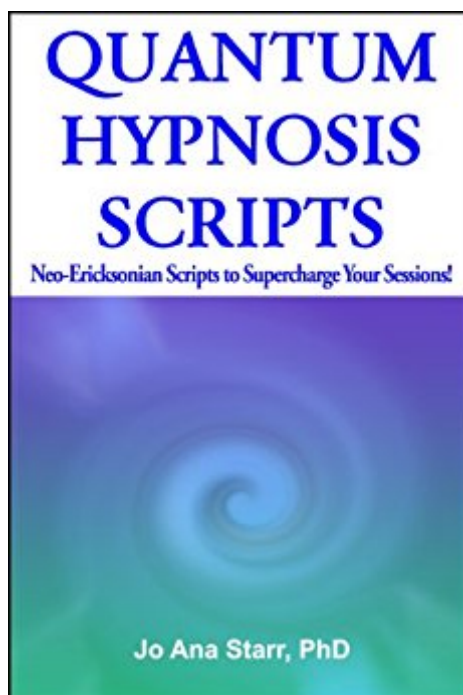


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# Quantum Hypnosis Scripts: Neo-Ericksonian Scripts That Will Superchange Your Sessions



## Synopsis

Do you need ready-to-use, professional-quality Hypnosis scripts for your practice or for your own personal use with Self Hypnosis? Then this is the book for you! Quantum Hypnosis Scripts is a 222 page book of full length, professional Hypnosis scripts, ideal for either professional use or for yourself. As the title suggests, this book focuses exclusively on Hypnosis scripts and instructions for their best use. In addition to the individual, push-button Hypnosis scripts, Quantum Hypnosis Scripts provides 2 Master Hypnosis Inductions, which are essential to the use of the provided Hypnosis scripts. Also included are 2 Hypnosis Series Programs of 3 Hypnosis scripts each, for Weight Loss and Stress Reduction. Since these applications are ideally treated with a series of sessions which are frequently hard to find as scripts, I think that readers will be pleased with these session scripts. Readers of Quantum Hypnosis Scripts also receive a Bonus FREE full-length audio Hypnosis session, valued at \$59, available at the book's website. Detailed information on how to access your free Hypnosis session is available in the last chapter of this book. Incidentally, if you are a user of Instant Self Hypnosis method or a reader of Eyes Open Self Hypnosis, reading these complete and suggestion-rich scripts will work well for you. For readers of Quantum Self Hypnosis and students or graduates of NEIH, these are new scripts for you, although the now familiar script framework (the beach scene) is used in all the included scripts. There are also a few important, duplicate Hypnosis applications featured in this book complete with new suggestions. The general approach for all of the included scripts is ego-strengthening and nurturing and very helpful for professional use as well as for Self-Hypnotists. Also important, there are no scripts in this book that utilize negative programming or aversion therapy. These scripts are all positive, present tense, and affirmative in nature, thus very effective. This book was written as a stand alone text as well as a companion book to Quantum Self Hypnosis, so readers of that book will find many new and interesting scripts to use in this book. We decided at the 11th hour to include one of our well-known Stop Smoking Hypnosis scripts because it seemed wrong not to include a script for one of the most popular Hypnosis applications in this first volume of Quantum Hypnosis Scripts. Since this script is not brand new or unique, it is being included as a Bonus script and not being counted as one of the advertised 24 Hypnosis scripts included in this book. While the script isn't unique, it is very effective, so for readers looking for a good Stop Smoking script, enjoy your bonus script! For readers unfamiliar with the author, Jo Ana Starr, "the Self Hypnosis Guru", has worked in the field of Hypnotherapy since 1987. She is a Certified Clinical Hypnotherapist and Executive Director of the New England Institute of Hypnotherapy, an award-winning training program operating since 1995. Dr. Starr trained in 1987 with the American Institute of Hypnotherapy under the tutelage of the

esteemed Dr. Krasner. She later earned a PhD and holds a Doctorate in Divinity as well. Her undergraduate work was in English, Education, Communication and Psychology. Her other trainings include NLP, Success Coaching, Matrix Energetics, Tong Ren, Reiki Mastery, and the Silva Method. Dr. Starr has made numerous appearances on both radio and television programs to discuss Hypnosis and Wellness. She has authored 8 training programs, all focused on Hypnosis, Prosperity, Diet and Wellness and is the author of Quantum Self Hypnosis, Eyes Open Self Hypnosis, and Blueprint for Happiness..

## **Book Information**

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## **Customer Reviews**

I know, yawn, another Hypnosis script book. My thought exactly and yet, ever hopefully, I checked this book out anyway. What a surprise.....and a good one. These are long scripts, when compared with typical hypnosis scripts. Individuals who use these scripts don't have to do anything more difficult than pair them with one of the provided hypnosis inductions to have a complete session ready to go. Most of the hypnosis scripts currently available online are a page or less-just really a script idea or starting point. This is a well-written, pleasantly surprising Hypnosis script book!

Dr. Star has written a book of scripts that are positive and cover several issues that hypnotherapist

deal with on a daily basis. Taking the positive stance getting to the underlying problem. This book will be a necessary tool in my library.

Quantum Hypnosis Scripts is a book full of positive and helpful hypnosis scripts for anyone who is seeking more and unique scripts to run through hypnosis by the author of Quantum Self Hypnosis. Both books are good and work well individually but they definitely compliment each other nicely. One of the most powerful aspects of this book is that the scripts focus on positivity - not guilt or negative energy. This book is packed with great mantras to use to help better yourself or others through hypnosis.

Hypnosis Script books don't usually offer too many surprises, but this book surprised me! The scripts are much more detailed and seem to have many more suggestions in each script than I would consider usual. The author, who is also a well-known trainer, has provided readers with scripts that are a happy cross between guided imagery and hypnosis. Her scripts take the client on a "journey" in which he or she experiences the ideal outcome he/she seeks. This approach makes total sense in terms of creating behavioral change but thus far I haven't found other scripts that are this articulate and well-thought out as these presented in this book. Highly recommended.

I've read a bunch of books recently on the topic of hypnosis and self-hypnosis, including Dr. Starr's, and I really like her books and particularly her hypnosis scripts. Unlike a lot of hypnosis scripts that you find in books these days, they are full-length scripts, so you just have to choose the hypnosis induction you want to use and you're all set and ready to record your own session, thanks to her clear instructions. This book also offers a bonus Free full-length audio hypnosis session written and recorded by the author on the topic of Weight Loss, which is a major bonus as far as I'm concerned. This is a good book and I recommend it for anyone who wants a wide variety of quality hypnosis scripts.

Relatively new to the works of Dr. Starr and her hypnotherapy training thru NEIH I couldn't wait to read her script materials. I was pleasantly surprised and very impressed with the inspiration of her full length ready to use scripts. They had such a pleasant calming affect with much positive reinforcement of good attitudes toward change. This book and the bonus scripts included will be a well-used reference. Thankyou Dr. Starr.

Quantum Hypnosis Scripts is unusual when compared with other hypnosis script books in that the scripts are full length, not script ideas or script snippets as I think of some of them. Most of these scripts are ready to use just as they are which is a big time saver, and the balance just need to be tacked onto one of the inductions included in this book or to your current favorite hypnosis induction. I particularly liked the positive tone of this book as it relates to hypnosis and the human condition. This book is not preachy or pushy; the author shares her years of experience humbly and kindly with the reader. This is mostly a script book, but there's also an introduction section that shares a lot of background information on the process of hypnosis, how it works and how to make it work better. I highly recommend this book for anyone using self hypnosis or working as a practicing hypnotist or hypnotherapist!

Dr. Starr has done it again. Her first book "Quantum Self-Hypnosis" is a tremendous book that is informative, easy to read, and extremely practical - this book has the same character. I would recommend that you read "Quantum Self-Hypnosis" first before reading "Quantum Hypnosis Scripts" if you are new to Self-Hypnosis or need a refresher on the subject. Saying that, the book "Quantum Hypnosis Scripts" can be used on its own with tremendous success. I have read both books and agree with Dr. Starr that "...this book was written as a companion book to 'Quantum Self-Hypnosis.'" Enough of my opinion - let's see what Dr. Starr says, "'Quantum Hypnosis Scripts' is a book of full length professional Hypnosis scripts ideal for either professional use or for Self-Hypnosis, and as the title suggests, this book focuses solely on Hypnosis scripts and suggestions for their ideal use. This book was written as a companion book to 'Quantum Self-Hypnosis,' so the scripts in this book are different from those included in the previous book." Dr. Starr goes on to say, "'Quantum Hypnosis Scripts' includes 24 Hypnosis scripts plus 2 Master Hypnosis inductions, which are essential to the use of the provided Hypnosis scripts." All of these scripts are Full-Length scripts with nothing needed to be added. There are 2 full programs of scripts written to cover those wishing to lose weight or to eliminate stress. What a BARGAIN !!!!! Here we have another book by Dr. Starr that is a MUST READ !!!!! Also, included with the purchase of the book is a FREE Full-Length audio session valued at \$59.00.

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