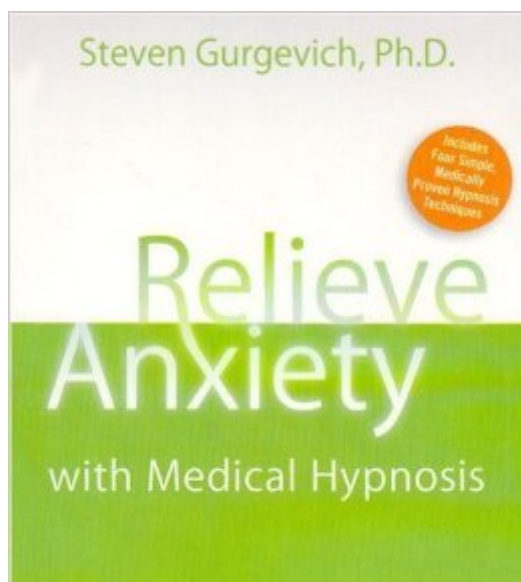


The book was found

Relieve Anxiety With Medical Hypnosis



Synopsis

Anxiety's source and antidote are one and the same: the mind. On *Relieve Anxiety with Medical Self-Hypnosis*, listeners join leading mind-body expert Dr. Steven Gurgevich for a liberating 2-CD program that teaches how to use the power of the subconscious mind to overcome worry, nervousness, panic, and more. Includes guided trance-work sessions to enhance skills of mental and physical relaxation, and produce the "relaxation response" whenever and wherever it is needed.

Book Information

Audio CD

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Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (24 customer reviews)

Best Sellers Rank: #911,933 in Books (See Top 100 in Books) #109 in Â Books > Books on CD > Health, Mind & Body > Fitness #470 in Â Books > Books on CD > Health, Mind & Body > General #980 in Â Books > Books on CD > Nonfiction

Customer Reviews

I have several CDs on anxiety and this one, so far, is my favorite. It is 2 CDs which cover the education side (what is anxiety? what are the categories of anxiety disorders? what causes anxiety? what types of treatments are out there?) and the treatment side (medical hypnosis). It is the first time I heard the word "emetophobia" (fear of vomiting) which is the cause of my anxiety in the first place (I had no idea there was a name for it and that others suffered from it) so, on a personal level, I am very grateful for this CD set. Disc 1 covers the education side. Gurgevich explains the "fight or flight" response which can cause panic attacks and that the antidote to anxiety is relaxation. With medical hypnosis, you use your mind to alter learned and inherent patterns of anxiety and develop the understanding of the roots of anxiety to keep you in control. He also explains that conquering anxiety can also require a life style change. Poor diet, negative thoughts and self talk, constantly watching and reading gloom and doom in the news, lack of exercise, and stress can create or exacerbate anxiety disorders. Finally, Gurgevich dispels the myths and misconceptions of medical

hypnosis. The hypnotic trance used to relax your body, mind, and spirit is like a daydream, not like the hypnotist stage shows where people act like a chicken for entertainment. I find this CD effective for relaxation, too. Sometimes just hearing a helpful voice is good therapy, especially when you are going through anxious moments alone. Disc 2 covers the hypnosis sessions. After a brief introduction, he guides you through a 28-minute session that can be used for general day-to-day use. He teaches you to breathe through your "tummy" which is a technique used in other relaxation CDs.

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The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)
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