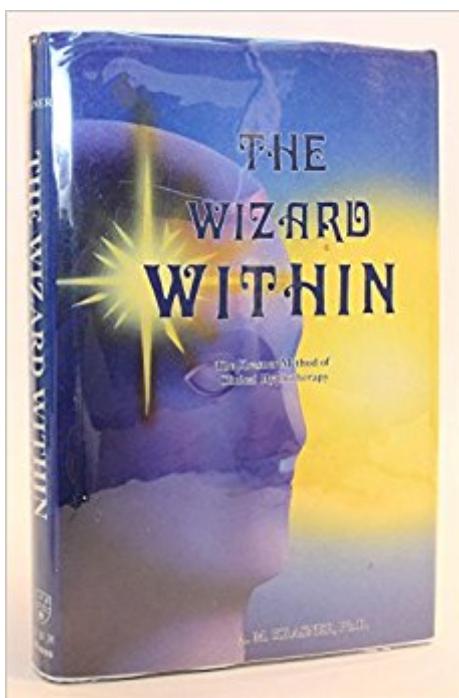


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The Wizard Within: The Krasner Method Of Hypnotherapy



Synopsis

Great book containing a lot of philosophy of the mind!

Book Information

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Customer Reviews

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I took one of the American Institute of Hypnotherapy's accelerated certificate programs 6 years ago and, though I decided not to pursue hypnotherapy as a career, I have never regretted taking the class, if for no other reason than I would never have been exposed to Dr. Krasner's wonderful book. Even had I not taken the class, all the information on how to effectively hypnotize and teach someone about hypnosis is presented in easy-to-understand language and details established psychological concepts that further explain and support hypnosis. Krasner's own revolutionary method of performing hypnosis is broken down in explicit detail, and there are lots of scripts for various inductions (rapid, progressive relaxation, etc.) and supporting scripts to build off of to help people conquer fears, pain, smoking, weight loss, anxiety, shyness, etc. as well as pointers and suggestions on how to make your presentation as effective as possible. This is probably the best book available for anyone interested in learning more about hypnosis and/or connecting with the subconscious mind, whether one's own or someone else's.

I am going to order this book post-haste. Why? Because I just had the delightful experience of sitting next to Dr. Krasner on an airplane. Not only is he funny and entertaining, I was dumbfounded at his abilities. As soon as our drinks (mine cranberry juice, his Diet Coke) were served, he told me that my cranberry juice was orange juice. I would put my hand on a bible and swear that it was! It tasted like fresh squeezed OJ. Within seconds he brought out memories of the names of my K-6 grade teachers and later, during the flight, he placed a quarter on my tray table and told me that it was so heavy I could not pick it up. I literally could not pry that quarter off of my tray table. He is sharper than a tack! If his book is as good as his methodolgy, I won't be able to put it down!

Dr. Krasner has an excellent way with words, people and HYPNOSIS. His book and his teaching method are both delightfully straight forward, yet still full of fun! A person will definitely learn to hypnotize others safely and easily using the Krasner Method.

This book on basic hypnotherapy is clearly written and user-friendly. Krasner is a leading teacher of hypnosis, and his book reflects his organization and ability to break the subject down into bite-size component parts. He avoids complex theory and focuses on the nuts-and-bolts of doing hypnosis in a professional manner. In short, this is a good, solid, basic text on hypnosis written by one of the leading teachers in the field. For those new to hypnosis, it is an easy and an excellent introduction to the subject.

Dr. "Al" Krasner is one of my teachers and friend. Over many years I have learned much from him. He is an excellent teacher and writer as this book will demonstrate. It has been helpful to me with my work as Chaplain at Pendleton Memorial Methodist Hospital in New Orleans, La. I highly recommend this book for beginners and professionals. Dr. Krasner is a giant in the field of hypnotherapy. I am glad to call him friend.

Whether you are a professional hypnotherapist or just interested in hypnotherapy, this text will give you a great basic introduction to many of the aspects of hypnosis. Say what you will about Dr. Krasner, the truth remains that he has done a great deal for the advancement of hypnosis, and hypnotherapy. This book will give the reader the tools needed to begin!

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