



## AUTOHIPNOSIS

By SIMPKINS, C. ALEXANDER Y SIMPKINS, ANNELLEN

Ediciones Arkano Books, 2003. soft. Book Condition: New. ¿Te gustaría dejar de fumar? ¿Necesitas perder peso? ¿Deseas aprender a evitar el estrés? ¿Esperas encontrar una manera de vivir sin sufrir dolor? Autohipnosis fácil y simple es una guía que te ayudará a conseguir estos objetivos y que te enseñará a cambiar tu vida. La autohipnosis es un arte de comunicación interior que puede ser utilizada con diversos propósitos, pero que sobre todo facilita las respuestas constructivas y mejora el potencial y los recursos propios. Los reconocidos psicólogos C. Alexander y Annelen Simpkins no sólo ofrecen en esta obra una completa historia de la hipnosis, sino que te proponen ejercicios de relajación para ayudar a tu mente y exponen los métodos «trance auditivo», «trance visual» y «trance sensorial» que te permitirán incrementar tu capacidad perceptiva. Según consigas ver, oír y sentir tu entorno con mayor precisión, podrás alterar tus percepciones recuperando un recuerdo de forma sorprendentemente detallada, conseguirás introducirte en tus sueños para experimentar una sensación lúcida y harás que el tiempo pase más deprisa o que los breves destellos de un momento maravilloso se «prolonguen» un poco más. El libro está organizado en tres secciones cuidadosamente desarrolladas: la teoría, que...



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