



# Self-Hypnosis: A Practical Guide to Self-Hypnosis

*Melvin Powers*

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All of us like to think that our actions and reactions are a result of logical thought processes, but the fact is that suggestion influences our thinking a great deal more than logic. Consciously or unconsciously, our feelings about almost everything are largely molded by ready-made opinions and attitudes fostered by our mass methods of communication.

Self-hypnosis is a highly suggestible state wherein the individual can direct suggestions to himself. It is a powerful tool in any therapeutic process, and highly motivated subjects can parallel the success of hetero-hypnosis through their own efforts. Self-hypnosis can be used as a palliative agent and can even afford lasting results in many areas of the organism. Self-hypnosis can alleviate distressing symptoms, substitute strong responses for weak responses, help overcome bad habits, create good habits and help one's power of concentration. The total personality is eventually changed to the point where it can function adequately in an increasingly difficult environment.

In learning self-hypnosis, the subject does not relinquish control of himself as is commonly believed. Actually, more control is gained. Self-sufficiency and self-confidence are inevitable results.

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