



# The Psychobiology of Mind-Body Healing: New Concepts of Therapeutic Hypnosis (Revised Edition)

By Ernest L. Rossi

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**Rossi examines new evidence from psychoneuroimmunology, neuroendocrinology, molecular genetics, and neurobiology, and shows how we can utilize these natural processes to facilitate our emotional and physical well being. More than a dozen new approaches to**

Many of the hypotheses that Rossi proposed when this book was published in 1986 have now been confirmed. The mind-body connection is a process that can be seen, measured and accessed through hypnosis. In establishing that it is possible to use the mind to heal body illness, he now brings together new evidence from psychoneuroimmunology, neuroendocrinology, molecular genetics and neurobiology. More than a dozen new approaches to mind-body healing are outlined in a series of teaching tutorials.

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### **Editorial Review**

#### **From Library Journal**

No doubt those familiar with current research in psychobiology will be interested in hypnotherapist Rossi's description of therapeutic hypnosis, as will lay readers not daunted by the numerous citations to the professional literature. Integrating information from clinical and experimental studies on the placebo response, stress, neuroendocrinology, molecular genetics, the neurobiology of learning and memory, and psychosomatic medicine, he postulates a theory of mind-body communication and explores the idea of a mind-gene connection. His approach to mind-body healing is to help patients convert "stress symptoms into meaningful signals and psychological problems into creative functions" through therapeutic hypnosis. Appropriate for professional and large public libraries. Judith Janes, University Hospitals of Cleveland

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#### **From the Back Cover**

'In this new edition Ernest Rossi continues to explore, synthesize, and integrate findings in the area of mind-body healing, not only across disciplines, but across time.

#### **About the Author**

Ernest L. Rossi, Ph.D., is Diplomate in Clinical Psychology and the recipient of the Lifetime Achievement Award for Outstanding Contributions to the Field of Psychotherapy by the Milton H. Erickson Foundation. He is also the science editor of Psychological Perspectives and the author, coauthor, and editor of numerous professional books.

### **Users Review**

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#### **Barbara Akins:**

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**Frances Stone:**

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**Douglas Moskowitz:**

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