



Tales of Enchantment: Goal-Oriented Metaphors for Adults and Children in Therapy

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Metaphors are powerful vehicles for change; the unconscious mind must associate with elements of the story to understand it. Milton H. Erickson, M.D., arguably the greatest hypnotherapist ever, often utilized metaphors to achieve breakthroughs with his patients. Now 100 Ericksonian metaphors are available for you to use with patients thanks to the Lanktons' *Tales of Enchantment*. Each metaphorical story in this treasure trove is preceded with information regarding what the story teaches, problems addressed, and the target audience. I highly recommend this collection of therapeutic metaphors for any Ericksonian hypnotherapist or individual who wishes to read stories that will effectuate positive changes in his or her life.