



# **Self-Hypnosis (Annotated): Guide to Self-Hypnosis, A Practical Guide to Self-Hypnosis, A Practical Guide to Self-Hypnosis Melvin Powers**

*Melvin Powers*

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Hypnosis has been defined as a state of heightened suggestibility in which the subject is able to uncritically accept ideas for self-improvement and act on them appropriately. When a hypnotist hypnotizes his subject, it is known as hetero-hypnosis. When an individual puts himself into a state of hypnosis, it is known as self-hypnosis. In both cases, the subject has achieved a heightened state of suggestibility. Even in hetero-hypnosis, the subject really controls the response to suggestions. Actually, all hypnosis is really a matter of self-hypnosis. The subject enters into the hypnotic state when he is completely ready to do so. This may require from one to many attempts before it is achieved. Even if the subject insists that he wants to be hypnotized immediately, he may be resisting hypnosis unconsciously.

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