

Hypnotherapeutic Techniques The Practice Of Clinical Hypnosis Vol 1

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Neuro-linguistic programming (NLP) is a pseudoscientific approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States, in the 1970s. NLP's creators claim there is a connection between neurological processes (neuro-), language (linguistic) and behavioral patterns learned through experience (programming), and that ...

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Relaxation techniques control stress and anxiety, which, in asthma, may improve breathing and respiratory function. Such programs generally include progressive relaxation, autogenic training, which focuses on attending to bodily feelings and mentally controlling them, and hypnosis or deep relaxation, which may be induced using mental imagery.

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