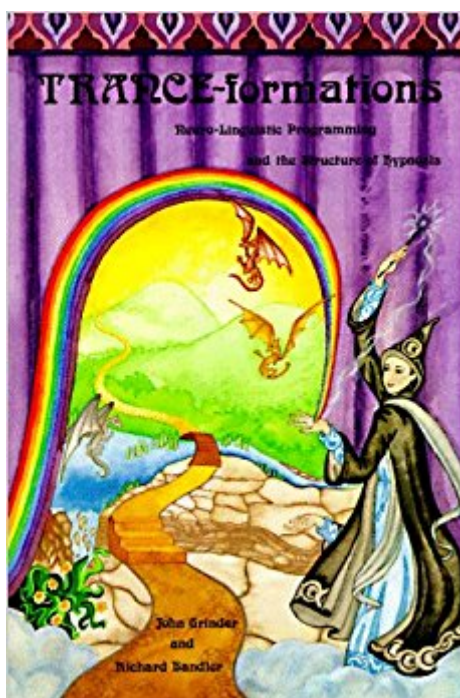


The book was found

# Trance-Formations: Neuro-Linguistic Programming And The Structure Of Hypnosis



## Synopsis

What is a trance state? How do you access a previous trance state? What is pattern interruption? Stacked realities? Generative change? Reframing? And how in the world do you use all this stuff to do anything productive? Better yet, how do you keep from using all this stuff to be unproductive? Well, this will give you a taste of what lies in store for you in this book. It's the best book to learn about real hypnosis, the structure of hypnosis. There are many books that can teach you to hypnotize people, but few that can teach you to break through the consensual trance that you are already in. This book can get you on the road to doing that. "Hypnosis is a word that usually gets strong responses from people" - positive or negative. Often, people associate trance states with mysticism or magic, which has not helped the reputation of hypnosis. We encourage skeptics to suspend their beliefs or assumptions about hypnosis long enough to read this book. NLP cofounders Bandler and Grinder studied the famous therapist Milton Erickson to determine the structure of hypnosis. This book turns the "magic" into specific understandable procedures, some of which are useful in everyday conversation. In addition to the hows of hypnosis (basic and advanced), the authors describe numerous important uses for this science. A great introduction to the subject - and an important reference book for hypnosis practitioners.

## Book Information

Paperback: 252 pages

Publisher: Real People Press (1981)

Language: English

ISBN-10: 0911226230

ISBN-13: 978-0911226232

Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.5 out of 5 stars 44 customer reviews

Best Sellers Rank: #100,729 in Books (See Top 100 in Books) #4 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Hypnotherapy](#) #5 in [Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy](#) #37 in [Books > Self-Help > Hypnosis](#)

## Customer Reviews

What is a trance state? How do you access a previous trance state? What is pattern interruption? Stacked realities? Generative change? Reframing? And how in the world do you use all this stuff to do anything productive? Better yet, how do you keep from using all this stuff to be unproductive?

Well, this will give you a taste of what lies in store for you in this book. It's the best book to learn about real hypnosis, the structure of hypnosis. There are many books that can teach you to hypnotize people, but few that can teach you to break through the consensual trance that you are already in. This book can get you on the road to doing that. "Hypnosis is a word that usually gets strong responses from people" - positive or negative. Often, people associate trance states with mysticism or magic, which has not helped the reputation of hypnosis. We encourage skeptics to suspend their beliefs or assumptions about hypnosis long enough to read this book. NLP cofounders Bandler and Grinder studied the famous therapist Milton Erickson to determine the structure of hypnosis. This book turns the "magic" into specific understandable procedures, some of which are useful in everyday conversation. In addition to the hows of hypnosis (basic and advanced), the authors describe numerous important uses for this science. A great introduction to the subject - and an important reference book for hypnosis practitioners.

Without any doubts *It's one of the best books (if not the best) on NLP and the structure of hypnosis. By far one of the best books on the topic. Must read for anyone interested in "rewiring your brain."* Surprise a book like this one is even published. Occults are made of the knowledge in Trans-Formation. Ideal, for hypnotist, therapist, people who want to help other people, or anyone interested in achieving greatness. Definitely a pickup. 10/10!

Helpful

Packed with practical theory. Essential reading for any student of instant or therapeutic hypnosis. After Erickson come Bandler and Grinder. This was the only book I have bought so far that gave answers and delivered. Buy this.

As always, a Great Book From the Founders!

This is a good supplemental guide for anyone who is interested in the basics and dynamics of hypnosis (though the writings here are referred to as neuro-linguistic programming, NLP).

First, I agree with the reviewers about this not being a beginner's book. You would probably get more out of reading a different hypnotism book first. NLP is a somewhat controversial approach to

hypnotherapy. The version presented in this book is not really a science so much as an art, which requires deep personal experience and understanding to make work. For this reason it will always be on the fringes of psychotherapy. This book is one of the classic books about NLP and therefore should be read critically by anyone interested in it or related topics (including how the brain processes language). I found the book to crystalize what I had learned from life experience and by watching others. Given that experience I think I got a lot out of the book, perhaps more than the authors intended. However I can understand how others might take wrong turns trying to see this as some sort of short-cut (when it is really a power tool). Having said this, I think if folks read the book critically, it will lead to greater insight. I wasn't sure about all aspects of the book. For example, while I understand the idea of symptom substitution as a possible good, I found the examples in the book to be questionable in the long run (while they might be good for transitional measures, they seem to help rob an individual of the need to address some circumstances directly). All in all, though, a very thought-provoking book and worth reading.

This is THE book for beginners wanting to learn about NLP. .

A great book. It is like a live seminar with Richard Bandler, but put into a book. It teaches you how to do simple and advanced inductions. Talks about how to set up ideomotor signals, and how to use them while in trance state. A good book for anyone interested in NLP.

[Download to continue reading...](#)

Trance-Formations: Neuro-Linguistic Programming and the Structure of Hypnosis  
NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT)  
Success Secrets: Change Your Life With Neuro-Linguistic Programming. .: NLP Techniques for Personal and Professional Success and Lifestyle ... NLP, Hypnosis, Law of Attraction) (Volume 2)  
NLP: Persuasive Language Hacks: Instant Social Influence With Subliminal Thought Control and Neuro Linguistic Programming (NLP, Mind Control, Social Influence, ... Thought Control, Hypnosis, Communication)  
Introducing NLP: Psychological Skills for Understanding and Influencing People (Neuro-Linguistic Programming)  
NLP 2.0 - The Ultimate Guide to Neuro Linguistic Programming: How to Rewire Your Brain to Create the Life You Want and Become the Person You Were Meant to Be  
NLP: Neuro Linguistic Programming: Re-Program Your Control over Emotions and Behavior, Mind Control, 3rd Edition  
NLP: Neuro Linguistic Programming: The 10 Most Powerful Tools to Re-Program Your Behavior and Maximize Your Potential  
Dark NLP: How To Use Neuro-linguistic Programming For

Self Mastery, Getting What You Want, Mastering Others And To Gain An Advantage Over Anyone  
Nlp: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind  
Control NLP: Persuasive Language Hacks: Instant Social Influence with Subliminal Thought Control  
and Neuro Linguistic Programming NLP: The Unlimited Power of NLP: The Art of Mental Training,  
Influence and Goal Achievement (NLP techniques, NLP confidence, NLP leadership)  
(Neuro-Linguistic Programming) NLP Master's Scriptbook: The 24 Neuro Linguistic Programming &  
Mind Control Scripts That Will Maximize Your Potential and Help You Succeed in Anything NLP  
Master's Scriptbook: The 24 Neuro Linguistic Programming & Mind Control Scripts That Will  
Maximize Your Potential and Help You Succeed in Anything ... Confidence, Leadership Book  
Series) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power,  
mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic  
Programming) The Secrets of Making Love Happen: How to Find, Attract & Choose Your Perfect  
Mate Using Handwriting Analysis & Neuro-Linguistic Programming The Secrets of Making Love  
Happen: How to Find, Attract & Choose Your Perfect Mate Using Handwriting Analysis &  
Neuro-Linguistic Programming by Bart A. Baggett (1998-01-15) The Big Book of NLP, Expanded:  
350+ Techniques, Patterns & Strategies of Neuro Linguistic Programming NLP for Fast Weight  
Loss: How to Lose Weight with Neuro Linguistic Programming - Program Your Weight Loss  
Success Now NLP: The Essential Guide to Neuro-Linguistic Programming

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)