

## Wake up to Hypnosis: Why, When, and How to Use Hypnosis to Reach Your Goals

**Barbara Powers**

iUniverse (Jan 21, 2020)

Softcover \$28.99 (468pp)

978-1-5320-8564-2

*Wake Up to Hypnosis is an informative guide to using hypnosis to access the potential of the unconscious mind.*

*Wake Up to Hypnosis*, Barbara Powers's comprehensive manual on the medical and personal use of hypnosis, demystifies and promotes this powerful, cost-effective, and side-effect-free method to relieve pain, facilitate healing, improve physical and mental health, and achieve goals.

Powers's book is the culmination of forty years of clinical practice and deep study of the medical, psychological, and spiritual aspects of human well-being, happiness, and success. Beginning with a succinct survey of the history of hypnosis, from Austrian physician and medical hypnosis founder Franz Anton Mesmer (1734-1815) to today, the book first dispels the myths and false beliefs that have made hypnosis in medicine controversial. It includes accessible explanations of the workings of the conscious and unconscious mind and presents scientific evidence for the benefits of hypnosis.

The book then looks at the applications of hypnosis in conjunction with the body's innate healing powers. Practical examples show how the power of the mind can be harnessed to improve health, increase confidence, and make reaching goals and dreams possible. Also covered are the power of thoughts and emotions to either build or destroy, and the many benefits of self-hypnosis (with instructions and guidance in its use). Still, the book says, hypnosis is not magic: "The final results will depend on how serious you are about improving your life."

The text's conversational style, clear explanations, and engaging examples make even its complex information interesting and accessible. Supported by science, the book's arguments are convincing as they explain how and why the mind accepts beneficial suggestions during hypnotic trances while rejecting those that are perceived to be negative, thus relieving common fears around being under someone else's control.

The book focuses on the whole person, and has sections on healthful eating, creativity in art and business, and more. Discussions of each topic are detailed and thorough; a self-hypnosis script is included, together with affirmations for positive change and a list of professional hypnosis societies for further study. Additional information, stories, and examples are enclosed in boxes that highlight the material and relieve what otherwise would be pages of solid text.

The book's black-and-white illustrations are ambiguous and uncaptioned. The page layout has a disorganized appearance, and there are some contradictions related to the historical record on hypnosis. The book's missing, extra, and misused words, agreement issues, and errors in punctuation are distracting.

*Wake Up to Hypnosis* is an informative guide to using hypnosis to access the potential of the unconscious mind and create a healthy, happy, and fulfilling life.

KRISTINE MORRIS (April 23, 2020)

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