



## Power Persuasion: Using Hypnotic Influence in Life, Love and Business

By David R. Barron, Danek S. Kaus

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Power Persuasion: Using Hypnotic Influence in Life, Love and Business, David R. Barron, Danek S. Kaus, This book presents the techniques and uses of self-hypnosis for change and healing - including a new chapter on dealing with everyday stresses and the story of the author's remarkable success in using self-hypnosis in the preparation for his own quadruple-bypass heart surgery. This expert's guide demystifies the process of self-hypnosis, presenting a clear and straightforward case for its use in achieving personal change, heightening creativity, dealing with the stresses of everyday life, and promoting healing. By sharing his own story of discovery as well as the fascinating stories and techniques he used with some of his 2,000 patients, Dr. Fisher dispels myths and describes how readers can create their own 90-second exercise to talk to their bodies and minds to alleviate problems such as insomnia, smoking, overeating, memory loss, pain, skin allergies, fear of flying, and performance anxiety.

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