



Hipnosis y Relajacion Emocional: Que Ocurre y Como Realizarla (Paperback)

By Jose Ramon Ponce

Editorial Pax Mexico, United States, 2014. Paperback. Condition: New. Language: Spanish . Brand New Book. An in-depth study of hypnosis, this book relates its history and explains its effects in great detail. It uses a comprehensible language that will allow readers to learn about relaxation and hypnosis, but also includes scientific data and describes techniques that will be of great use to therapists. Arguing that hypnosis has many benefits, including stress reduction, relief from physical and emotional pain, and improved memory, this study examines the subject from a psychic and neurophysiologic perspective in order to dispel long-standing myths regarding this practice. Un estudio exhaustivo sobre la hipnosis, este libro relata su historia y explica sus efectos detalladamente. Usa un lenguaje comprensible para permitirle al lector aprender sobre la relajacion y la hipnosis, pero tambien incluye datos cientificos y describe tecnicas que seran de gran uso para terapeutas. Arguyendo que la hipnosis tiene muchos beneficios, incluyendo la reduccion del estres, el alivio del dolor fisico y emocional y una memoria mejorada, este estudio examina el tema desde una perspectiva psiquica y neurofisiologica para deshacerse de mitos que han existido hace mucho tiempo sobre esta practica.



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Reviews

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Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.

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