good information on "the hidden observer" which can be useful.

The perfect foundation text for utilization of hypnosis, and suggestion for pain relief. This text will take you through background studies in pain relief, as well as the laboratory results of the Hilgard's own research. Very informative, many graphs, and statistical data are provided for the scientifically inclined. This book is a cornerstone in any practitioner's library.

Ernest Hilgard was one of the first researchers to take hypnosis seriously and show scientifically that it has tremendous merit in the relief of pain. While hypnosis has many other uses as well, its use in the relief of pain is probably the most documented, with many studies now in the literature. Hilgard's book is unique in being readable enough for a non-scientist to grasp how such research is done, and the meaning and usefulness of the results uncovered.

[Download to continue reading...](#)

Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Beginner's Guide to Sciatica Pain Relief: A Concise Guide to Pain Relief & Spinal Cord Anatomy Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Scoliosis

Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on Hypnosis for the Beginner, Intermediate and Advanced Practitioner Self Hypnosis: The Ultimate Guide on How to Master Self Hypnosis, hypnotize:hypnosis Hypnosis In The Relief Of Pain Get Rid of the Pain in Your Butt NOW! Pain Relief For Your Back, Legs, Knees, Feet & Sciatica Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) 3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain The Chronic Pain Solution: Your Personal Path to Pain Relief Confronting Chronic Pain: A Pain Doctor's Guide to Relief (A Johns Hopkins Press Health Book) The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) Foods That Fight Pain: Revolutionary New Strategies for Maximum Pain Relief How to Permanently Stop Your Knee Pain, Even if you've Tried Everything Else!: Get Instant Knee Pain Relief with These Simple Tips The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)