

# Hypnosis On The Run

Leslie M. Lecron

## **Hypnosis for Running Adam Eason,2013-02 Hypnosis For Running: Training Your Mind To**

**Maximise Your Running Performance** is an evidence based book for all distance runners from ultra-marathon runners and seasoned athletes to beginners and those competing for the first time. It offers a wide range of ways to adopt mental strategies and improve running performance. Contained within this book is a wide array of goal setting principles and techniques, cognitive strategies, mental imagery processes and of course self-hypnosis tuition. This work draws upon conventional sports psychology, cognitive behavioural therapy, rational emotive behaviour therapy various other approaches combined with the author's lifetime of experience using and researching self-hypnosis. The runner is shown how to: be motivated control arousal levels get in the zone engage in mindfulness gain a comprehensive insight into proven methods of running faster and better using the mind. Here is an excerpt from the Introduction to this book by Gary Turner, Ultra-Runner and 13 time World Champion Sportsman When the draft of Adam's book dropped through my door the timing couldn't have been better. One week

before my first ultra-marathon. I eagerly turned the pages and found it a compelling read. It completely captured my attention, as I'm sure it will yours. The information and knowledge, and the application of it, is first class. Being a fast reader I read it three times in as many days. I checked the contents, studied the steps, researched the reference material, and became a vastly better runner - just through the knowledge from the book alone. Then the real magic happened. I started to put into practice the steps in the book. I practiced dropping myself in and out of self-hypnosis using Adam's methods. It was easy to achieve. I just followed his clear steps. From here I started to work through the book, one step at a time, carrying out all the self-hypnosis applications he lists. My final loosening run, two days before my race, was one of my best runs ever. It just 'happened' that way. I didn't need to consciously think, I was just in a perfect state of 'flow'. The night before my Ultra-marathon I slept in my truck in a small village nestled amongst the Brecon Beacons. The huskies snuggled in against my sleeping bag to keep me warm and I dropped into self-hypnosis one last time. I mentally rehearsed every part of the run. I went through the pre-race preparation, the terrain, and how I would easily get through every

worst case situation I could think of. I mentally planned for every eventuality. I rehearsed my physical state throughout the race. I rehearsed my mental state, ensuring that I always maintained a smile especially for the tougher sections. I was not stepping into the unknown. I had made it known.

..... I am an Ultra-Runner. I love the sound of that. I feel even better about it when I consider the terrain that I had covered. The Brecon Beacons are used for UK 22 Regiment SAS training for a good reason - the environment is tough! I ran 42 miles across those mountains. This is the type of event where if your mind is not right you would not finish. Luckily, thanks to carefully preparing and using the guidance of this book, I not only finished, I enjoyed every single step along the way - as could you by applying the knowledge in this amazing book.

**Close Your Eyes, Get Free** Grace Smith, 2018-07-17 Grace has a gift of helping others harness their own power to achieve what they really want. If you've been hitting a wall in your life, it's time to turn to Grace for a breakthrough.--Jessica Ortner, New York Times bestselling author of *The Tapping Solution for Weight Loss & Body Confidence* Forget what you think you know about hypnosis and

learn why it is the hottest new technique for personal development. More and more studies are showing that hypnosis can help ease everyday stress and anxiety, as well as promote powerful healing, from our worst habits to our deepest fears. Now, Grace Smith shares her groundbreaking self-hypnosis techniques that she uses to great success with her clients to help them practice meditation with a goal. You'll learn how the deeply relaxed state of hypnosis will allow you to access old patterns of behavior in order to transform them once and for all. You'll discover: What hypnosis is--and what it's not The real power of your subconscious mind Simple practices to help easy anxiety, boost self-confidence, quit procrastinating, overcome emotional eating, and more

Sport Hypnosis Donald R. Liggett, 2000 The author aims to help athletes learn to sharpen their mental focus, relax their bodies, visualize successful performance, think positively, and control their emotions during training or when facing important competitions. The book covers all these psychological skills and more.

The Complete Book of Self-hypnosis John M. Yates, Elizabeth S. Wallace, 1984 Learn how to

make your body and mind work for you and not against you. Free yourself of those nagging ailments, fears, and problems that take up too much time and pain in your life. If you are intelligent and can concentrate well. you are an excellent candidate for self-hypnosis. The Complete Book of Self-Hypnosis, written for your needs by a practicing psychiatrist, advises you to forget all you think you know about hypnosis and prepare for a life-altering experience, as you discover: -- The six common myths of hypnosis -- The seven steps to hypnosis -- from goal setting to total relaxation -- How to focus on your problem center -- Ten steps to deprogram your pain response -- Seven steps to a better sex life -- And much more valuable advice that will change the way you think and feel!

**Handbook of Hypnotic Suggestions and Metaphors** D. Corydon Hammond, 1990-06-05 Not intended as a cookbook of suggestions for routine replication, this handbook provides examples of hypnotic suggestions and metaphors from some 100 hypnotherapists of diverse approaches and styles, to be individualized by the therapist who uses hypnosis according to the unique personalities, expectations, motivations, and problems of their patients. Annotation copyrighted by Book News, Inc.,

Portland, OR

*The Hypnotist* Lars Kepler, 2018-07-31 #1 INTERNATIONAL BESTSELLER • The first of the Killer Instinct series featuring Detective Joona Linna: a triple murder, the one surviving witness—a boy with no memory of what happened—and the hypnotist hired to help uncover the truth. “Full of surprises and more than enough twists to keep those pages turning well into the night.” —NPR The police are desperate for information on the triple homicide. Detective Joona Linna enlists the help of hypnotist Erik Maria Bark. But when Bark unlocks the secrets in the boy’s memory, he triggers a terrifying chain of events that will put all their lives in jeopardy.

Instant Self-Hypnosis Forbes Robbins Blair, 2004-03-01 Hypnosis is a proven technique that allows people to reprogram their subconscious to change unwanted behaviors. Most books on self-hypnosis require the reader to memorize or record scripts, then put the book aside while they do their hypnosis work. But *Instant Self-Hypnosis* is the only self-hypnosis book that allows you to hypnotize yourself as you read, with your eyes wide open, without putting down the book. The author's fail-proof method

allows you to put yourself into a hypnotic state and then use that state to improve your life in myriad ways. And because the hypnotic state is induced while you read, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently, using the instructions provided.

**Hypnotic Scripts That Work** John Cerbone, 2007-01-01 This work represents years of work in the field of clinical hypnosis. As a trained Hypnotic Professional, you will notice, the use of deepening techniques, truisms and confusion method techniques within these suggestion scripts to further deepen the hypnotic state while the client (patient) is hypnotized to increase impact and long-term effectiveness. These scripts and techniques are written in the style and language of this profession. All of these original suggestions, techniques and methods contained herein have proven effective and beneficial for the majority of clients (patients) utilizing them, quite often achieving beneficial results in one or just a few sessions. For many Hypnotists utilizing this work are finding clients (patients) achieving breakthroughs quite rapidly.



Hypnosis Michael Streeter, 2004 Here, clearly written in layman's language, is the fascinating story of hypnosis--its origins, its underlying theory, and its many practical uses in everyday life. Here too are safe and helpful instructions for self-hypnosis to boost self-confidence or rid oneself of un-wanted habits, such as smoking or overeating. The author presents a history of hypnosis, describing Franz Mesmer, the nineteenth-century Austrian doctor and the father of modern hypnosis techniques. He goes on to explain Sigmund Freud's use of hypnosis as an aid to psychoanalysis, then describes the part that hypnosis plays in some modern health therapies. No book on this fascinating subject would be complete without stories about hypnosis as stage entertainment. The author describes its popularity among theater audiences over the past 150 years with brief profiles of several famous stage hypnotists. This intensely readable book is enhanced with more than 250 color photos and illustrations.

Fun with Hypnosis Svengali (Professor.), Professor Svengali, Pro, 1998-05 If you have ever seen a hypnotist perform and thought, 'If I could only do that', this book is for you! Thanks to the genius of Professor Svengali, you will learn to hypnotise in less than one hour. 'Subjects' will follow your every

command. Friends will be flabbergasted by your new-found skills. This book contains everything you'll need: step-by-step instructions make it easy; dozens of routines you can perform; no guesswork - word-for-word scripts; you will be the hit of your next party; never-before hypnosis secrets revealed.

*The Complete Guide to Hypnosis* Leslie M. Lecron,1973 Discusses the nature of hypnosis and its possibilities in the fields of medicine, psychology, dentistry, and law enforcement

**Molly Moon's Incredible Book of Hypnotism** Georgia Byng,2010-11-30 Welcome to the Wonderful World of Hypnotism Molly Moon is no ordinary orphan. When she finds a mysterious old book on hypnotism, she discovers she can make people do whatever she wants. But a sinister stranger is watching her every move and he'll do anything to steal her hypnotic secret...

The Science of Self-Hypnosis Adam Eason,2013-11 The Science of Self-Hypnosis: The Evidence Based Way To Hypnotise Yourself is a book written for anyone wanting to learn about self-hypnosis and how to use it. This book is ideal for anyone; ranging from beginners who are new to the field of self-hypnosis, to experienced clinicians hoping to teach patients how to use self-hypnosis for

therapeutic gain. Contained within this book are a range of methods for anyone to apply: to achieve a hypnotic mindset, develop hypnotic skills, induce self-hypnosis, deepen the experience of hypnosis, apply a range of evidence-based techniques and strategies for self-improvement and then exit hypnosis. The book offers a modern historical explanation of the development of this fascinating field as well as serving as a guidebook for practical application. All of this is done by dispensing with notions of an 'unconscious mind' or a 'special trance state', instead showing hypnosis to be an ordinary skill that anyone can learn, to be good at and derive benefit from. As the book title suggests, it adheres to research findings and the evidence-base available as much as possible while offering up a substantial literature review of this topic. The second half of the book looks specifically at applying self-hypnosis for stress management, anxiety reduction, depression, pain control and sleep enhancement; all showcasing techniques which can be applied to a range of other issues too. This is a comprehensive volume that aims to result in it's readers becoming proficient self-hypnotists. Adam ends his book with these words: In my opinion, there are not enough people in the world who have

these skills. Self-hypnotists have the opportunity to make real beneficial changes that make each day an exciting prospect; the self-hypnosis adventure and exploration starts here. That indeed is an exciting prospect!

*The New Hypnosis* Daniel L. Araoz, 1995-07-01 A practical volume which details effective methods of hypnosis for therapists to achieve maximum results from their individual and group clients. The principles of the therapy are specified in order to enhance the adaptability of the mental health professional.

*Running with Scissors* Augusten Burroughs, 2010-04-01 The #1 New York Times bestselling memoir from Augusten Burroughs, *Running with Scissors*, now a Major Motion Picture! *Running with Scissors* is the true story of a boy whose mother (a poet with delusions of Anne Sexton) gave him away to be raised by her psychiatrist, a dead-ringer for Santa and a lunatic in the bargain. Suddenly, at age twelve, Augusten Burroughs found himself living in a dilapidated Victorian in perfect squalor. The doctor's bizarre family, a few patients, and a pedophile living in the backyard shed completed the

tableau. Here, there were no rules, there was no school. The Christmas tree stayed up until summer, and Valium was eaten like Pez. And when things got dull, there was always the vintage electroshock therapy machine under the stairs.... Running with Scissors is at turns foul and harrowing, compelling and maniacally funny. But above all, it chronicles an ordinary boy's survival under the most extraordinary circumstances.

*Coward* Tim Clare, 2022-05-05 After a decade of living with panic attacks and anxiety, Tim Clare made a promise to himself – he would try everything he could to get better, every method and medicine. His year of treatments took him from anti-depressants to hypnosis, running to extreme diets, ice baths to faecal transplants. At the end of it he discovers what helps him (and what doesn't), and what might help others. Most of all, he comes to rethink anxiety and encourages all of us to do the same.

Self-Hypnosis Erika Fromm, Stephen Kahn, 1990-08-03 While used abundantly in clinical work, self-hypnosis has been somewhat neglected as a subject of systematic study. An outstanding exception to

this trend has been the work of Erika Fromm and her colleagues at the University of Chicago, who have for the last two decades extended the theoretical and empirical base of this technique. Now, key publications of this research group are compiled in one volume along with much new material by these authors, providing a full perspective on the development of their methods and theories. As such, SELF-HYPNOSIS is the first systematic, empirically oriented exploration of the phenomena and characteristics of self-initiated self-hypnosis. Moreover, its examination of self-hypnosis, taking the experiential rather than the behavioral approach, yields a more complete study of the aspects of the self that can unfold during hypnosis. In the early 1970s, Fromm and her colleagues set out to answer several intriguing questions about self-hypnosis: What are the boundaries of the self-hypnosis experience? How does self-hypnosis compare with traditional hypnotist-present hypnosis? Can self-hypnosis be taught following the guidelines of traditional hypnosis? What type of individual is more susceptible to or skilled in self-hypnosis? This volume presents the methods and results of this group's work, an approach that has come to be known as the Chicago paradigm. Introductory chapters

establish the theoretical framework utilized. They provide an overview of the literature; review the methods, procedures, qualitative samples, quantitative data, and clinical applications; and evaluate pilot study results on the phenomenological similarities and differences of self-hypnosis and heterohypnosis. At the core of SELF-HYPNOSIS is its presentation of key empirical research involving two separate areas. First is the analysis of extensive questionnaires that compare self-hypnosis and heterohypnosis and examine self-hypnosis proper as well as the unfolding of self-hypnosis over time. Second is an examination of cognitive processes, self-hypnosis, and their relationship to personality. These processes include the modes of ego in self-hypnosis, the role of imagery, and the process of absorption. Clinical implications and applications are considered, as are therapist-patient factors that contribute to successful self-hypnosis. A major contribution to the scientific study of self-initiated self-hypnosis, SELF-HYPNOSIS: THE CHICAGO PARADIGM is essential reading for all researchers and theoreticians in the field of hypnosis and in phenomenological psychology. In addition, it will be of enormous value to those psychologists, physicians, and dentists seeking to more effectively utilize self-

hypnosis in clinical practice.

Raising Your Children with Hypnosis Donald J. Mottin, 2005 Don Mottin ... covers his subject thoroughly, knowledgeably, and with feeling and sensitivity. This book is required reading for all hypnotists working with children or not.--Ed Morris, M.Ed.

Power Hypnosis John Cerbone, 2015-06-26 Exclusive Must-Have Insider Secrets for the Next Generation of Successful Hypnotic Breakthroughs. Welcome to the next generation of clinical hypnosis. This represents years of my work in the field of clinical hypnosis. As a trained Hypnotic Professional, you will quickly come to understand my utilization of a wide variety of hypnotic techniques, as well as a redefinition of ideas and insights, the use of truisms and confusion method techniques within these Insights and Suggestions to further enhance beneficial effects within the hypnotic state while the client (patient) is hypnotized to increase impact and long-term effectiveness. These suggestion techniques are written in the style and language of this profession, including run-on sentences, which is the way most true Hypnosis professionals deliver suggestions for greatest impact.



Meet Master Clinical, Street and Stage Hypnotist John Cerbone The Trance-Master . With decades of World Class Experience, John Cerbone is a Board Certified Hypnotist, Fellow, Diplomat, holding dozens of Hypnosis Certifications and the Inventor and Developer of Speed-Trance Hypnosis.

**Subconscious Power** Kimberly Friedmutter, 2020-09-01 Activate the raw power of your subconscious to create the life you've always wanted, using six essential lessons from one of the world's most renowned hypnotherapists in this "nourishing and healing book" (Michael Bernard Beckwith, author of Spiritual Liberation). Unsatisfying careers. Volatile, unhealthy relationships. Unfulfilled dreams. Too many of us are living lives that fall short of what we truly desire. But as celebrity hypnotist Kimberly Friedmutter explains in this life-changing book, not only is it possible to design the life of your dreams, but the power to do so already lies within you, in your subconscious mind. The subconscious is the root of your true power and desire; it's your inner child, your authentic self. It is the honest compass that will lead you to a life of happiness, so long as you are able to follow its direction. We all have the power to access it but as we grow up we're taught to stop daydreaming

and to follow society's rules, which makes us disconnect from our subconscious, often with tragic results. In *Subconscious Power*, Kimberly guides you through six principles that bring your conscious mind in line with your subconscious desires. She shares practical, three-minute exercises that will help you transform your relationships, find true love, lose weight after years of struggling with the scale, overcome addictions, and achieve new career successes and heights. Featuring inspiring success stories and the practical tools you need to make meaningful change, *Subconscious Power* gives "you a pathway to achieve your goals and dreams in an effective and easily understandable manner. This book will improve your life in ways you never thought of" (David Zelon, producer of *Soul Surfer*).

### Unveiling the Magic of Words: A Report on "Hypnosis On The Run"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite

transformative change is really awe-inspiring. Enter the realm of "Hypnosis On The Run," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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