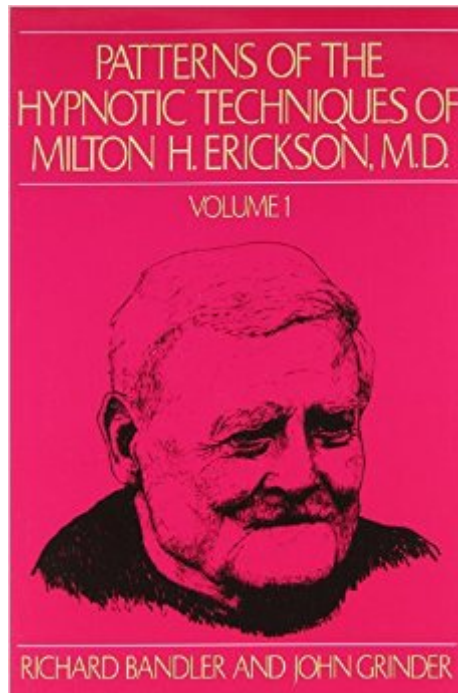


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# Patterns Of The Hypnotic Techniques Of Milton H. Erickson, M.D. Volume 1



## Synopsis

This volume is the first in a series of studies of the patterns of hypnotic techniques employed by Milton H. Erickson. In this first volume, we have focused primarily on the verbal patterns which Erickson uses in his work. Furthermore, our emphasis here has been on the portions of his work dealing with the induction of trance and the use of suggestion for assisting the client in accomplishing the objectives of trance work. We intend to shift the emphasis of the future volumes to other patterns. The Table of Contents which we include for Volume II of Patterns will give the reader some notion of this future emphasis. By R. Bandler

## Book Information

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## Customer Reviews

This book is the inverse of *The Structure of Magic*. That book was about how to be relentlessly specific, which functions as a BS filter. For example, "my wife doesn't love me anymore" requires mind-reading, so you could ask "how do you know she doesn't love you anymore?". That question doesn't call the original statement into question, but asks for the evidence for the claim, based in sensory experience. Usually the answer is something like "she doesn't look at me in some particular way that I never told her I liked", which gives you something to work with. As for THIS book, this is the opposite--essentially how to BS for constructive purposes. You can use it to catch on to a politician's game, or--should your own thinking begin to sound a bit too much like what this book shows you how to do--to catch your OWN BS and knock it off. This book is about how a brilliant hypnotist talked, which is actually pretty simple in theory. He would mention things to shift your attention. Like this: did you notice just how much of your weight is going into your chair? You

probably didn't before, now you do. You do that with enough things and in a certain way, you have people in a different state of mind. If you're good (and trying to help) you can talk them into not actively thinking/feeling bad about their problems, and have them in a state of mind where they can see things differently. Then you can say things that don't have any actual meaning to help them.

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