



Essentials of Clinical Hypnosis: An Evidence-Based Approach (Dissociation, Trauma, Memory, and Hypnosis Book Series)

By Steven J. Lynn, Irving Kirsch

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Through session transcripts, examples, and procedures, this book explores the benefits of incorporating hypnotic methods into treatment plans for such common disorders and conditions as anxiety, depression, posttraumatic stress disorder, pain and medical conditions, smoking, and eating disorders.

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