



Practical Lessons in Hypnotism

William Wesley Cook

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Dr. William Wesley Cook's Practical Lessons in Hypnotism was originally published in 1901, but this scholarly study is as relevant as it ever was. In spite of the skeptics, hypnotism has long been a psychological science that has earned the respect of many in the medical profession (notably, Sigmund Freud) and hypnotherapy is widely used in many treatment programs. Here, Cook approaches the subject in a constructive way, covering the history and philosophy of the science, as well as practical techniques and considerations. Most compelling are the studies of hypnotism's many applications, such as in self-healing, anesthesia, behavioral therapy, and even persuasion in the field of business. Cook's work also includes intellectual discussions on tangential-and fascinating-subjects such as telepathy, clairvoyance, and magnetic healing. Comprehensive and erudite, it promises satisfaction for the curious as well as the studious.

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