

Autohypnotherapy for a happy life

For personality development & successful life

Preface

Under this heading are included brief case histories, where hypnotherapy was used successfully. Whereas, the other articles in this volume go into the depth of one particular aspect of a subject, the case histories under this heading are intended to show how hypnotherapy can be used successfully, to overcome some problems of symptomatic patients in a few sessions.

The purpose of this Text is to acquaint the newcomers to the field about the uses of hypnotherapy by examples rather than by merely listing them.

The cases reported here are by doctors, who started using hypnotherapy successfully in their practice, after attending the training courses conducted by the Society. - **Compiler**

Index

| Chapters | |
|---|-----|
| 1. Our concept of personality | 9 |
| 2. Psychopathogenesis and stress tolerance | 23 |
| 3. Practical suggestions about hypnosis | 36 |
| 4. Failure to induce a trance | 51 |
| 5. Autohypnotherapy | 55 |
| 6. Heterohypnotherapy | 79 |
| 7. Diseases that can be cured by Hypnotherapy, suitability for the patients and some instructions | 94 |
| 8. Uses of hypnotherapy | 107 |
| 9. History of the future of hypnosis | 153 |
| 10. The only permanent solution to all problems – Spiritual practice | 161 |