



More Scripts and Strategies in Hypnotherapy

Lynda Hudson

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This is a collection of brand new hypnosis scripts from Lynda Hudson, author of *Scripts and Strategies in Hypnotherapy with Children* (978-1845901394). This comprehensive volume covers: Anxiety; Panic Attacks; Phobias; Sexual problems; Breaking habits; Improving sport performance; Managing dyslexia and related social stigma; Essential tremor; Tics and twitches; Urinary incontinence; IBS; Pain control; Preparation for and recovery from childbirth; Sleeping difficulties; Speaking in groups, meetings and conferences; Enhanced business performance; Preparation and recovery from surgery and illness; Coping with mild to moderate depression; Recovering memory (not recovering traumatic memory); and more. Also included is the use of hypnotic language and suggestions for varying scripts for particular clients. This volume is an outstanding complement to the now classic *Scripts and Strategies in Hypnotherapy* by Roger Allen (ISBN: 9781904424215) and will be welcomed by beginner and experienced practitioners alike.

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