



Permanent Habit Control: Practitioner's Guide to Using Hypnosis and Other Alternative Health Strategies

Dr. Brian Grodner PhD ABPP, David B. Reid PsyD

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Grodner and Reid present the first professional book that attempts to permanently change health behaviors using Ericksonian Hypnotherapy. This book provides mental health professionals with a practical resource that will help them initiate permanent habit change in their clients' lives.

Hypnotherapy has been proven to help people break poor eating habits, quit smoking, reduce alcohol and drug consumption, and manage stress. The book provides eclectic and innovative behavioral and naturalistic interventions that can be individually tailored to help clients regain control of their lives. The authors offer specific strategies, processes, metaphors, images, reframing techniques, task assignments, and other innovative techniques for managing unwanted habits beginning with the initial client contact and continuing through relapse prevention and follow-up reinforcement sessions.

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Hypnotherapy serves as a less expensive alternative approach for improving the quality of life and helping people adopt healthier lifestyles through behavioral change.

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Benjamin Chambers:

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