



## Richard Bandler's Guide to Trance-formation: How to Harness the Power of Hypnosis to Ignite Effortless and Lasting Change

By Richard Bandler

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More than thirty years ago, Richard Bandler set out to discover how some therapists effected startling change with their clients, while others argued about theories while their patients waited in vain for help. Now widely regarded as the world's greatest hypnotist and one of the most brilliant minds in the field of personal change, Richard Bandler created patterns that became the bedrock of neuro-linguistic programming (NLP), arguably one of the most profoundly effective approaches for self-improvement. In *Richard Bandler's Guide to Trance-formation*, he returns to his roots: hypnotic phenomena, trancework, and altered states to provide a highly compelling and effective prescription for quick and lasting personal change.

According to Bandler, "trance" is at the very foundation of human experience. People are not simply in or out of trance, but are constantly moving from one trance to another. We have our work trances, our relationship trances, and our parenting trances. Some of these states are useful and appropriate; others are not. With his signature wit and contrarian approach to therapy, Bandler shows how anyone can reset and reprogram their problem behaviors to reach desired alternatives with lasting and life-altering results. With intriguing case studies, client dialogues, and more than thirty exercises, *Richard Bandler's Guide to Trance-formation*, is an engaging, read for anyone, whether they are new to NLP, want to further their NLP training, or simply want to make a positive difference in their own lives.

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### Editorial Review

From Publishers Weekly

With decades of practical and clinical hypnotherapy work behind him-during which he claims to have cured everything from phobias to schizophrenia-hypnotist and author Bandler (*Get the Life You Want*) rejects conventional psychotherapy in favor of "neuro-linguistic programming," rooted in the inherent human capacity for learning and communication. Here, Bandler collects his techniques for overcoming mental problems now and in the future. Trance states, according to Bandler, are phenomena vital to the human experience, particularly in repetitive behaviors: "At some level or other, everything is hypnosis...people have their work trances, their relationship trances, their driving trances." Exploring these trance states with readers, Bandler provides a number of practical, meditative strategies for developing one's abilities to self-assess and reprogram destructive patterns, providing numerous patient anecdotes and sidelights on subjects like buried hypnotic commands. Despite some improbable claims (achieving lasting cures after only one trance session), Bandler's thorough breakdown of the learning process and simple, cumulative exercises make this psychological self-help worth a look, especially for those who have hit dead ends with more standard approaches.

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#### Review

"This wonderful book is for anyone interested in making their life significantly better. It is a goldmine of insights and techniques from one of the greatest geniuses of personal change. As you use the techniques in Richard Bandler's *Guide to Trance-formation*, you will exponentially increase your ability to make dramatic life-enhancing differences. It is by far one of the most entertaining and professionally stimulating books I have read. It will change your life!" --Paul McKenna, Ph.D., coauthor of *I Can Make You Thin* and host of TLC's *I Can Make You Thin*

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-- **Paul McKenna, Ph.D.**, coauthor of *I Can Make You Thin* and host of TLC's *I Can Make You Thin*

For years, anyone wanting to learn directly from Richard Bandler had two choices: pay hundreds or even thousands of dollars to attend a live training or settle for material in books that, while excellent, were ten to thirty years behind the cutting edge. With this new book, *Richard Bandler's Guide to Trance-formation*, the cutting edge has finally arrived?and it's sharper than ever! -- **Michael Neill**, author of *You Can Have What You Want*

*Richard Bandler's Guide to Trance-formation* will be of interest to you only if you want more happiness, unlimited success, complete freedom, and deep inner peace. If not, I'd leave it alone.

-- **Robert Holden, Ph.D.**, author of *Happiness NOW* and *Success Intelligence*

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#### **Mary Marshall:**

Reading can called mind hangout, why? Because while you are reading a book particularly book entitled Richard Bandler's Guide to Trance-formation: How to Harness the Power of Hypnosis to Ignite Effortless and Lasting Change the mind will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely can become your mind friends. Imaging each word written in a publication then become one contact form conclusion and explanation that maybe you never get just before. The Richard Bandler's Guide to Trance-formation: How to Harness the Power of Hypnosis to Ignite Effortless and Lasting Change giving you one more experience more than blown away your thoughts but also giving you useful details for your better life in this particular era. So now let us present to you the relaxing pattern is your body and mind will be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

#### **Jason Dolly:**

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#### **William Holt:**

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#### **Wilda Baeza:**

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