



# Hypnosis: The Application of Ideomotor Techniques

*David B., M.D. Cheek*

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## **Hypnosis: The Application of Ideomotor Techniques** David B., M.D. Cheek

This is a second edition of a thirty-year old classic. The author has 50 years of experience in using hypnosis for psychological as well as medical reasons. He has been teaching the usage of hypnosis techniques for over 30 years. This is written as a handbook & it's a quick, easy read. Details basic information and background on hypnosis, explains methods, guidelines, and then goes in-depth into uses in pain relief, surgery, dental, and pregnancy issues. It also covers working with habits and self-hypnosis techniques. In-depth coverage of the benefits and usage of ideomotor techniques. Psychologists, doctors, and dentists who use hypnosis in their practices. The general lay public is also the market due to the easy readability of the book and the chapter on self-hypnosis. A Longwood Professional Book.



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