

Contents

FOREWORD BY CLAIRE RAYNER	9
ACKNOWLEDGEMENTS	11
INTRODUCTION	15
PART ONE OPENING THE GATE	19
1 Dealing with Life	21
2 The Hidden Commander	23
PART TWO SELF-IMPOSED RESTRICTIONS	31
3 An Attitude towards Attitudes	33
4 The Book of Shoulds	39
5 Labelling	43
6 The Worrier	46
7 Time and Timing	51
PART THREE CHOICES	57
8 The Game of Responsibility	59
9 Choices	64
10 Choice not Chance	71
11 The Dice Man	82
12 Movement	84
PART FOUR HYPNOSIS	93
13 Words	95
14 What is Hypnosis All About?	105
15 The Mind as a Computer and its Protective Role	111
16 Our Early Learning and its Effects	117
17 Understanding a Trance	121
18 Self-hypnosis: The First Step – Time for Yourself	128
19 Self-hypnosis: Understanding the Possibilities	131

Contents

PART FIVE	HYPNOSIS AND YOU	139
20	Symptoms as Messages	141
21	Being Yourself	146
22	Body and Mind	154
PART SIX	SPECIFIC USES OF HYPNOSIS	159
23	Pain	161
24	Stress	175
25	Obesity	192
26	Self-confidence	207
27	Phobias	212
28	Smoking	218
29	Dentistry	226
30	Sleep	230
PART SEVEN	SOME QUERIES ABOUT HYPNOSIS	235
31	Answering Questions, Questioning Answers	237
32	Medical Attitudes towards Hypnosis	247
33	Conclusion	251
	SELF-HYPNOSIS TAPE	252
	SUGGESTED READING	253
	LIST OF HYPNOSIS SOCIETIES	255