



Hypnose Lernen - Praxishandbuch (German Edition)

Benedikt Ahlfeld, Stefan Strobl

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Dieses Praxishandbuch ermöglicht es jedem in kurzer Zeit und ohne Vorkenntnisse sicher zu hypnotisieren und nachhaltige, positive Veränderungen im Unterbewusstsein zu verfestigen. Die Autoren lassen durch ihre langjährige Erfahrung viel Fachwissen und wichtige Tipps direkt aus der Praxis einfließen. Mit 75 detaillierten Beispieltexten und 2 gratis Trance-CD Downloads ist es sofort möglich, erstaunliche hypnotische Effekte zu erzeugen: Armlevitation, Zahlen vergessen, Blitzhypnose, am Boden festkleben, Katalepsie (Körperstarre), Rückführung, Halluzination und viele andere mehr. Mit dem umfangreichen Coaching-Modell, das in „Hypnose lernen“ auch für Anfänger verständlich dargestellt wird, wird eine nachhaltige, positive Veränderung ermöglicht. Dabei werden auch Themen der Hypnosetherapie und Medizin behandelt: Raucherentwöhnung, Gewichtsreduktion, Schlafstörungen, Prüfungsangst, Konzentrationsschwäche und ADHS, Fingernägel kauen, Agoraphobie, Leistungssport u. v. a. m.. Im Kapitel „Selbsthypnose“ werden zudem effektive Methoden gezeigt, wie man besonders schnell und ohne fremde Hilfe in Trance gelangt und wie man erfolgreich eigene Affirmationen und Suggestionen aufbaut, um auch bei längeren Beschwerden einfache Besserungen zu erreichen. Das Praxishandbuch „Hypnose lernen“ vermittelt dem Leser das Wissen und alle Fähigkeiten, um andere Menschen innerhalb kürzester Zeit zu hypnotisieren und sicher in tiefe Trance zu führen.

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