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The Inner Source

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This revised edition of the timeless classic chronicles the evolution of hypnosis as a modern healing tool through the legendary discoveries of Dr. Herbert Spiegel, the founding father of modern hypnosis.

Hypnosis has long served as a viable, widely utilized, and proven-effective means of healing the mind and spirit. Featuring a brand-new introduction by the author, *The Inner Source* takes a critical look at the myths while presenting factual examples of the realities. It offers no-nonsense explanations on the human ability to enter a trance, the problems it helps to solve, the significance of hypnosis in post-traumatic disorders and wrongful conviction cases, and much more. The potential of hypnosis has just begun to be tapped, and this timeless classic is an ideal read for anyone considering it as a form of treatment.

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