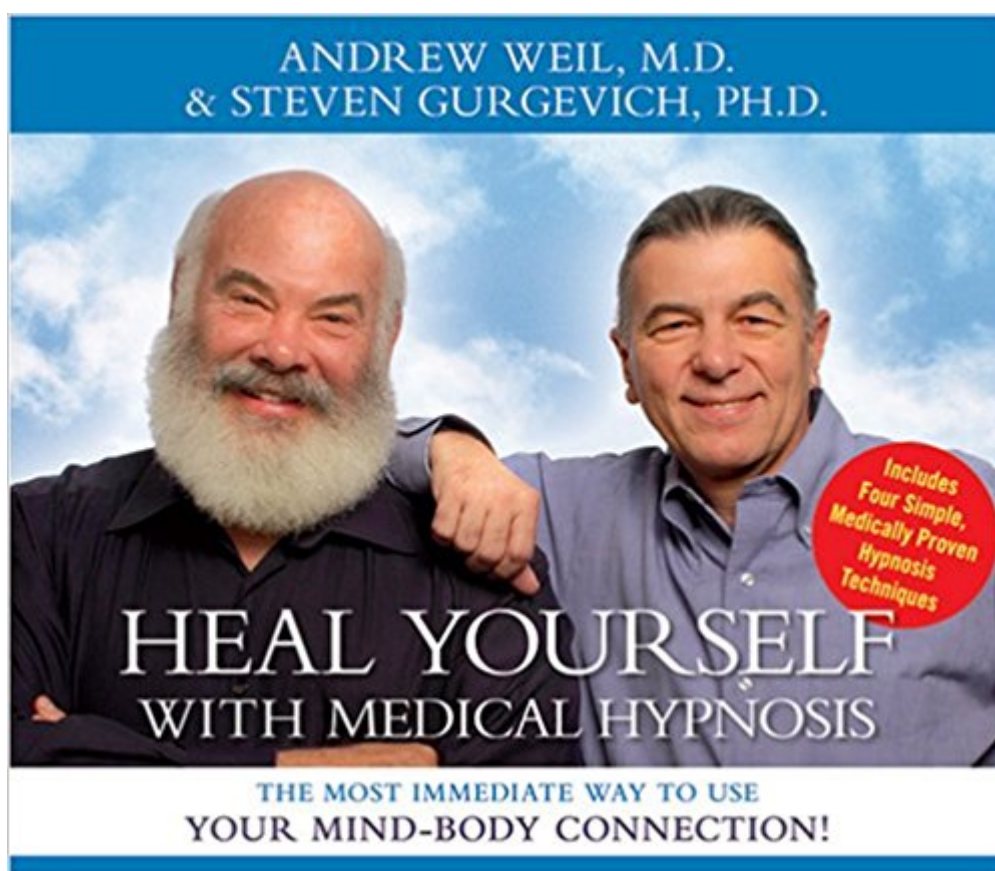


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# Heal Yourself With Medical Hypnosis: The Most Immediate Way To Use Your Mind-Body Connection



## Synopsis

Major medical journals are finally beginning to recognize hypnosis as a legitimate clinical tool, citing proof positive that it can help ease chronic pain, lessen the side effects of chemotherapy, counteract anxiety and sleep disorders, and more. On *Heal Yourself with Medical Hypnosis*, Dr. Andrew Weil joins Dr. Steven Gurgevich, a leading expert in mind-body medicine, to offer listeners a 2-CD session on how to use this amazing tool for personal healing. On Part One, Dr. Weil discusses the physiological mechanisms behind the mind-body connection, while Dr. Gurgevich demystifies the practice of hypnosis through a concise account of its history and important case studies. On Part Two, Dr. Gurgevich introduces listeners to four trance induction methods, including trance deepening and a full session of self-healing with hypnosis.

## Book Information

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## Customer Reviews

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include *Spontaneous Healing* and *Natural Health and Eight Weeks to Optimum Health*. Steven Gurgevich, Ph.D. is a health psychologist specializing in behavioral and mind-body medicine. He is a faculty member at the University of Arizona's College of Medicine, where he teaches mind-body medicine to physicians at Dr. Andrew Weil's Program in Integrative Medicine, and he is a Fellow and Approved Consultant of

the American Society of Clinical Hypnosis.

Dr. Andrew Weil's intellectual and verbal precision is put to good use in this audio collaboration with another mind-body expert. The subject is altered mind states (typically, hypnosis) within which our consciousness is changed and we are capable of influencing our physiology and even curing medical problems. The medical and historical contexts offered by the authors introduce these alternative methods seamlessly and make them seem conventional. This is the effectiveness of these authors--to offer countercultural approaches to personal change that are described so clearly that they seem intuitive and inviting. With clear definitions and a lesson on four hypnosis techniques, this is one of the most useful guides ever to this powerful healing approach. T.W. © AudioFile 2006, Portland, Maine-- Copyright © AudioFile, Portland, Maine

Really Steven Gurgevich is why I purchased this audio CD - I had already lost 45 lbs. with a few other self-hypnosis tapes, but I had heard of him and wanted to check out a slightly more "clinical" methodology. I was vaguely familiar with Dr. Weil as the holistic practitioner on various TV programs, but all he really does is support the concept of medical hypnosis to relieve "real" medical problems. Still, the first CD was nice, it puts hypnosis in a positive light. Considering all the nonsense out there about hypnosis, the last thing I wanted was to purchase some kind of mysterious CD!Gurgevich shows techniques on the 2nd tape on how to use hypnosis - well, actually, as he says, all hypnosis is self-hypnosis, so all you have to do is listen to the CD. I want to mention that I don't have any sickness or disease, but that was not my purpose of using the CD - I simply wanted to hear a different way of using hypnosis. And it worked..just like the other hypnosis CD's I had which also had nothing to do with losing weight, I continued to lose more weight on this CD! Now I have purchased many of Gurgevich's CD's including his "Self-Hypnosis Diet" and I learn new ways to go into trance state with each. If you're interested in working with your unconscious mind in order to attain specific goals, then hypnosis can be effective and Gurgevich is excellent at delivering the message!

This CD set is the absolute best product on the market to train your brain on how to relax, sleep and literally change your perspective on living. There is nothing "new-age" about it. It is interesting, informative and ultimately effective. I have given this CD set to so many friends and relatives who have been amazed at the transformative effect it has. The first CD is a series of interesting conversations relating to the medical power and tested effectiveness of hypnosis. The second CD is

the actual meditation sessions. DO NOT go straight to the meditations. First really learn about the power and science of medical hypnosis so that when you do the meditations your mind understands what is happening. Then you must do the meditations at least once per day for 30 days in order to train your mind and affect a change. I did them while laying in bed before sleeping and the results were amazing! These are ground-breaking CD's and are perfect for anyone who suffers from any type of stress, lack of sleep, worry/anxiety or who wants to improve their life without costly therapists, etc...

The lecture by Dr. Weil is excellent information on the dynamics and scientific work being done with medical hypnosis. The sessions with Dr. Gurgevich on Disc 2 were a review for me having already been trained as a hypnotherapist. Therefore, this is a CD I would only listen to once and/or refer to if trying to start someone else out with hypnosis. However, I did go to Dr. Gurgevich's website and order 4 of his CD's specific to some medical issues and impending surgery I am dealing with. Therefore, I do believe their information is accurate and effective.

This is as close to perfection as it gets. If you are in need of healing or know someone who is, this is a wonderful way to discover meditative healing through self hypnosis. It's not as whacky as it sounds and it does work. Anything you really put your mind to can work....which is really the key for this type of healing option...

I take Zoloft for anxiety and depression. None the less, I still was having trouble trying to relax. I'm seventy years old, but probably because I eat un-American, and I do exercise regularly, I'm still quite healthy. Still, I couldn't get my monkey brain to shut up and I couldn't make my stiff muscles in my neck and back relax. This is, at times, quite painful. I exhausted myself every day. And I knew that this stress would someday catch up with me. Professor Gurgevich's relaxation exercises, as conveyed on this CD set, has been of enormous help. No wonder that Dr. Weil endorses his presentation. I also appreciate the concept presented: "YOUR MIND-BODY CONNECTION." This insight increases motivation and seems to me to be founded on solid ground. I do not recommend that anyone stop taking antidepressant medication prescribed by their physician, but I do recommend this CD set to anyone needing help relaxing. These exercises work and have no undesirable side effects.

I bought this to see if it would help with my sleep and perhaps help with an auto-immune disease.

Steven has a very soothing voice. It did help me sleep. But then he would bring you out of the hypnosis which would wake me up--It is very helpful to prepare you for sleep but I don't think it is so great to fall asleep to. He demystifies what hypnosis is and why it can help with a variety of conditions not just diet or smoking. I have not explored this to the end result of seeking a professional medical hypnotist as the CD suggests ( use this for a month to teach yourself how to meditate on cue and then go to a professional to help you with a specific goal). But I can say it is very informative, and helpful to soothe. It is a good introduction to medical hypnosis and surely worth the money if you use it for a month to train yourself before you see a professional. For my purposes the Andrew Weil Breathing CD was most helpful for me as it combines breathing and meditation exercises that can be used for sleep and left on as you drift off.

I've now listened to certain of these meditations for years. I've healed my knee, my broken foot. Love this tape!

I was able to relax and meditate using this CD.

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