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Personal Development All-In-One For Dummies by Rhena ...

This book is very misleading since most for dummies books are there to help instruct you on how to actually do the subject in question. I thought this book would give me a basic ability to conduct hypnotherapy on others but in reality it is just a description of what hypnotherapy is, a generalization of it. What a misleading waste :P

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You start with their toes and move up their body, one part at a time. Up the front, over the top, down the back, and repeat. This is one of the most crucial steps when learning how to place someone in a deep trance as it helps the subject to relax but also takes their mind off the fact that they're being hypnotized.

How To Hypnotize Someone A Beginners Guide - Mindrise Hypnosis

Hypnotherapy For Dummies is written for people who want to work with a hypnotherapist to help them solve their goals. If you want to learn how to be a hypnotherapist, this isn't the book for you. It's a great reference for hypnotherapists, however, as it spends a lot of time talking about typical problems clients will bring you to solve and how to solve them.

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