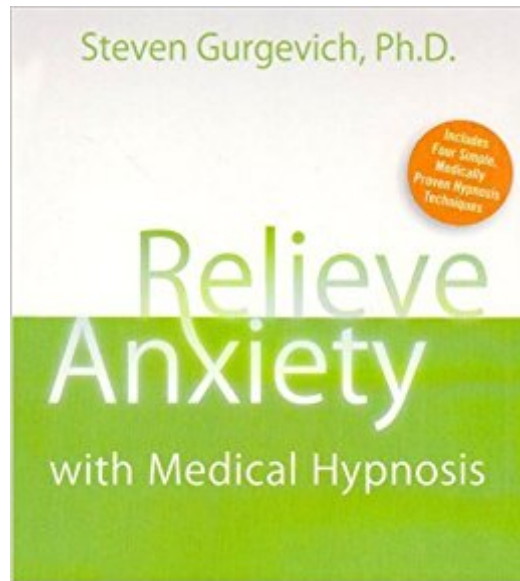




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Relieve Anxiety With Medical Hypnosis



Synopsis

Anxiety's source and antidote are one and the same: the mind. On *Relieve Anxiety with Medical Self-Hypnosis*, listeners join leading mind-body expert Dr. Steven Gurgevich for a liberating 2-CD program that teaches how to use the power of the subconscious mind to overcome worry, nervousness, panic, and more. Includes guided trance-work sessions to enhance skills of mental and physical relaxation, and produce the "relaxation response" whenever and wherever it is needed.

Book Information

Audio CD

Publisher: Sounds True, Incorporated; Com/Bklt U edition (June 2007)

Language: English

ISBN-10: 159179580X

ISBN-13: 978-1591795803

Product Dimensions: 5.3 x 0.6 x 5.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 25 customer reviews

Best Sellers Rank: #886,321 in Books (See Top 100 in Books) #76 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #398 in [Books > Books on CD > Health, Mind & Body > General](#) #763 in [Books > Books on CD > Nonfiction](#)

Customer Reviews

Steven Gurgevich, Ph.D. is a health psychologist specializing in mind-body medicine and a faculty member at the University of Arizona's College of Medicine, where he teaches physicians in Dr. Andrew Weil's Program in Integrative Medicine. He is the author (with Joy Gurgevich) of *The Self-Hypnosis Diet* (Sounds True, 2007).

I have several CDs on anxiety and this one, so far, is my favorite. It is 2 CDs which cover the education side (what is anxiety? what are the categories of anxiety disorders? what causes anxiety? what types of treatments are out there?) and the treatment side (medical hypnosis). It is the first time I heard the word "emetophobia" (fear of vomiting) which is the cause of my anxiety in the first place (I had no idea there was a name for it and that others suffered from it) so, on a personal level, I am very grateful for this CD set. Disc 1 covers the education side. Gurgevich explains the "fight or flight" response which can cause panic attacks and that the antidote to anxiety is relaxation. With

medical hypnosis, you use your mind to alter learned and inherent patterns of anxiety and develop the understanding of the roots of anxiety to keep you in control. He also explains that conquering anxiety can also require a life style change. Poor diet, negative thoughts and self talk, constantly watching and reading gloom and doom in the news, lack of exercise, and stress can create or exacerbate anxiety disorders. Finally, Gurgevich dispels the myths and misconceptions of medical hypnosis. The hypnotic trance used to relax your body, mind, and spirit is like a daydream, not like the hypnotist stage shows where people act like a chicken for entertainment. I find this CD effective for relaxation, too. Sometimes just hearing a helpful voice is good therapy, especially when you are going through anxious moments alone. Disc 2 covers the hypnosis sessions. After a brief introduction, he guides you through a 28-minute session that can be used for general day-to-day use. He teaches you to breathe through your "tummy" which is a technique used in other relaxation CDs. He is an effective guide in these exercises even though his voice sounds like it could make a good cartoon character. Other hypnosis sessions have you pressing your finger and thumb together and then releasing to give you the feeling of releasing tension and stress. It is difficult to remember some of the later sessions specifically as they do put you in a daydream state. I don't fall asleep to it but he explains many people do but that, their subconscious minds can still pick up the signals. I've always been a bit skeptical about the subconscious mind stuff, but what do I know. One thing I do know is that this CD is an effective way to relax and get through bouts of anxiety in a safe, non-pharmaceutical manner.

Listening to this CD has changed my life. I'm sleeping well, and am able to work again. Basically, I've suffered from anxiety for years, with the physical symptoms of aching joints, headaches, and upset stomach that goes with it. I paid a TON to therapists, took over-the-counter sleep aids, and suffered daily anyway... recently extra pressure from work caused my anxiety to soar off the charts and I felt completely paralyzed. Nine days ago I went to a store, and this CD Package LEAPT off the shelf at me. I bought it, listened that night, and my life has changed! The first CD describes the Doctor's own experience with anxiety, and then explains in easy-to-understand terms what anxiety is, the symptoms and several causes, and then does a beautiful job explaining medical hypnosis, debunking the myths about it, and explaining the conscious and subconscious minds. The second CD are the "trances" (clinical term), which is where the Doctor induces a hypnotic trance and then provides the relaxing suggestions. You can listen to these awake or asleep (but not driving a car or operating machinery). I really like that each trance has a different focus and length. I've listened to the first "daily use" trance each night since purchasing. The FIRST DAY I felt amazingly better--so

much less anxious. Since then I can safely say I've felt NONE of my previous anxiety levels. It's really miraculous. I've been able to work, and do the things I was avoiding. And if I feel anxiety coming, I practice the anchoring technique he talks about in the 2nd trance. The CDs come with a booklet of helpful exercises. I haven't tried them yet, and don't really need to! I've already recommended this CD to several coworkers who suffer too. Give it a try it's really amazing!

It didn't.

I have insufficient vocabulary to describe how these hypnosis CD's have made a DRAMATIC, hard-to-believe impact on both my husband & me. What an unexpected gift & blessing! Dr. G is an extraordinary man, and the changes we both feel are genuine, deep, powerful, & astonishing. With much gratitude, BG in TX

This is a very good CD to listen to if you tend to get anxious or are going through a time of anxiety. The author first explains the origins of anxiety and that understanding is very helpful on gaining control. Later, hypnosis or relaxation sessions are good and teach you mind and body how to produce a relaxation response which you can use again and again to get on top of anxious feelings. Very good. I would recommend this CD.

It gave me an understanding of anxiety, and this therapy has helped me to understand and manage anxiety.

This was an excellent cd for those suffering from anxiety and seeking relief. You will benefit from listening to this cd. It will relieve anxiety and bring you some peace. I would highly recommend for those who are anxious and want some help. I experienced excellent results. Worth every penny.

it's ok

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