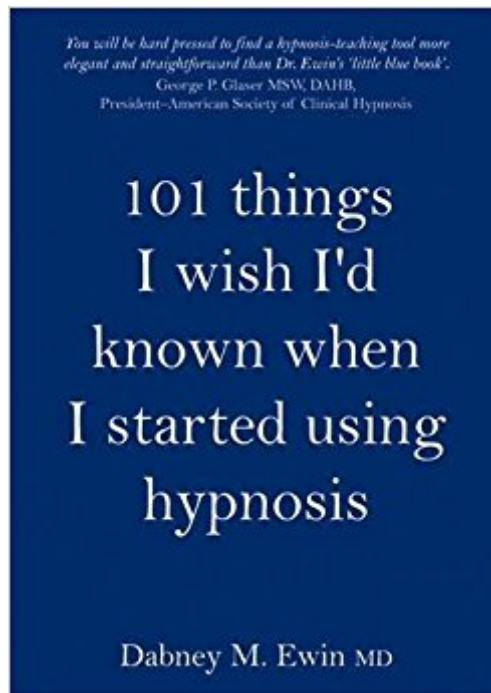




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# 101 Things I Wish I'd Known When I Started Using Hypnosis



## Synopsis

For the past thirty years, Dabney Ewin has been teaching medical hypnosis at Tulane University. In all that time, he has dealt with hundreds of patients but the one thing that stands out during this illustrious career is that he has never stopped learning something new. This succinct volume is a testament to all the ideas that Dr. Ewin wished he had known about when he first started practicing hypnosis. The words and phrases presented here are designed to give any beginning or experienced student a foundation about the working of hypnosis--this foundation of knowledge Dr. Ewin built up in his more than thirty years of practice. Dr. Ewin 'believes his patients can get well, because they do.' With his words, images and suggestions, noted throughout this little book of wisdom, he understands that the mind can change the way the brain functions and conversely, he also knows the brain can change the way the mind functions. In hypnosis, he makes this healing resonance between mind and body happen again and again. Simply put, his patients become whole again.

## Book Information

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## Customer Reviews

This wise little book by the sparkling brilliance of Dabney Ewin is a guilty pleasure that belongs on the shelf of all beginners in therapeutic hypnosis. --Ernest Rossi, PhD, author of *A Dialogue with Our Genes*

Dabney Ewin, MD,FACS, is a Clinical Professor of Surgery & Psychiatry at Tulane University Medical School in New Orleans, Louisiana. Dr. Ewin, an adjunct Faculty member and practicing

physician, has taught hypnosis at Tulane since 1970. He is a past President of the American Society of Clinical Hypnosis and the American Board of Medical Hypnosis, past Secretary of the Society for Clinical and Experimental Hypnosis and Fellow of the American College of Surgeons.

Dr. Dabney Ewin's book comes from the knowledge he has gained in more than 30 years as a medical practitioner and educator at Tulane University Medical School. He stated that he would jot down these insights to pass on to his medical students, and has now compiled them in this book. Some are very simple, such as insight #1, the word "Seems." While others are compelling, such as his discussion of the terms "ex-smoker" and "non-smoker" in smoking cessation. It is not often that one finds this much knowledge in such a concise package. I chose this book for my book report assignment in Clinical Hypnotherapy class because I can see the value of it for one starting out in practice as well as the seasoned professional.

This book is very easy to read and filled with interesting bits of "wisdom" from a Doctor who practices hypnosis personally and professionally. It's a great book to read AFTER learning the basics of hypnosis or self-hypnosis.

The book is written in a succinct readable manner. It covers 110 points relevant to those new to hypnosis. There is sufficient information provided to enable each entry to stand alone while at the same time piquing one's curiosity to encourage further reading. I especially liked the quotes and stories included in most entries, the holistic view of healing, the emphasis placed on basics - clients need to eat well, get sufficient rest, and laugh to heal. And lastly he points out that therapists need to believe in what they do and radiate quiet confidence.

As a psychologist beginning to use hypnosis, I find this book delightfully easy to read. Any physician or therapist will find very helpful tips for how to speak to patients in a way that promotes healing and well-being. This is true even for those who do not practice hypnosis.

Fabulous insights into the nuances of hypnosis by a remarkable, wonderful, brilliant man! This book is chock full of condensed powerful insights into every detail of therapeutic hypnosis, an amazing compilation of years of deep thoughtful experience. Insights poetically and beautifully condensed!

These "Pearls" come from a master physician, mentor, and hypnotherapist. I keep coming back to

many "things" in this little, powerful book!

I especially like that you can turn to any page and find something interesting and useful. Worth the read.

This is an excellent handbook that I go back to over and over again - just to browse, because every time I do, I find something new.

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