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Book Catalog

Hypnosis for the Seriously Curious

By Kenneth S. Bowers

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Our Review

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This is an important book for anyone interested in UFO abduction phenomena. With so much of the evidence supporting these claims relying on hypnosis, it becomes vital to ask just how effective hypnosis is, and what it can and cannot do. While the book unfortunately does not cover the currently popular and

controversial topics of abduction, past life regression or other unconventional uses, it does provide a no-nonsense approach to hypnosis in general. A good complement to any of the abduction books, which almost universally rely on hypnotic regression as their main investigative tool. Hypnosis remains mysterious, controversial and almost magical at times, but here's what we know for sure. -- *tm/gc*

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From the Book Cover

Ever since Franz Anton Mesmer captured the imagination of Paris in the 1780s with his marvelous "magnetic" powers, hypnosis has been the subject of enormous controversy. With this innovative book Kenneth Powers provides an unusually clear and coherent introduction to a puzzling and elusive subject. Organizing his presentation around the major questions surrounding this often paradoxical phenomenon--Are hypnotic effects genuine? What is hypnotic suggestibility and the hypnotic state? Can anyone be hypnotized?--the author takes the reader systematically through the pivotal experiments in the field. And more, his evenhanded approach brings to light those critical studies that do and do not support theories of hypnosis. The author concludes his account with a look at the clinical applications of hypnosis.

The Author

Kenneth S. Bowers is professor of psychology and director of clinical psychology at the University of Waterloo. He received his A.B. and Ph.D. from the University of Illinois. The Society for Clinical and Experimental Hypnosis has recognized Professor Bowers several times for his excellence in the study of hypnosis.

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