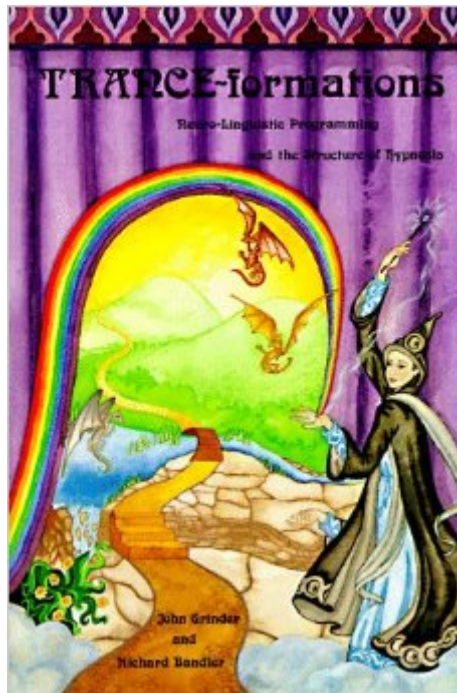# Trance-Formations: Neuro-Linguistic Programming And The Structure Of Hypnosis

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 a 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

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Customer Reviews

This is the big one in terms of learning about hypnosis as an application of the NLP(tm) model. If you are at all interested in hypnosis and especially so if you are interested in NLP(tm)this book will offer you the tools you need to incorporate hypnotic work in your own applications. There is no

doubt there are at least five readings worth of material here for you. First of all is the general pattern of induction that Richard and John use. Often times this is language based (words) however it is in no way limited to language as they also offer non-verbal techniques as well. You'll find as you read along with them that the real success is in the deep pacing that they are both masters of using. This alone will keep you entranced. While the induction techniques are most useful they are also in some way the least relevant. The question for me regarding hypnosis has always been: "Utilization?" How does one utilize the hypnotic state. This is where this book truely shines. From their examples on situationally specific utilization to generative utilzation you'll be returning again and again to uncover what they've done to lead to where they've gotten.As in all the Bandler and Grinder books after "Structure of Magic" and "Patterns of M.H.E." this is a written out and edited transcript. That also means that you'll get the influence of the editor (again Steve Andreas) coming through in flavor and content. The best way to ingest and digest the material is just to go along. Read the book as though you were attending a lecture, without notepaper. Just read it through. Then after you have, notice how they (B & G) generated in you the state they're describing. This is what you're reading it for ...

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