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self hypnosis and visual pdf

Self-hypnosis or auto-hypnosis (as distinct from hetero-hypnosis) is a form, a process, or the result of a self-induced hypnotic state.. Frequently, self-hypnosis is used as a vehicle to enhance the efficacy of self-suggestion; and, in such cases, the subject "plays the dual role of suggester and suggestee".. The nature of the auto-suggestive practice may be, at one extreme, "concentrative ...

Self-hypnosis - Wikipedia

Hypnosis is a state of human consciousness involving focused attention, reduced peripheral awareness, and an enhanced capacity to respond to suggestion. The term may also refer to an art, skill, or act of inducing hypnosis. Theories explaining what occurs during hypnosis fall into two groups.

Hypnosis - Wikipedia

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This article was published in the American Journal of Clinical Hypnosis 29(2) (October, 1986): pp. 86-94. Abstract. This paper describes Pierre Janet's pioneering work in the area of hypnosis which was based on suggestion and dissociation.

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