

# Health, Well-being and Therapy Catalogue 2022

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## Key

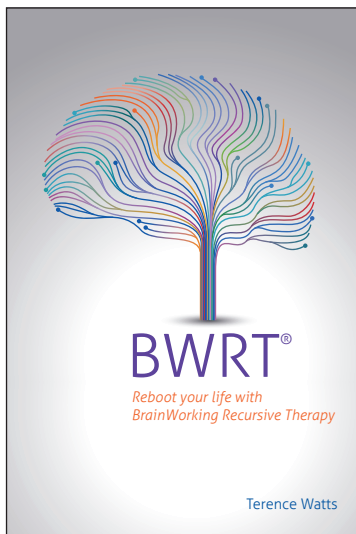


– This is an Independent Thinking Press title

CAN N/A – This title is not available in Canada

US N/A – This title is not available in the USA

Please note that all prices and content are correct at time of printing but may be subject to change without notice.



**Terence Watts** is a Fellow of the Royal Society of Medicine, and the only psychology related therapist to have been awarded the MCGI (Member of the City & Guilds Institute). Founder of the Essex Institute of Clinical Hypnosis, the Institute of BrainWorking Recursive Therapy and The British BrainWorking Research Society, he is an international lecturer and trainer and runs popular online training seminars.

## BWRT®

Reboot your life with  
BrainWorking Recursive  
Therapy

Terence Watts

An engaging self-help guide to using BrainWorking Recursive Therapy (BWRT®) – a psychological approach designed to tackle stress, anxiety, phobias and many other of life's challenges, and help make amazing changes.

BWRT is a completely personalised therapy that is customised specifically to the way your brain and mind work. The technique has a strong foundation in science and evolutionary biology and is designed to work directly in the cognitive gap between the reptilian complex responding to a trigger (such as a stressful situation) and the individual becoming aware of what's happening.

This enables the individual to overwrite whatever problem they're experiencing with new information – and in this book Terence Watts details the steps of the procedures to help you achieve this outcome.

Suitable for anyone wanting to rewire their psychological responses to life's challenges.

BrainWorking Recursive Therapy (BWRT) is a registered trademark of Terence Watts.

## Health and Well-being

978-178583598-8  
£12.99  
CAN \$22.95 • US \$18.95  
234 x 156mm  
200 pages (est)  
paperback • ebook  
UK due April 2022  
US/CAN due July 2022



## Sweet Distress

How our love affair with feelings has fuelled the current mental health crisis (and what we can do about it)

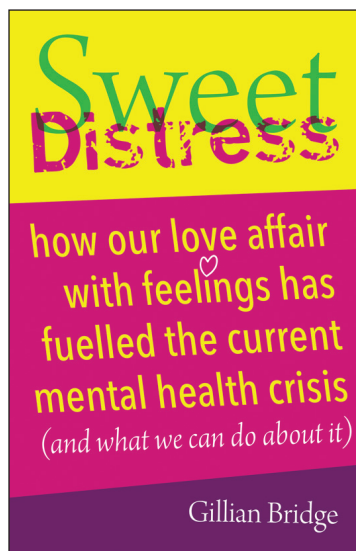
Gillian Bridge

Cutting its way through the media frenzy, *Sweet Distress* puts emotional resilience centre stage.

Using an approach rooted in no-nonsense logic, author and psycholinguistic consultant Gillian Bridge delves into a range of problems which seem to be most frequently cited as sources of mental distress. These include stress, anxiety, depression, loneliness, body image, eating disorders, social media, substance abuse, behavioural disorders, academic pressures and bullying.

The author explores how these issues have contributed to turning life events that may, at other times or in other places, have been little more than nuisances or inconveniences into sources of genuine psychic pain.

Packed with realistic and effective takeaway strategies for parents and educators, *Sweet Distress* challenges under-researched but over-promoted ideology and shares evidence-based help and advice for anyone wanting to improve the mental health of those they care about.



Gillian Bridge is a qualified teacher of English, an addiction therapist and a member of the British Association for Counselling and Psychotherapy. She has taught, lectured and coached in the field of brain language and behaviour and has also worked in prisons and on Harley Street.

## Health and Well-being

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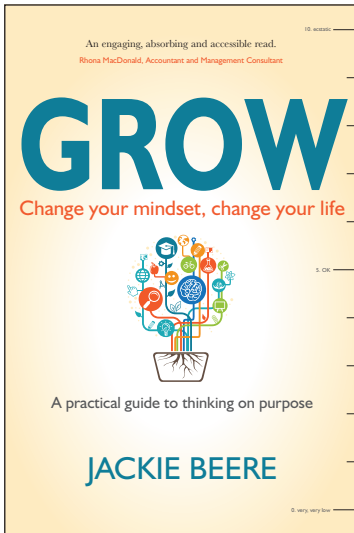
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176 pages

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Jackie Beere, OBE is an Independent Thinking Associate who worked as a newspaper journalist before embarking on a career in teaching and school leadership. She was awarded an OBE in 2002 for developing innovative learning programmes and is the author of several bestselling books on teaching, learning and coaching. Since 2006, Jackie has been offering training in the latest strategies for learning, developing emotionally intelligent leadership and cultivating a growth mindset.

## Grow

Change your mindset, change your life – a practical guide to thinking on purpose

Jackie Beere

Demonstrates how we can all change our mindsets, learn to learn and choose to think on purpose.

Our thoughts and beliefs lead us to develop habits that can predict our success or failure. We can all choose to grow – and coach our loved ones to do the same – by fostering and sustaining a mindset that will keep us healthy and happy in future years.

Jackie Beere believes the key to this is thinking on purpose and metacognition. Jackie shows you how you can understand yourself and others so that you can be flexible, fearless and happy.

Life is full of changes and challenges but by thinking on purpose, we can all become more resilient, adaptable, self-confident and successful.

## Health and Well-being

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# 101 Days to Make a Change

Daily strategies to move from knowing to being

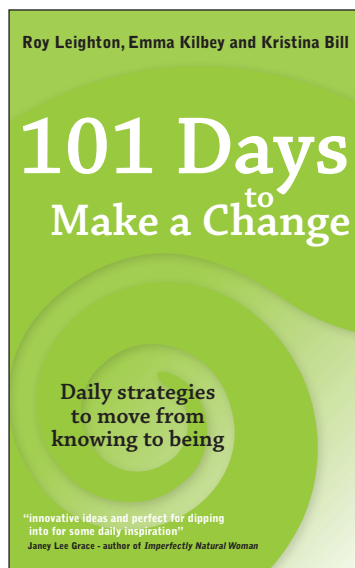
Roy Leighton, Emma Kilbey and Kristina Bill

A constructive and compassionate companion that will help get you back in the driving seat of your life – in just over three months.

*101 Days to Make a Change's* expansive ideology is grounded by an achievable process with a realistic timeframe to help chart progress and acknowledge results.

Its programme will give you rigorous tools in order to truly understand what makes you who you are, so you can plan for your best future, both personally and professionally. You'll be led by clear and practical steps to uncover your drives and motivation and identify your attitude to learning and change. Armed with these valuable insights your confidence will increase and your stress levels will be reduced while you develop new skills and start achieving firm goals.

A variety of exercises and activities, alongside motivating quotes and calls to action will ensure that you stay focussed, supported and positive as you journey towards a more optimistic and successful you.



**Emma Kilbey** originally trained as a journalist, and now co-runs a successful theatre company. She is also an actress, director, scriptwriter, diversity trainer and occasional cabaret crooner.

**Kristina Bill** is a certified life coach and has developed and run training for adults for over 20 years across Europe and the US.

**Roy Leighton** has been working in value-based areas in education, the arts and business environments in the UK and internationally for over 25 years.

## Health and Well-being

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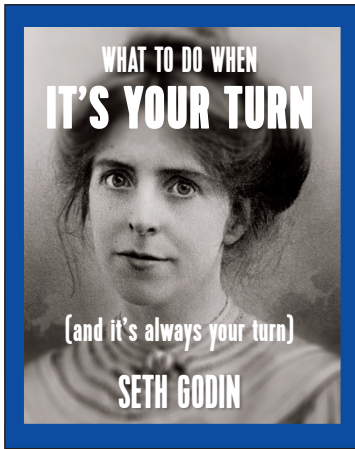
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216 x 135mm

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Seth Godin is the author of 19 international bestsellers that have been translated into 35 languages. He's the founder of several companies, a member of the Direct Marketing Hall of Fame and an influential speaker around the world. He writes about treating people with respect, the changing economy and ideas that spread.

## What to Do When It's Your Turn (And it's always your turn)

Seth Godin

A book about seeing the stuck, getting unstuck, and working within and swimming upstream in a system that often would prefer that you merely stand still.

It's about realising that it's your turn, always your turn, and understanding that once you see the opportunity, it's yours. Most of all, it's about freedom and our almost automatic insistence on avoiding it at all costs.

Written by bestselling author Seth Godin, *What to Do When It's Your Turn* is as thought-provoking as his other titles – but this book is different. Seth has pushed the boundaries once again, this time packaging his thoughts in a beautiful full-colour format to spread its message as far and wide as possible. It is a collection of short stories and essays that help the reader know 'what to do when it's your turn' in life.

Seth pushes us to dig deep inside so we can do better work and impact the things we care about – and his message is urgent, personal, in-your-face and as honest as he could make it.

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## Super Blend Me! Super lean! Super Healthy! Super fast!

Jason Vale

Designed with everyone in mind – whether you have an enormous amount of weight to lose, or just want to get a little healthier and shredded – *Super Blend Me!* is the perfect plan for all. Due to its rich, plant-based high-protein recipes, it has also been designed with physical exercise in mind. So whether you're an athlete or just someone who likes to exercise daily, you can run or lift to your heart's content on this programme.



## King the Drink... Easily!

Jason Vale

There is no such thing as an alcoholic and there is no such disease as alcoholism (as society understands it)! Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard-hitting look at people's conceptions of our most widely consumed drug.



## Juice & Blend Jason Vale

Bestselling author Jason Vale returns with a 7-day programme of simple, delicious, nutrient-packed juices and blends guaranteed to help you achieve incredible health and weight-loss results.

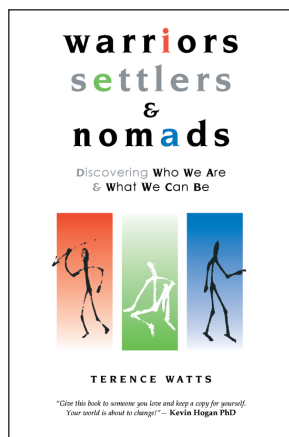
Taking inspiration from his two decades of experience in this field, Jason has picked his very best plant-based macro-nutrient blends (fat, protein, carbohydrates) and micro-nutrient juices (vitamins, minerals and phytonutrients) and combined them into one revolutionary 7-day plan.

# Health and Well-being

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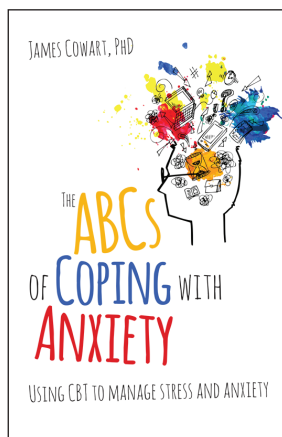


## Warriors, Settlers and Nomads

Discovering who we are and what we can be

Terence Watts

Are you a Warrior? Are you a Settler? Are you a Nomad? Based upon the concept of evolutionary psychology, this is a guide to self-discovery and self-liberation. *Warriors, Settlers and Nomads* utilises powerful hypnosis and visualisation techniques in a programme designed to release our hidden potential.



## The ABCs of Coping with Anxiety

Using CBT to manage stress and anxiety

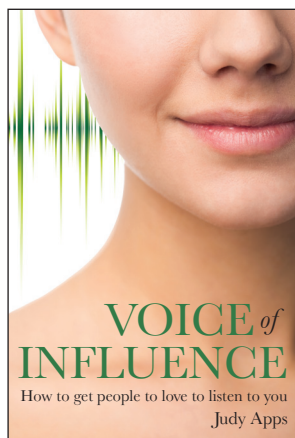
James Cowart

Takes a concise collection of tried-and-tested strategies from cognitive behavioural therapy (CBT) and makes them accessible to people who are learning to cope with their anxiety on a day-to-day basis.

# Health and Well-being

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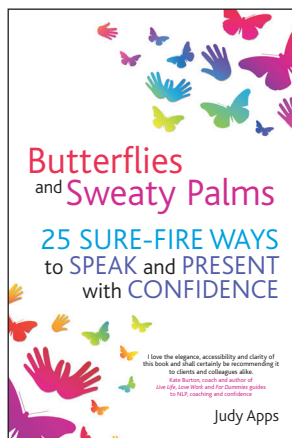


## Voice of Influence

How to get people to love to listen to you

Judy Apps

Leading voice coach Judy Apps shows you how to awaken the energy of your authentic voice to speak from head, heart, gut and soul. Bringing together knowledge from voice training, NLP, Aikido, Alexander Technique, Bioenergetics, Feldenkrais and other mind-body work, *Voice of Influence* gives you the means to reach people at a deeper level where you'll motivate and inspire.



## Butterflies and Sweaty Palms

25 sure-fire ways to speak and present with confidence

Judy Apps

If you have ever carried a lucky talisman in your pocket to give yourself courage before a big event then carry this book instead. Based on NLP, the groundbreaking solutions to performance anxiety in this book will carry you through the most daunting experience of public speaking.

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## Improve Your Eyesight Naturally

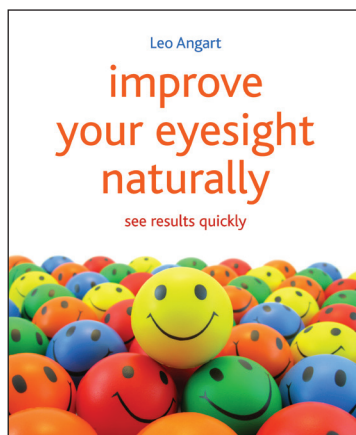
See results quickly

Leo Angart

Details strategies designed to improve your eyesight by literally exercising your ability to see.

Leo Angart explains how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. The book is effective for:

- Near-sight – the inability to see at a distance
- Astigmatism – uneven stress patterns in the cornea
- Presbyopia – the need for reading glasses
- Eye coordination – when the eyes point beyond or closer than the object of interest
- Anisometropia – when the two eyes have different degrees of near-sight
- Amblyopia – also known as 'lazy eye', a condition where the brain switches off one eye
- Strabismus – when one eye diverges in or out.



Leo Angart is a business consultant, author and trainer. Having worn glasses for more than 25 years, he speaks from personal experience. It has now been more than 20 years since he threw away his glasses.

## Health and Well-being

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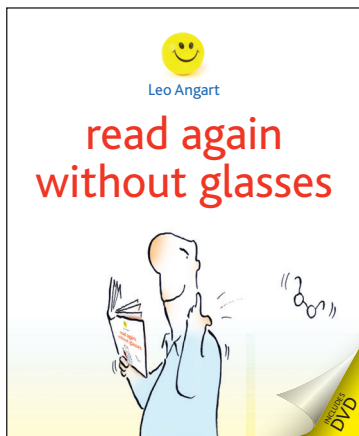
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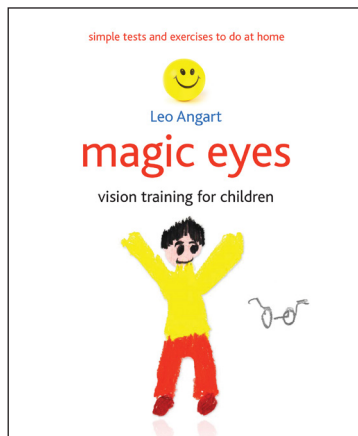


## Read Again without Glasses

Leo Angart

*Read Again without Glasses*

concentrates on curing presbyopia, the inability to focus on near objects. It explains what presbyopia is and how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. Includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvements.



## Magic Eyes

Vision training for children

Leo Angart

Leo Angart regularly encounters children whose eyesight is being adversely affected by their glasses or who don't really need glasses at all. In *Magic Eyes* Leo shares his experience and explains what you can do to help transform your child's eyesight, eliminating the need for glasses.

# Health and Well-being

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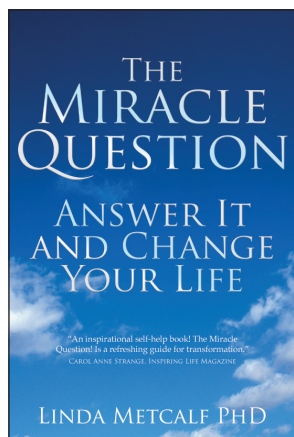
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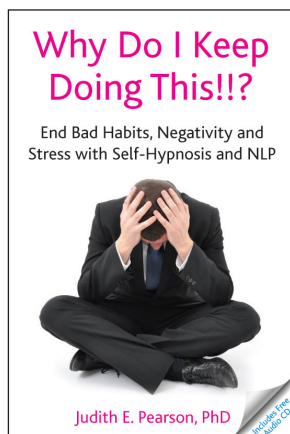


## The Miracle Question

### Answer it and change your life

Linda Metcalf

Specifically addressing substance abuse, parenting problems, marital stress and trauma fallout, *The Miracle Question* is a step-by-step approach for people who feel 'stuck' and overwhelmed by their lives. It offers methods for tapping into sources and resources they already have. Readers can discover that their abilities have simply been in limbo, ready to use as solutions.



## Why Do I Keep Doing This!!?

### End bad habits, negativity and stress with self-hypnosis and NLP

Judith E. Pearson

When you try to break a habit your brain sends out signals of alarm and discomfort. To get past this, you must put your logical brain in charge. This can be achieved using self-hypnosis and NLP.

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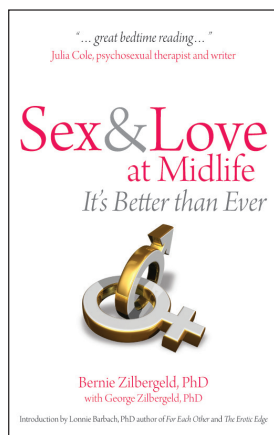
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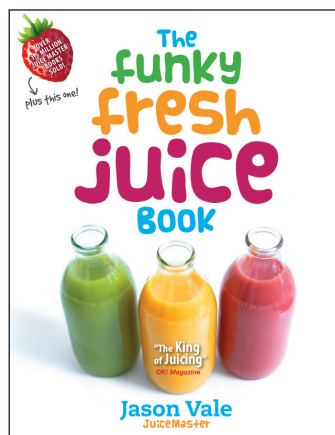
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## Sex and Love at Midlife It's better than ever

Bernie Zilbergeld with  
George Zilbergeld

In this honest, down-to-earth book, Bernie Zilbergeld – a world-renowned sex therapist and bestselling author – draws on his many years of clinical experience to explain why we should be enjoying our love-making and intimacy even more as we mature. He honestly tells us why age is no barrier to a better and more rewarding sex life.



## The Funky Fresh Juice Book

Jason Vale

Warm up your juicer, dust off your blender and brace your taste buds for the most mouth-wateringly tantalising fruit and veggie fusions ever created. Includes a special 'Celebrity Juice' section, with juice and smoothie concoctions from Katie Price, Beverley Knight and other celebrity juicers.

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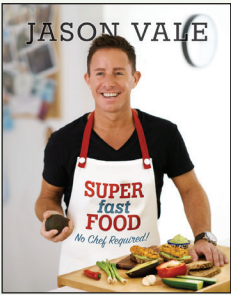
Super Juice Me!  
Jason Vale

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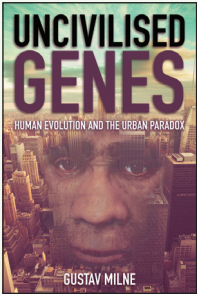
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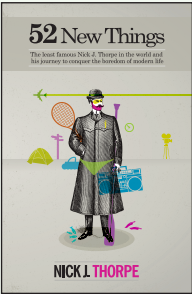
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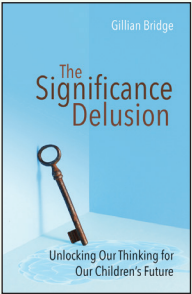
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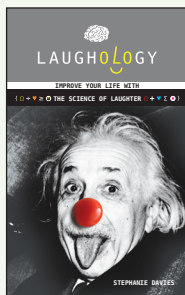
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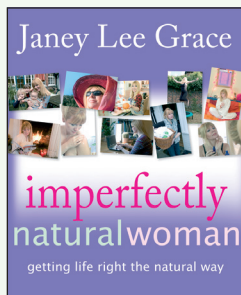
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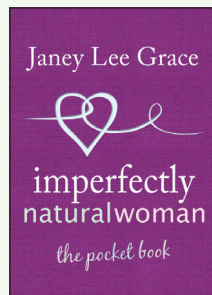
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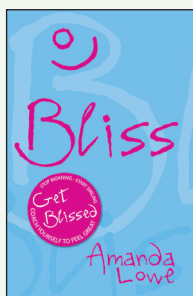
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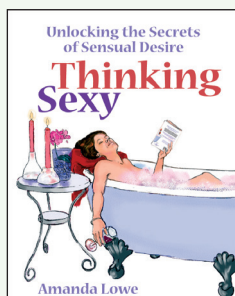
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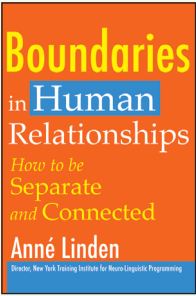
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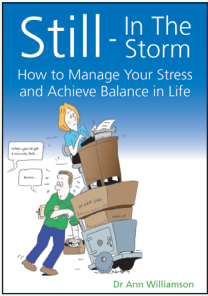
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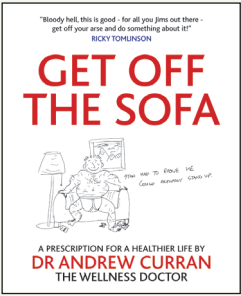
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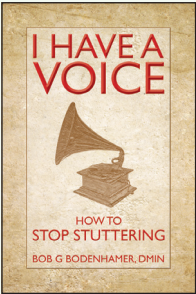
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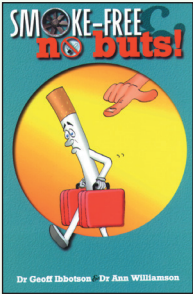
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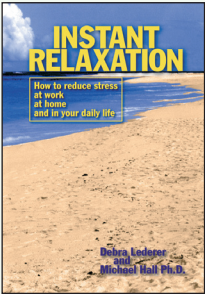
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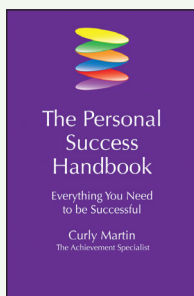
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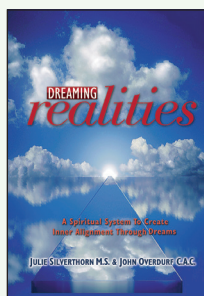
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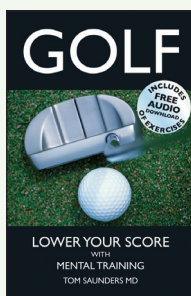
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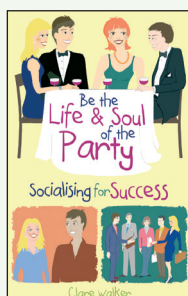
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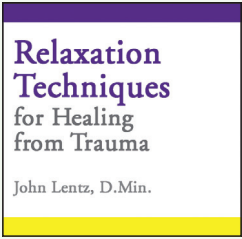
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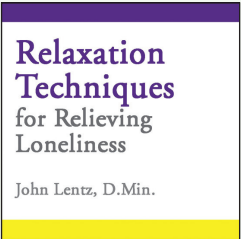
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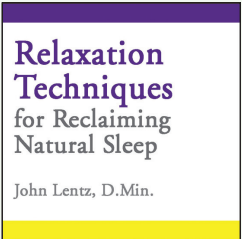
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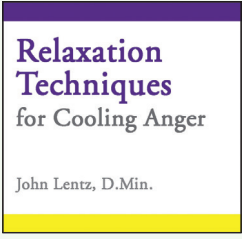
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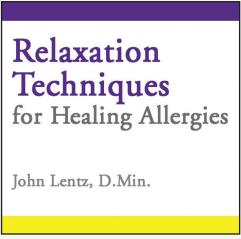
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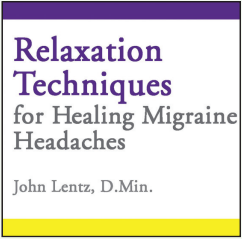
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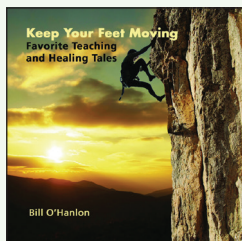
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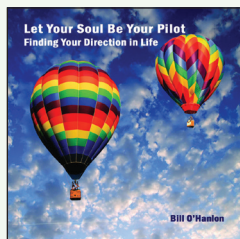
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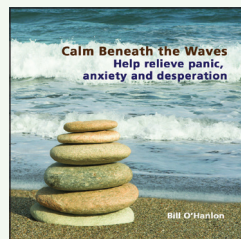
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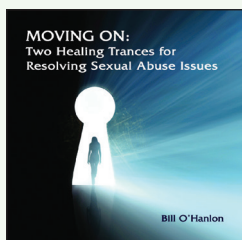
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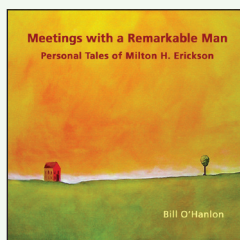
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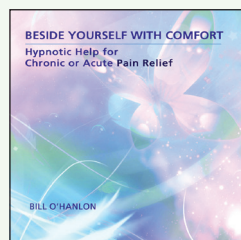
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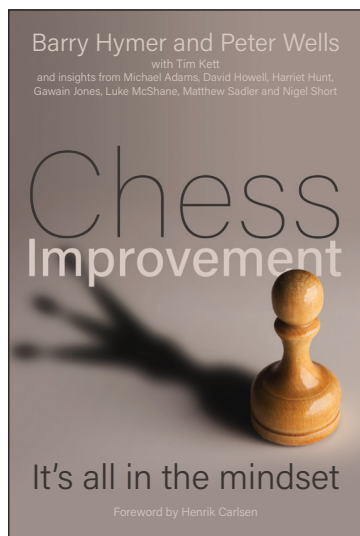
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**Barry Hymer** is Emeritus Professor of Psychology in Education at the University of Cumbria and Chief of Science for the leading online chess learning platform, Chessable.

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The book contains useful tips on the practicalities of getting started and offers valuable guidance on how parents can build a consensus with their children around establishing a set of house rules that ensure fair play.

Ideal for all parents of 8–18-year-olds who want to breathe new life into their family time.



A teacher and educationalist, and former co-owner and director of Pivotal Education, Ellie Dix has been obsessed with board games from an early age. Ellie now puts her teaching skills, understanding of behaviour and experience with gamification to use by helping parents to introduce board games to family life.

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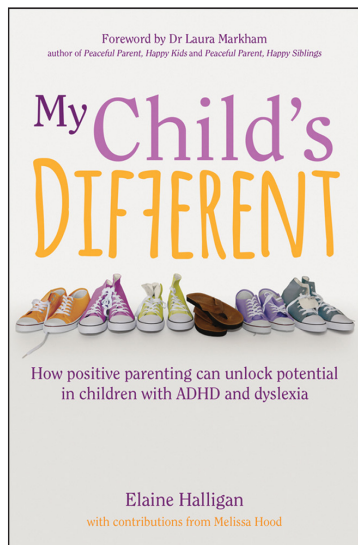
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Elaine Halligan is a director at The Parent Practice and has been a parenting specialist since 2006, helping parents raise competent and confident children through parenting classes, private coaching and keynote speaking in schools and corporate settings both in the UK and overseas. She is frequently quoted in the broadsheet press and regularly appears on Sky News, BBC world news and BBC local radio.

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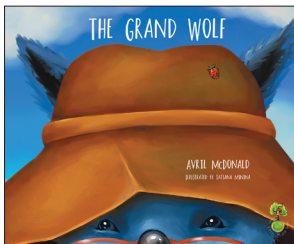
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## The Wolf is Not Invited

Avril McDonald

Wolfgang is left heartbroken when his best friend Catreen runs off without him to play with Clarissa. Spider shows Wolfgang how to make his own fun and Wolfgang realises that there are other great friends out there just waiting to be met! There are some situations and feelings that we cannot change and there are some that we can. Knowing the difference between the two (and some ways to make ourselves feel happy) is a great trick to have up our sleeves!



## The Grand Wolf

Avril McDonald

Wolfgang and his friends love to visit the Grand Wolf but one day they arrive to find that he has gone and this makes them all feel very sad. Spider shows Wolfgang that by just seeing things a little differently he can feel happy again, knowing that true love never ends. Our lives are in a constant state of change and only we can ever know how big each change feels to us. The more we can talk about and embrace change, the better we get at it (whatever shape or size it comes in).



## The Wolf and the Shadow Monster

Avril McDonald

Wolfgang is excited to be allowed to have his friends over to stay for the whole night – until the lights go out and Wolfgang's secret fear of the dark is revealed. His friends laugh at him until they hear his story and see the Shadow Monster for themselves! Spider shows Wolfgang a special magic spell to make scary things go away. Life can sometimes be scary but there are some great tricks out there to make scary things not so scary anymore.

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Wolfgang can't wait for it to get cold enough for him to wear his brand new colourful coat but when the time finally arrives, some nasty creatures make fun of it. Wolfgang feels upset and is afraid that they will hurt him again, so he hides away in the tree house. Spider encourages Wolfgang to tell someone he trusts about how he is feeling and he learns that things aren't always as they seem.



## The Wolf and the Baby Dragon

Avril McDonald

When Wolfgang and his friends learn about a secret cave where a baby dragon is growing they quickly run off to find it but, sadly, Wolfgang gets left behind. His bag is full of heavy worries that are making him slow and he just can't let go of them. When he trips on a rock and falls, Spider shows him how to rest his busy mind and tells them that worries aren't so bad if you share them.

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A heartwarming bedtime story specially written to soothe the anxiety of children whose parents work as first responders and to encourage conversations which help them manage trauma.

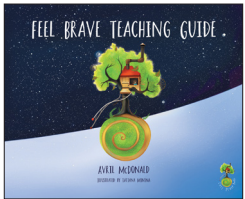
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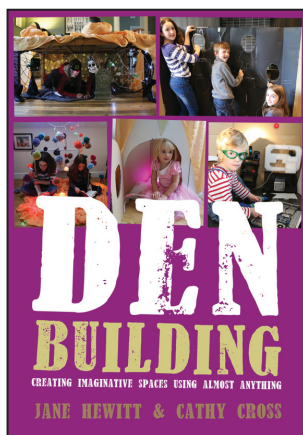


## The Purrfect Pawse

A little book to help children pause, stretch and be grateful

Avril McDonald

Uses rhythm, rhyme and repetition to encourage children to take a pause, stretch out and unwind with Catreen the cat. Its beautiful verse brings to life pleasant imagery that connects them with the wonders of nature. The gentle stretching activity is an ideal example of a 'daily dose' of emotional well-being that children can effortlessly learn and incorporate into their day.



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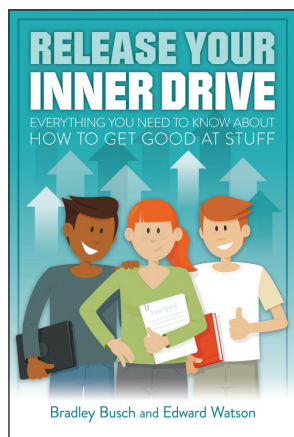
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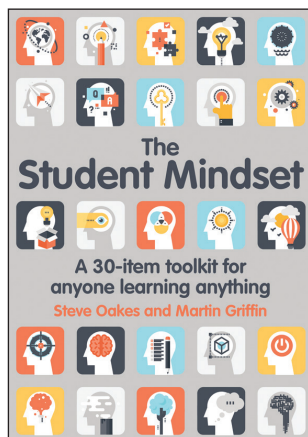


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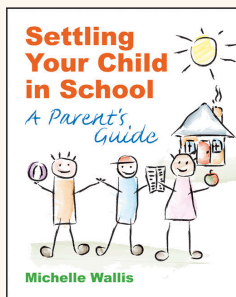
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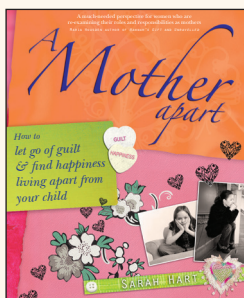
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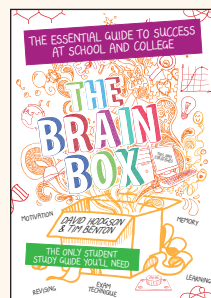
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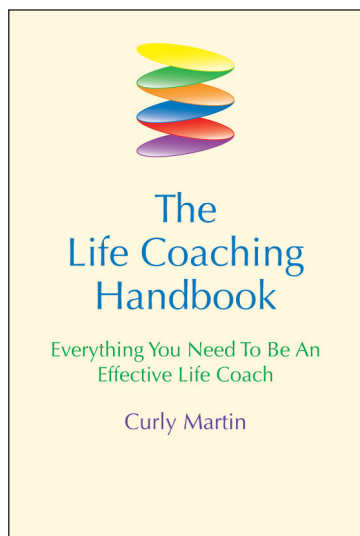
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**Curly Martin** is a Fellow member and the International Head of Ethics and Standards of The International Institute of Coaching & Mentoring. She founded Achievement Specialists Limited, an internationally accredited life coach training company in 1997 (incorporated 2004) using her 25+ years' experience as a business coach, mentor and trainer.

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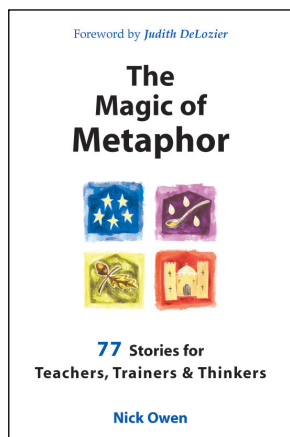
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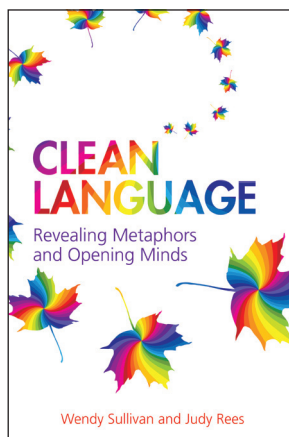
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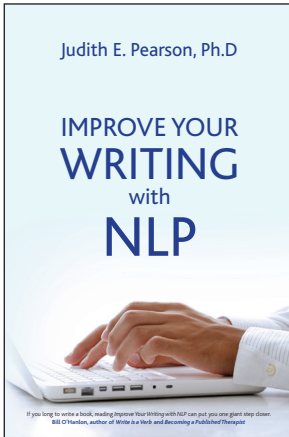
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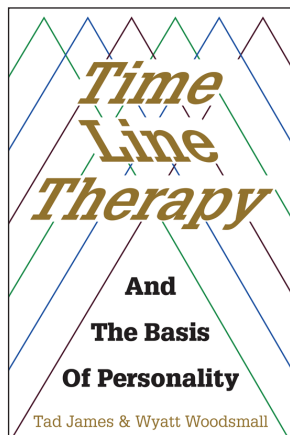
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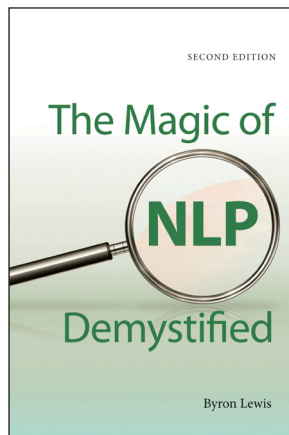
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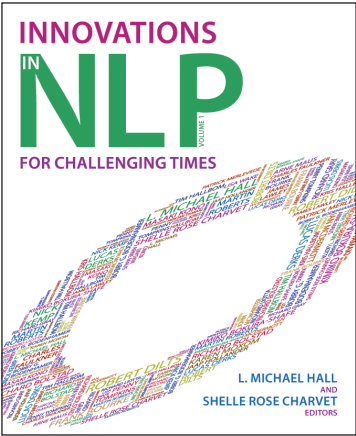
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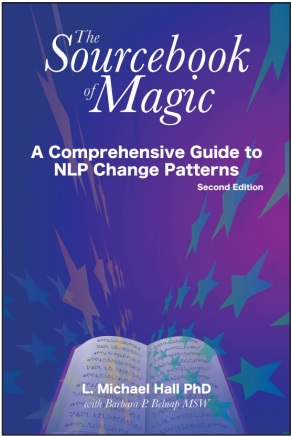
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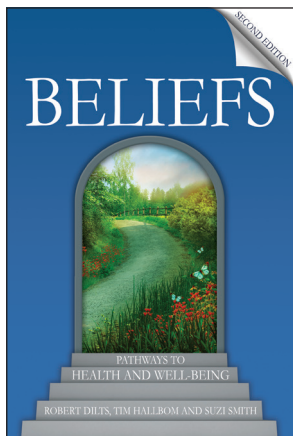
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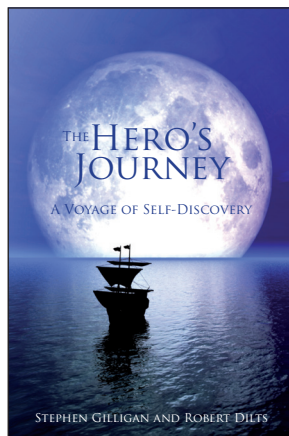
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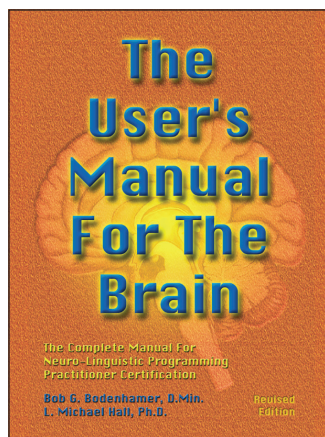
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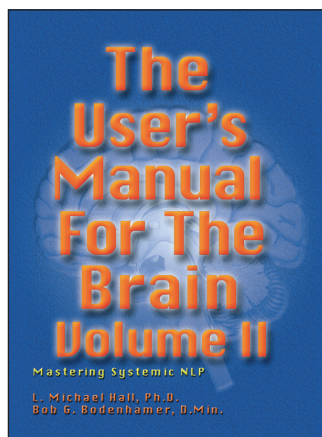


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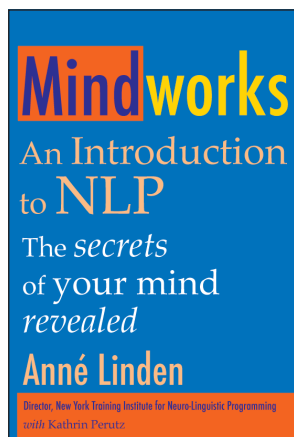
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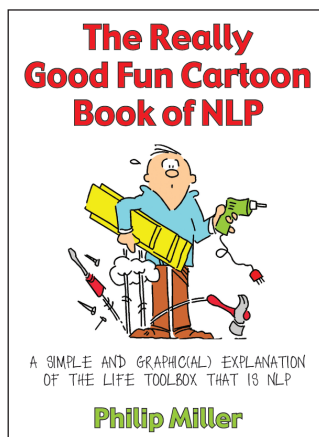
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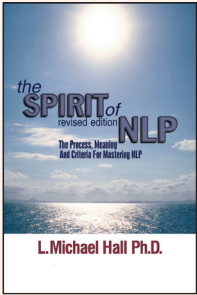
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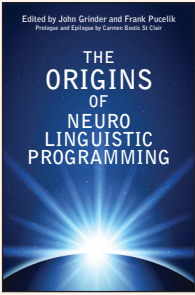
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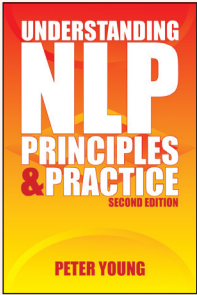
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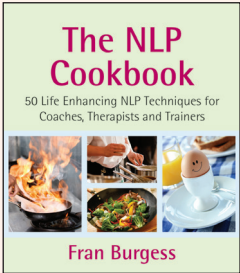
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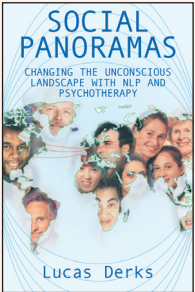
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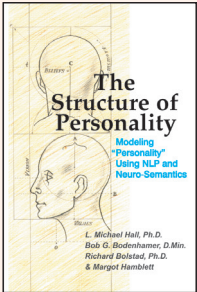
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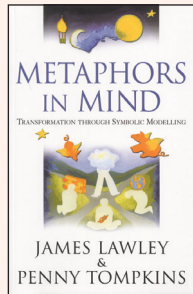
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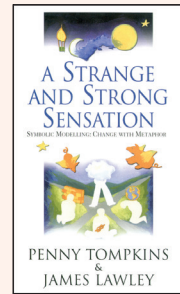
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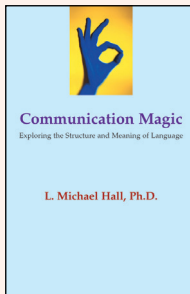
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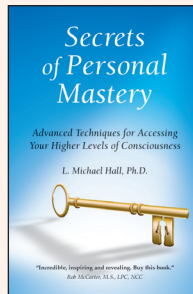
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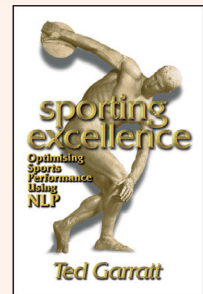
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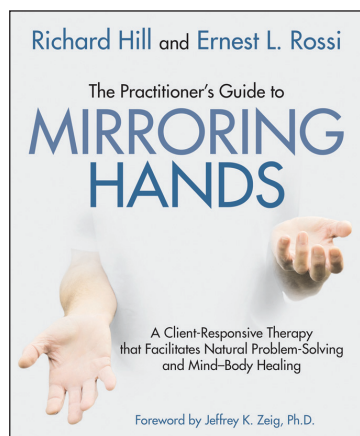
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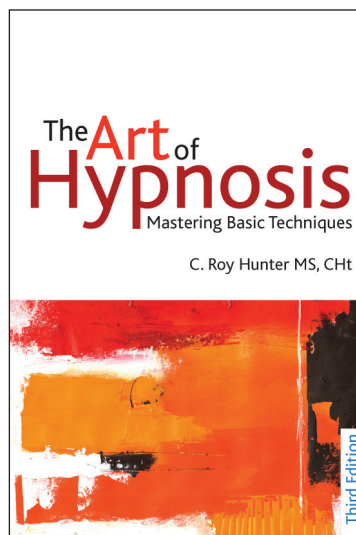
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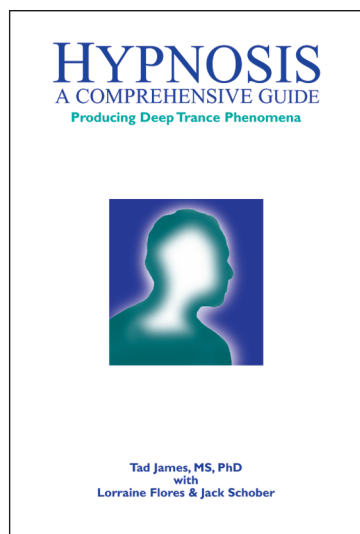
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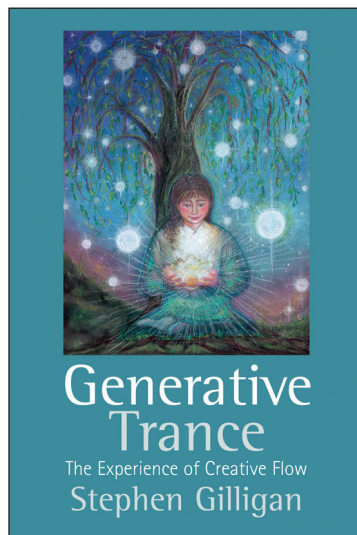
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Stephen Gilligan has become a leading figure in Ericksonian hypnotherapy. He is the developer of the Generative Self approach to personal growth. A licensed psychologist, Stephen maintains a private practice in Encinitas, California.

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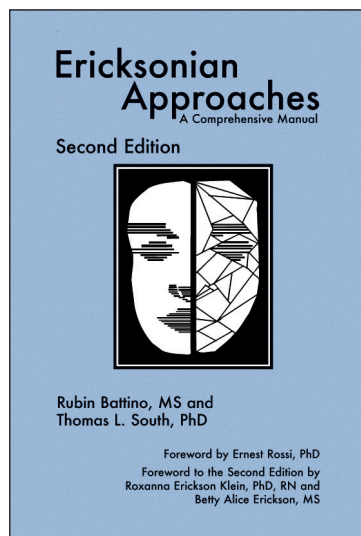
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Rubin Battino has a private practice in Yellow Springs, Ohio, and is an Adjunct Professor for the Department of Human Services at Wright State University.

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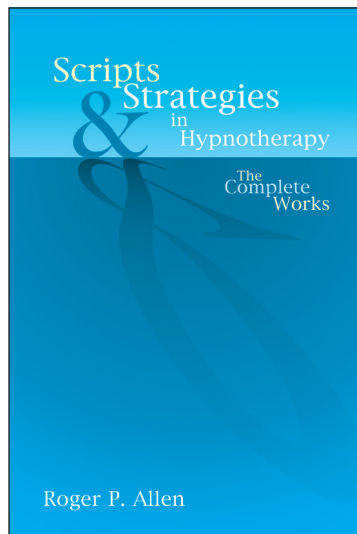
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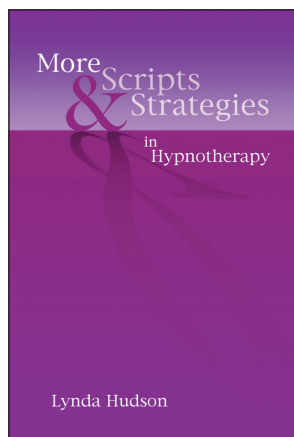
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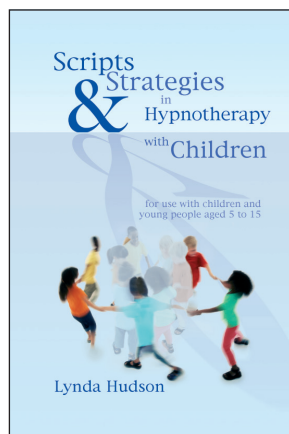
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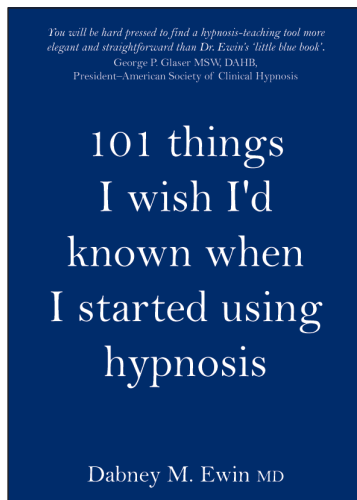
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The US version of this title has a different cover.

**Dabney Ewin** is a Clinical Professor of Surgery and Psychiatry at Tulane University Medical School in New Orleans, Louisiana. An adjunct Faculty member and practising physician, Dabney has taught hypnosis at Tulane since 1970. He is also Clinical Professor of Psychiatry at Louisiana State University Medical School.

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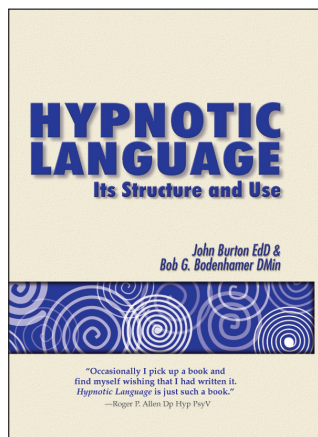
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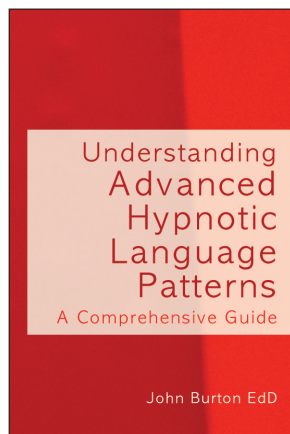
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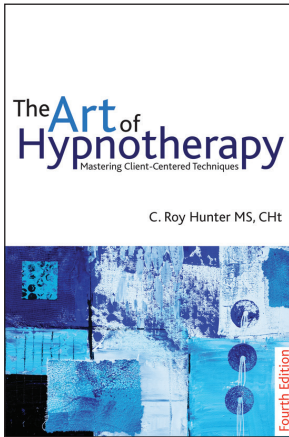
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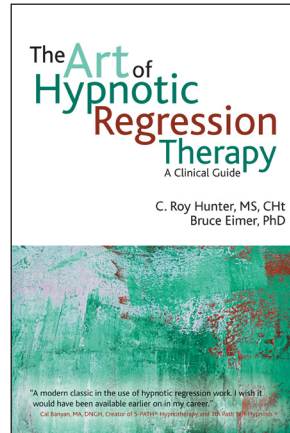


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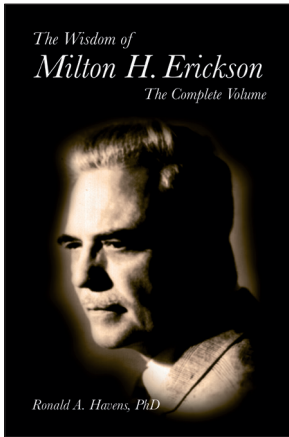
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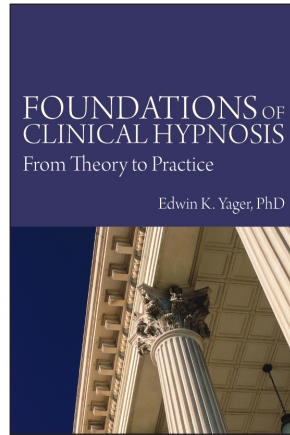


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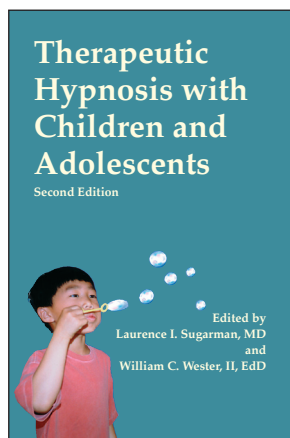
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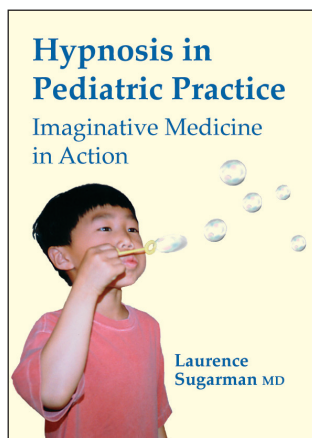
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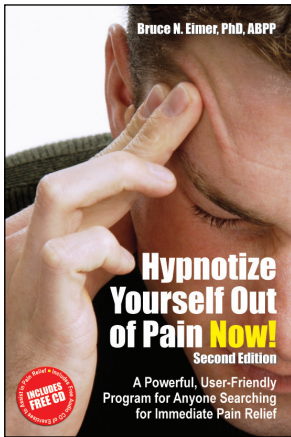
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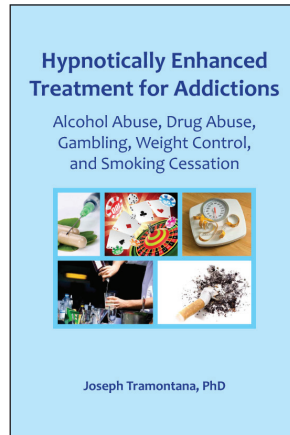


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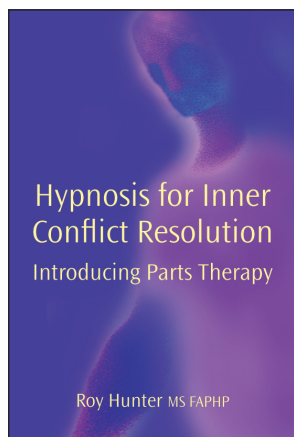
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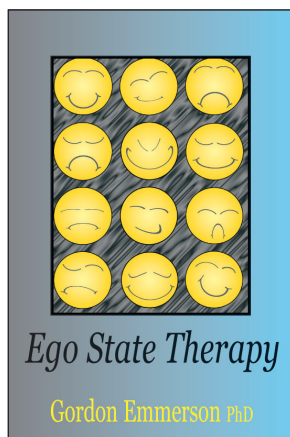


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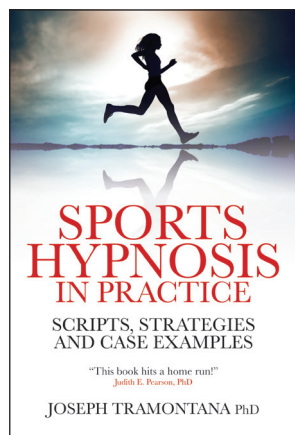
Gordon Emmerson

Mastering Ego State Therapy can foster an improved psychological and physical experience of life. Emmerson's innovative book presents the theory and practice of working with ego states, helping to understand them, recognise and use them. The practical techniques help you to locate ego states in pain, trauma, anger or frustration and facilitate expression, release, comfort and empowerment.

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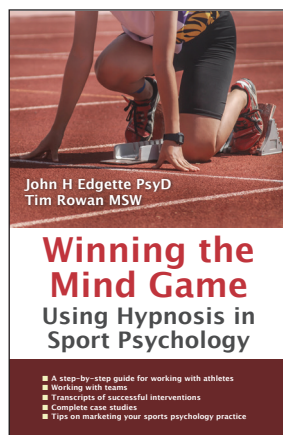


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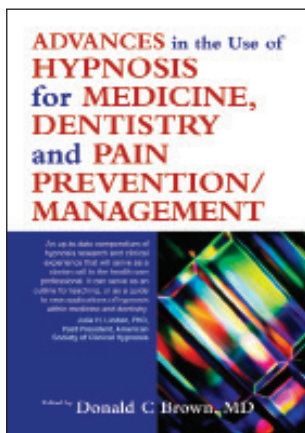
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This book contains a wide range of advanced hypnotic interventions that allow therapeutic techniques to be adopted and used with athletes. Topics include theoretical considerations, working with teams and tips on marketing your sports psychology practice.

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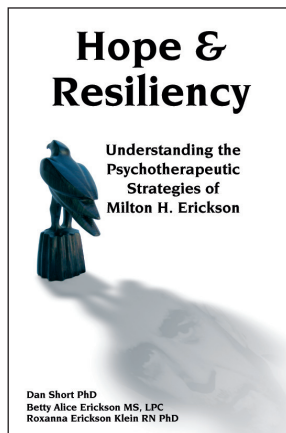
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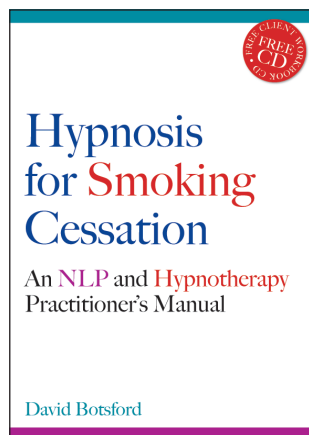
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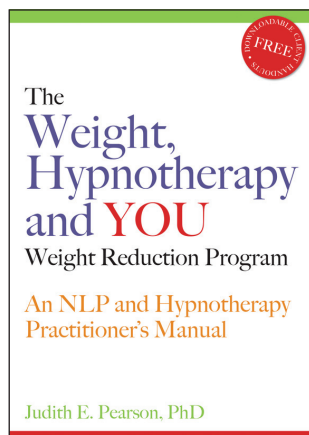


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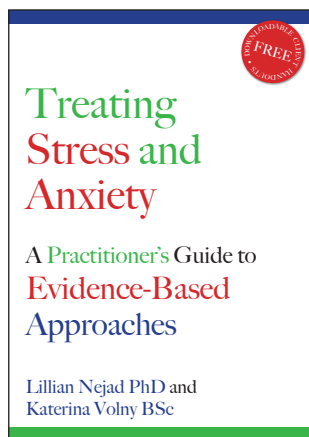
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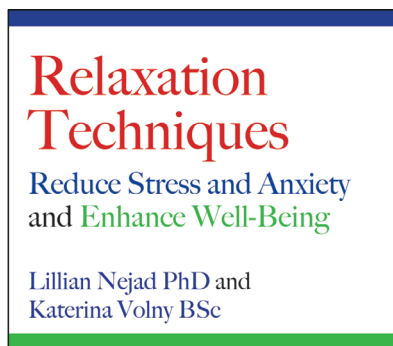


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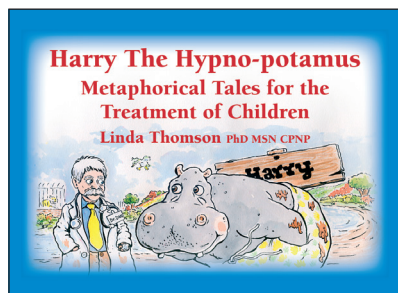
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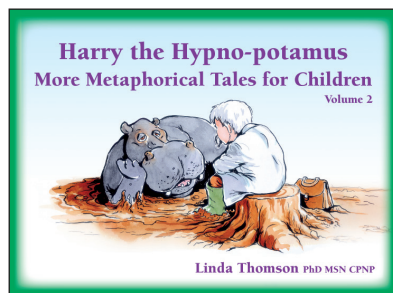


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A set of cards is also available, see page 59.



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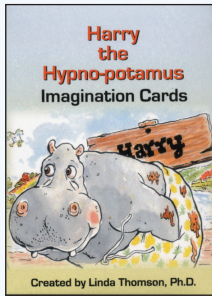
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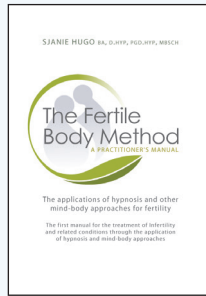
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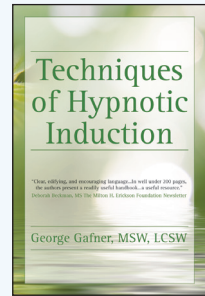
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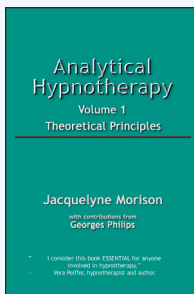
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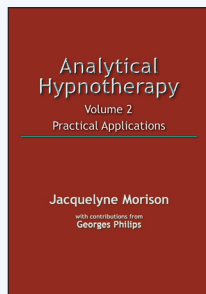
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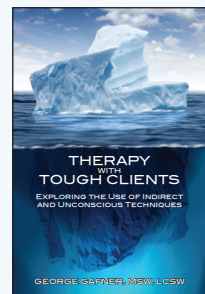
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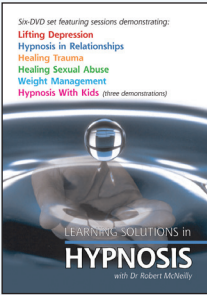
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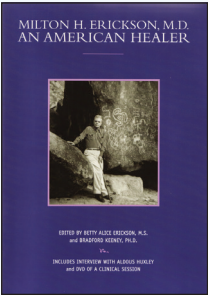
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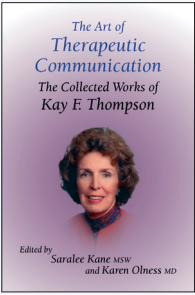
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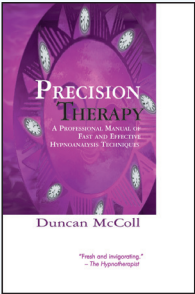
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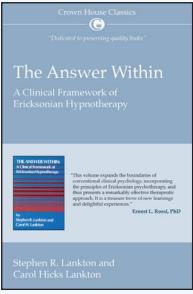
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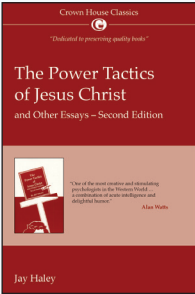
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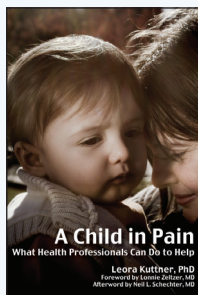


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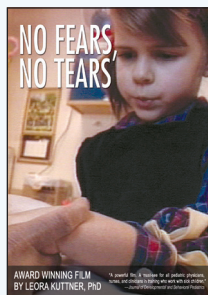
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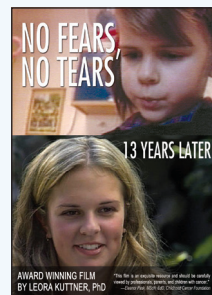
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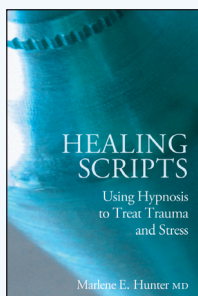
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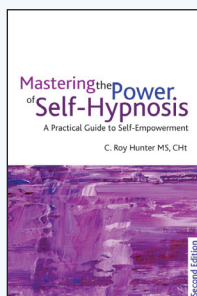
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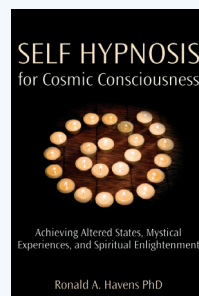
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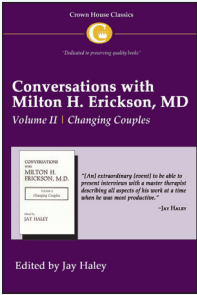
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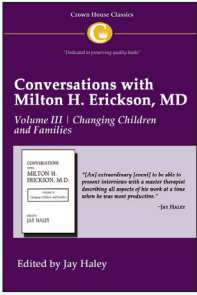
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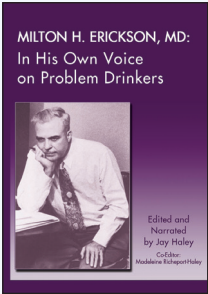
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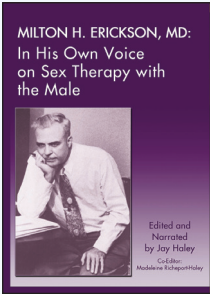
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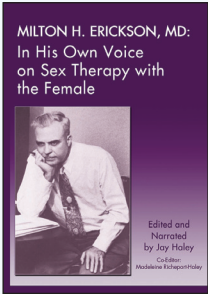
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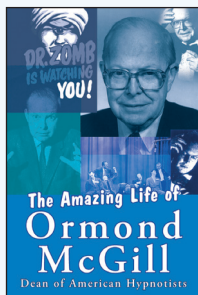
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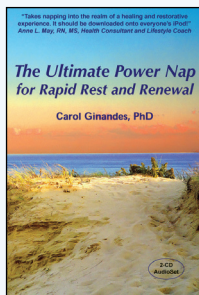
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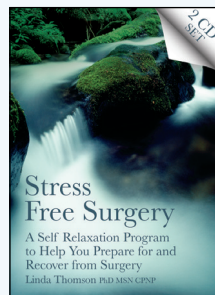
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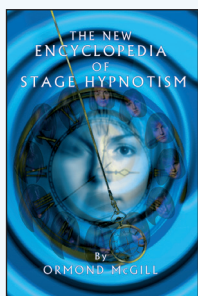
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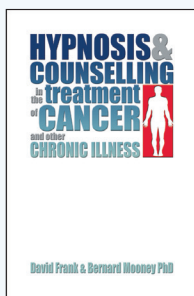
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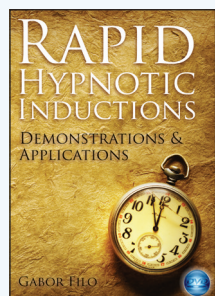
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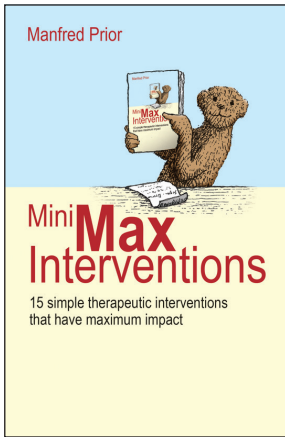
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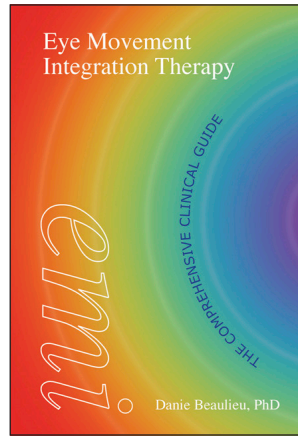


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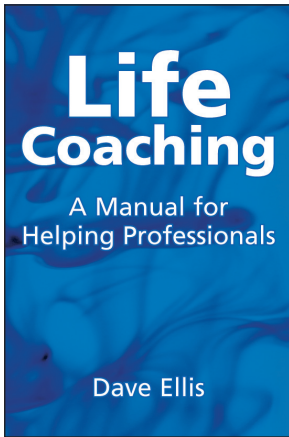
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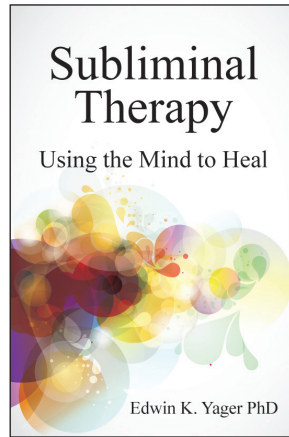


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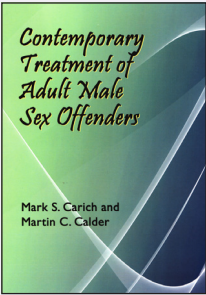
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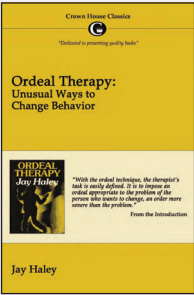
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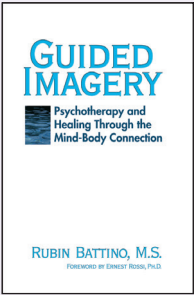
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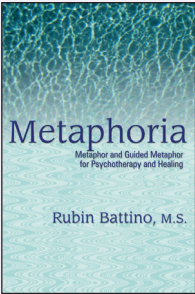
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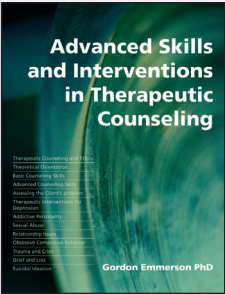
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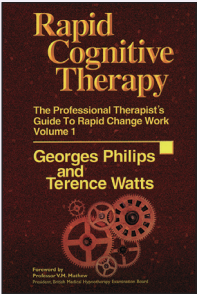
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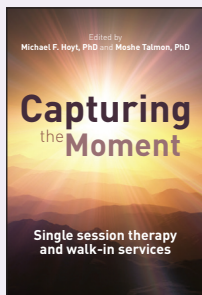
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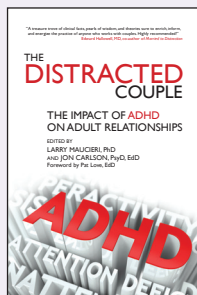
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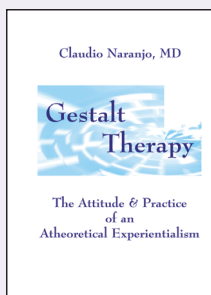
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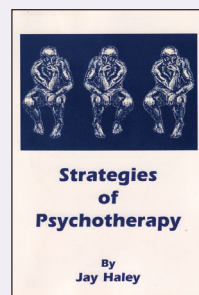
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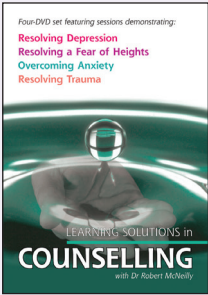
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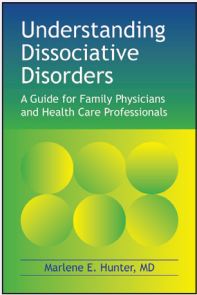
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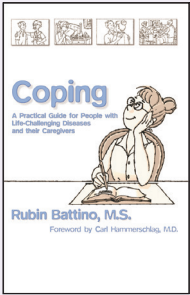
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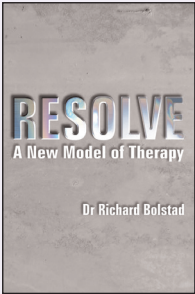
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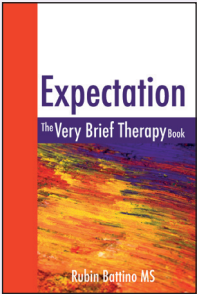
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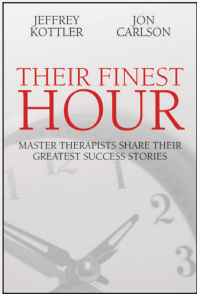
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