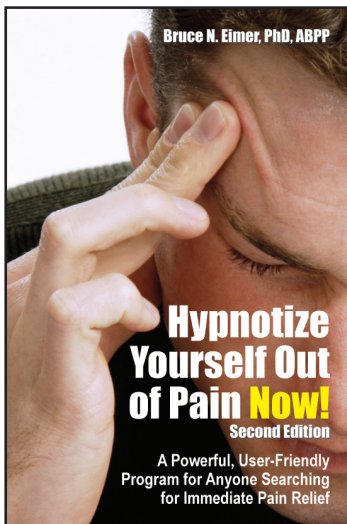


Hypnotize Yourself Out of Pain Now!

Second Edition

A Powerful,
User-Friendly
Program for Anyone
Searching for
Immediate Pain Relief

Bruce N. Eimer, PhD, ABPP ISBN 978-184590087-8 £12.99 31st March 2008



Do you suffer from chronic pain and want to get more relief and gain more control without drugs? Are you so disillusioned you expect nothing to work, as you have suffered pain that has not responded to treatment for a long time?

Hypnotize Yourself Out of Pain Now! provides a fresh look at the problem of managing persistent, physical pain using the tool of self-hypnosis, and this new approach comes from an experienced hypnosis clinician and clinical psychologist who is a pain sufferer himself.

Hypnosis for pain management is not a newly invented therapy or clinical application, but in fact has been employed with great success for more than two centuries. The use of hypnosis as a tool for relieving pain is not experimental – it is in fact tried, true, and proven. This book focuses on your role in being your own healer and looks at ways to improve your

relationship with yourself. It will help you explore a wide range of hypnotic and self-hypnosis techniques for helping you to improve your ability to cope with and manage discomfort so that you can live more comfortably.

You will learn how to:

- **Use self-hypnosis to relieve your pain**
- **Tap into your own innate ability to control pain**
- **Choose the method of self-hypnosis best suited to you**
- **Interrupt your body's chronic pain loop**
- **Use a variety of powerful tools to reduce or eliminate your pain now!**

The free pain relief audio CD leads the listener through a series of mindful exercises that teach gentle and safe ways to manage and relieve chronic pain. It is designed to expand and improve your ability to control an cope with pain and diminish suffering with repeated listening to the CD over a period of days. The informative and pleasant suggestions are easy to follow, and the soothing and relaxing background music helps to further your experience of relaxation and comfort.



Bruce N. Eimer, PhD, ABPP is a licensed clinical psychologist in Philadelphia with more than twenty years of experience treating people with chronic pain using cognitive-behavioral and hypnosis strategies. Dr. Eimer is a Board Certified Diplomate of the American Board of Professional Psychology in the speciality of Cognitive-Behavioral Psychology, a Fellow of the American Society of Clinical Hypnosis, and an Approved Consultant in Clinical Hypnosis

To receive a review copy of this book please contact Rosalie Williams, Marketing Manager at rwilliams@crowhouse.co.uk or on 01267 211 345.



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