

# Hypnotherapy For Happiness (For Everybody)

## Preface

The word hypnotism evokes an image of something mysterious to the ordinary reader. But a careful reading of this book is bound to dispel such a misconception and show that hypnotism is a science like any other.

By explaining the techniques of hypnotherapy and the methods of autosuggestion in a simple and systematic manner, this book attempts to infuse reliable information about hypnotism and clear the doubts created in the minds of people by books of lay hypnotists.

Newspapers and magazines have played a major role, in arousing the interest of people in hypnosis. Consequently, several people wish to practise hypnotherapy. To acquaint the lay public with hypnotherapy led to the compilation of this book. Written in a lucid language, this book aims at popularising hypnotherapy at the grass root level.

The method of therapy described in this book is mainly based on the 'Personality Defect Model of Psychotherapy', which is very effective having a cure rate of around 50% and can be as high as 70% if practised diligently.

To facilitate the comprehension of the common reader, we have at the outset discussed the techniques of autohypnosis, the concept of personality, stress tolerance and psychopathogenesis. Finally the chapter on heterohypnotherapy offers a comprehensive appraisal of hypnotherapy to be undertaken by doctors and its various uses.

Based on the guiding principles explained in this book, if hypnotherapy is practised by an individual it will certainly help him to achieve a healthier personality and thereby improve the quality of life. This is sure to ensure a happier life and so assist a person to make rapid spiritual progress culminating in the achievement of an ideal personality.

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