

TABLE OF CONTENTS

Hypnotherapy: An Alternative Path to Health and Happiness

Introduction: University to Universe-city

- Transition
- The hook
- New commitment
- My tapestry
- iHealth model of integrated wellness
- Graduate school
- Boyned!
- Double rainbow
- Home to Texas

Chapter One: Dump the myths

- Quack like a duck?
- What *is* hypnosis?

Chapter Two: Hypnosis Primer

- Natural, relaxing, and healthy
- Open to suggestion
- Control
- Consent, not ability*
- Heightened acuity
- Time
- Split time/space
- Abreaction
- Mind knows, brain shows

Chapter Three: Hypnosis and consciousness

- Mind, Brain, or Consciousness?*
- Spectrum of consciousness
- Trance is natural
- Stop thinking
- Everyday trance
 - Road trance
 - Movie trance
 - Book trance
 - Advertisement trance
- Subconscious Notebook

Chapter Four: Applications for hypnosis

- Hypnosis in action
 - Magic show
 - Self-hypnotism
 - Hypnotherapy
- Hypnotherapy vs. self-hypnosis
- Choice and Consent

Chapter Five: Path to health and happiness

- Health vs. Suffering
- Investment in suffering
- Mental expectation
- Choose not to choose is a choice
- Coping
- Genesis of suffering

Chapter Six: Energy of fear

- Fundamental fears
- Degrees of fear

Chapter Seven: Choose to heal

- Be exceptional
- I'm good enough!
- Time to change
- Give up a blessing to receive a blessing
- White pill effect

Chapter Eight: Hypnotherapy is health care

- Health care or medical care?
- More health care, please

Chapter Nine: Alternative path to health

- Alternative or complementary medicine?
- Trust takes courage
- Healing be whole

Chapter Ten: A spiritual experience

- Spiritual or religious?
- Gardener for your soul

Chapter Eleven: Hypnotherapy Highlights

- Alternative medicine
- Natural medicine
- Spiritual healing
- Restorative power
- Effective and fast
- To be *recovered*

Chapter Twelve: Characteristics of hypnotherapy

- Why* rather than *What* and *How*
- Who can benefit?
- Necessary dispositions
- Desire to change
- Willingness to focus
- No more alibis
- Courage to take action
- Trying is lying

Chapter Thirteen: Hypnotherapy is transforming

- Discover your subconscious
- A formative practice

Chapter Fourteen: Hypnotherapist as professional

- Bona fide profession
- Caveat emptor
- Who can be a hypnotherapist?

Chapter Fifteen: Fundamentals of hypnotherapy

- Making change happen
- Analysis based on Model of Change
- Changing long-held beliefs
- Upgrade the software
- Reboot the subconscious

Chapter Sixteen: Mechanics of hypnotherapy

- Hypnotherapy step by step
 - Trust the hypnotherapist
 - Integrate responsibility and response-ability
 - Spiritual work
 - Energy work
 - Suggestibility* is willingness
 - Relaxation
 - Promotion of healing
 - Reflection and reinforcement

Chapter Seventeen: Power of language and intentions

- Start right now!
- Personal energy work
- Genesis of mental expectations
- Elephants, pain and weight
- Power of words
- Cup half empty or half full?

Manifesting intentions through self-talk

Epilogue

Bibliography