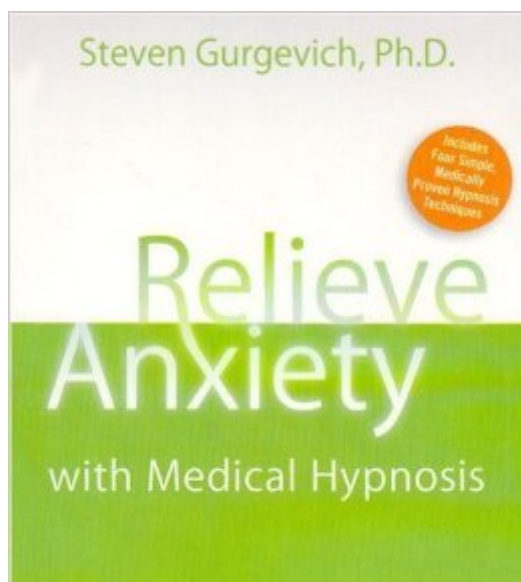


The book was found

Relieve Anxiety With Medical Hypnosis



Synopsis

Anxiety's source and antidote are one and the same: the mind. On *Relieve Anxiety with Medical Self-Hypnosis*, listeners join leading mind-body expert Dr. Steven Gurgevich for a liberating 2-CD program that teaches how to use the power of the subconscious mind to overcome worry, nervousness, panic, and more. Includes guided trance-work sessions to enhance skills of mental and physical relaxation, and produce the "relaxation response" whenever and wherever it is needed.

Book Information

Audio CD

Publisher: Sounds True, Incorporated; Com/Bklt U edition (June 2007)

Language: English

ISBN-10: 159179580X

ISBN-13: 978-1591795803

Product Dimensions: 5.3 x 0.6 x 5.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #911,933 in Books (See Top 100 in Books) #109 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #470 in [Books > Books on CD > Health, Mind & Body > General](#) #980 in [Books > Books on CD > Nonfiction](#)

Customer Reviews

I have several CDs on anxiety and this one, so far, is my favorite. It is 2 CDs which cover the education side (what is anxiety? what are the categories of anxiety disorders? what causes anxiety? what types of treatments are out there?) and the treatment side (medical hypnosis). It is the first time I heard the word "emetophobia" (fear of vomiting) which is the cause of my anxiety in the first place (I had no idea there was a name for it and that others suffered from it) so, on a personal level, I am very grateful for this CD set. Disc 1 covers the education side. Gurgevich explains the "fight or flight" response which can cause panic attacks and that the antidote to anxiety is relaxation. With medical hypnosis, you use your mind to alter learned and inherent patterns of anxiety and develop the understanding of the roots of anxiety to keep you in control. He also explains that conquering anxiety can also require a life style change. Poor diet, negative thoughts and self talk, constantly watching and reading gloom and doom in the news, lack of exercise, and stress can create or exacerbate anxiety disorders. Finally, Gurgevich dispels the myths and misconceptions of medical

hypnosis. The hypnotic trance used to relax your body, mind, and spirit is like a daydream, not like the hypnotist stage shows where people act like a chicken for entertainment. I find this CD effective for relaxation, too. Sometimes just hearing a helpful voice is good therapy, especially when you are going through anxious moments alone. Disc 2 covers the hypnosis sessions. After a brief introduction, he guides you through a 28-minute session that can be used for general day-to-day use. He teaches you to breathe through your "tummy" which is a technique used in other relaxation CDs.

[Download to continue reading...](#)

Hypnosis Beginners Guide: Learn How to Use Hypnosis to Relieve Stress, Anxiety, Depression and Become Happier
Relieve Anxiety with Medical Hypnosis
Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1)
Stress-Free: Peaceful Affirmations to Relieve Anxiety and Help You Relax
The Patient's Medical Journal: Record Your Personal Medical History, Your Family Medical History, Your Medical Visits & Treatment Plans
Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help)
The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)
Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety)
Handbook of Clinical Hypnosis (Dissociation, Trauma, Memory, and Hypnosis)
The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD
Relieve Your Anger: Midnight Edition: An Adult Coloring Book with 30 Swear Words to Color and Relax
Flowers, Floral Arrangements, Wreaths: Calm Coloring Books to Relieve Stress; Adult Coloring Books
Floral in All D; Adult Coloring Books Flowers in ... Coloring Books for Teens
Girls in all Dep The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More
Relieve Your Stress: An Adult Coloring Book Featuring Over 40 Swear Words to Color and Relax, Black Edition
Nature and Other Things Box Set (6 in 1): Artistic Tattoo, Steampunk, Henna and Space Objects to Relieve Stress (Stress-Relief & Creativity)
Fck Yeah: Swearing Coloring Book for Adults: Unhallowed Profanity and Rude Words: Fun Gifts for Stress
Relieve: Creative Cursing Sweary Color Pages ... Ups Relaxation: 25 Creative Swearword Designs
You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program
The Practical Application of

Medical and Dental Hypnosis

[Dmca](#)