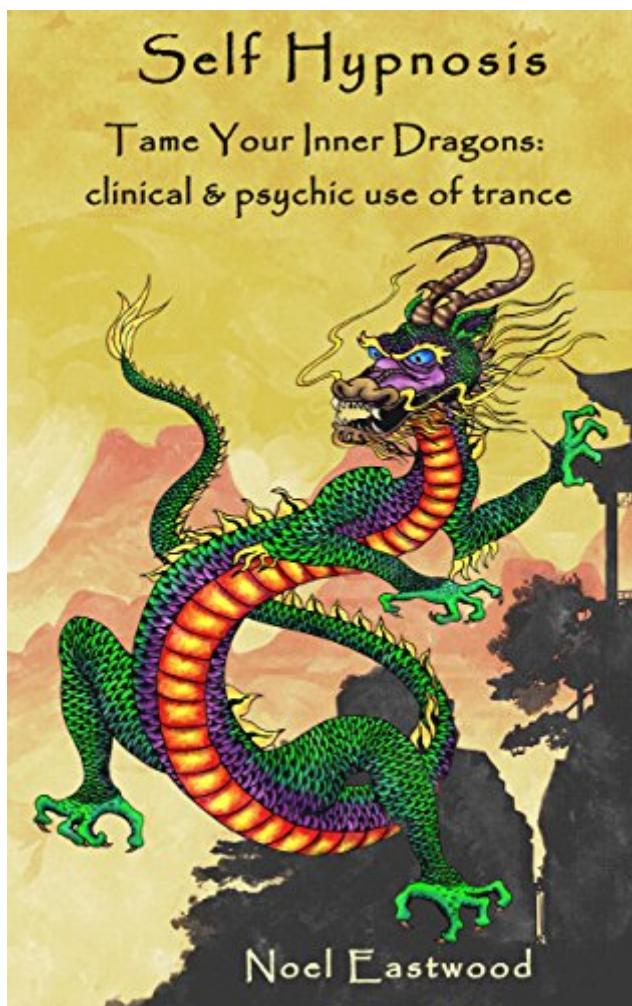


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# Self Hypnosis Tame Your Inner Dragons: Clinical And Psychic Use Of Trance



## **Synopsis**

Psychologist Noel Eastwood takes you on an inner journey of self discovery and healing. He draws upon numerous case studies from his clinical practice to demonstrate how ordinary people have overcome limiting beliefs and traumatic experiences using self hypnosis. The author illustrates how to use exercises from NLP, Inner Child, Gestalt therapy, Arnold Mindell's process therapy, Jungian psychotherapy and traditional Taoist meditation techniques and those he developed in his own practice. Journey into your deep unconscious using simple self hypnosis techniques to uncover the dragons feeding on your sadness, loneliness, anxiety, anger and fear. Learn how to tame your dragons and release yourself from limiting beliefs using techniques the author has developed over almost 30 years of clinical practice. Embedded in this book are a multitude of simple tools and techniques of self hypnosis that can change your life, develop undiscovered talents and allow you to live fearlessly. The author's message is that we are empowered by choice and never limited by fate. The book is loaded with a wealth of true stories from elite athletes, age regression, past lives, children's problems, imagery and remote viewing, working with archetypes, stress reduction and many spiritual and psychic growth exercises. Combining 30 years of experience with self hypnosis, psychodynamic psychotherapy, guided imagery and meditation - this book is fast becoming a classic in the field of mind control and spiritual growth. An incredible book, "Utterly riveting, absolutely magical!" •

## **Book Information**

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## Customer Reviews

I really liked this book and thought it was a good read. If you are someone that meditates I'm sure you will also find it interesting. It's not that long and not very expensive so for me it's like, why not? I'm a big fan of self hypnosis as I used it to achieve a beautiful birth several years ago. Since then I have been kind of doing my own thing meditating but this book really helped me expand my mental exercises. It essentially gives a ton of different ways to explore your own psyche. I find it to be a very helpful guide to self hypnosis. The chapter on scary dreams tremendously helped me navigate this problem with my 5 year old daughter. Now each night before bed she gets so excited to go to her personal Fanstasyland, where we often deal with the things that are troubling her in a safe and self-empowered way. For this reason alone it was worth it to me (although there are some grammatical errors that can be annoying). Also I'm a lifelong student of astrology and I loved his combination of these two worlds, astrological archetypes and deep meditation. Good stuff.

A well written book that shows a good understanding of basic hypnosis such that a beginner really cannot be led astray as is often the case. However there are now up to date Protocols that can be used by a Client that will harness the power of a number of Psychotherapies (such as Psychodynamic, Enhanced CBT and Psychosynthesis) which when delivered using Hypnotic language structures as an adjunct to the Psychotherapy tactics relevant to the unique individual, will always allow the Client to make good progress towards authenticity by taming those "Dragons". Having said all that I did enjoy the book!

This a fun book to read. Noel's writing style is informative and flows nicely. I have the Kindle version. Buy it you'll like it!!

Digs deep into the issues of life, be it struggles or challenges. noel not only explains the roots of inner dragons, but also describes how to identify them. living with Dragons is an insightful and practical look at the negative thoughts and emotions that can impede our lives on a daily basis. This

book will not only help you shed light on things you may have tried to hide, but it will also guide you towards practical steps to slay your Dragons. No matter what negativity fills your inner World, Living with Dragons will help you move towards it, face it head on, and squash it.

This work is a vital and necessary tool for anyone wishing to understand and confront their inner demons...or dragons as Noel so aptly names them. His prodigious experience as a clinical psychologist is clearly apparent here, yet it is not couched in confusing medical terminology but instead with mythologies we all know, and instructions on how to that are so very easy to read and to understand. In fact he makes it hard not to want to attempt this journey inward, and to meet those inner dragons that we all have somewhere within. Herein he gives invaluable directions on ways in which to make this inward journey via trance and self-hypnosis methods, both safely and productively. The examples he gives are not only fascinating but intensely engaging in every way. This work is inspiring, exciting and riveting, and I strongly recommend it.

I really enjoyed reading this book, It gave me a better understanding of our subconscious and unconscious mind as well as great ideas and tech: to meditation. I am really into looking for better ways to exercise my mind and learn to relax and fight my inner demons, This book gives you a better understanding of it all. I am glad a came across it.

I was looking for something different. Not what I expected. If you are looking for straightforward information, go somewhere else.

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