

# Ericksonian Approaches to Hypnosis and Psychotherapy

Jeffrey ZEIG (Ed.)

Jeffrey Zeig has made many of the Ericksonian ideas and techniques understandable. Through his illustrations and explanations, the reader will find themselves able to apply the content soon after reading the book. If you are interested in Ericksonian techniques and want a practical book that will make it easy to apply them soon after reading, then this is the book for you.

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Edited by Jeffrey K. Zeig