



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

Dabney Ewin

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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.

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