

Francine-Hélène Samak

HYPNOSE ET TABAC



L'Harmattan

Hypnose Et Tabac

Francine Hélène Samak



Hypnose Et Tabac:

Hypnose Et Tabac Samak Francine Helene Samak,2016 *Hypnose et tabac* Francine H  l  ne Samak,2014-07-01

Comment radiquer la d  pendance au tabac habitude que certains n  h  sitent pas nommer addiction L hypnose est parmi de nombreuses m  thodes celle qui est la moins nocive et la plus naturelle et qui compte beaucoup de bons r  sultats D  o   cela vient il En partie de l  tat hypnotique lui m  me et pour une bonne partie gr  ce la relation interindividuelle qui s  installe dans la session d  hypnose *Redevenir non fumeur.euse* Jean-Luc Roquet,2024-03-27 Redevenir non fumeur car vous l  avez t   assur  ment de nature vous aide non seulement arr  ter de fumer mais surtout retrouver votre tat   originel de non fumeur L auteur professionnel de sant   tabacologue accompagne depuis pr  s de 15 ans le difficile parcours des personnes vers le sevrage tabagique Il transmet ici la quintessence de sa pratique conjuguant la science m  dicale l  hypnose th  rapeutique et les th  rapies br  ves Sans remplacer la prise en charge par un professionnel de sant   permettant un soutien psychologique et un traitement m  dicamenteux si n  cessaire Redevenir non fumeur accompagne le fumeur dans sa d  marche d  arr  t l  invitant comprendre ce ph  nom  ne d  addiction complexe se questionner sur ses motivations ses peurs ses ressources travers des exp  riences faire au quotidien des explications concr  tes et document  es des exemples Il contient en outre une s  ance audio d  autohypnose et une s  ance audio d  hypnose de sevrage tabagique telles que celles que l  auteur pratique en consultation

Dites stop au tabac ! Lou Angel, Le tabagisme est la cause de nombreux probl  mes de sant   de l  incapacit   et la mort travers un large spectre y compris les maladies cardiaques le cancer et les maladies pulmonaires chroniques ,

Lib  rez-vous du tabac avec l  hypnose - Votre th  rapeute de poche Olivier Lockert,2024-03-14 Arr  tez de fumer et retrouvez un corps sain et dynamique gr  ce l  hypnose th  rapeutique Sans prise de poids ni frustration Et un r  sultat durable Utilisez de r  elles inductions hypnotiques Apprenez comment utiliser les techniques de l  hypnose Int  grez les principes et id  es qui font la diff  rence Ce livre n  est pas seulement fait pour   tre lu mais pour   tre pratiqu   sur le mod  le de l  histoire dont vous   tes le h  ros Vous allez apprendre progressivement vous servir de la plus merveilleuse et puissante magie celle de votre esprit Ce livre a une double fonction d  abord celle d  aider le lecteur arr  ter de fumer avec les techniques de la PNL et de l  hypnoth  rapie de mani  re interactive le lecteur choisit son chemin dans le livre comme dans les livres dont vous   tes le h  ros Le texte guide le lecteur comme s  il t  tait vraiment en th  rapie en hypnose La m  thode a t  test  e et approuv  e par des dizaines de patient  es depuis plusieurs ann  es Ensuite l  auteur souhaite montrer aux th  rapeutes en formation l  hypnose comment se servir des techniques simples apprises en cours Toutes les techniques th  rapeutiques du livre sont donc tir  es des formations de l  auteur l  Institut Fran  ais d  Hypnose Humaniste et Ericksonienne IFHE et sont appliqu  es de mani  re quasi scolaire telle qu  on peut le faire en d  butant Ceci afin de d  montrer leur efficacit   sans avoir besoin de recourir des strat  gies complexes

STOP au TABAC gr  ce    l  hypnose et l  autohypnose. Robert Larsonneur,2025-05-12 Un excellent livre pour cesser de fumer pour le prix d  un paquet de cigarettes pensez y La majorit   des lecteurs cesseront de fumer d  s la premi  re lecture

quelques uns auront besoin d'une seconde lecture Facile lire ce livre ne nécessite aucune connaissance De plus sont offerts avec le livre 11 scripts et 9 séances d'hypnose en vidéo facilement accessibles en exclusivité depuis le livre il suffit d'écouter Le docteur Larsson enseignant en hypnose a formé des centaines d'hypnotérapeutes Un livre excellent également pour les hypnotérapeutes qui trouveront de nombreux exemples pour enrichir leur pratique Ce livre est avant tout une méthode il sera votre hypnotérapeute Les séances peuvent être coûteuses autant de fois que vous le souhaitez la répétition est un atout supplémentaire L'important n'est pas de cesser de fumer mais de ne plus avoir envie de fumer En cas de rechute il vous suffit de ressortir le livre d'écouter quelques scripts et quelques séances d'hypnose Dès le début du livre chaque mot est pesé chaque phrase est une suggestion pour vous faire atteindre votre but Tout est envisagé même l'arrêt du tabac dans le cadre de la grossesse

No Tabac ! Robert West, 2015-09-30 ARRÊTER LE TABAC ET CHANGER DE VIE Peut-on en finir avec le tabac Alors que la France compte près de 16 millions de fumeurs plus de la moitié déclarent avoir envie d'arrêter de fumer Mais comment y parvenir Et surtout comment éviter la rechute Le professeur Robert West part d'un double constat pour en finir avec le tabac le fumeur doit d'abord connaître les méthodes qui fonctionnent réellement puis trouver parmi elles celle qui répond son type de dépendance Ce guide présente ainsi toutes les techniques validées scientifiquement pour cesser de fumer patches hypnose cigarette électronique coaching l'aide de questionnaires et de conseils personnalisés il oriente ensuite chaque fumeur vers la méthode qui lui convient ou suggère d'en combiner plusieurs pour arrêter de fumer sur mesure Psychologue Robert West se consacre depuis plus de trente ans aux problèmes de dépendance tabagique Directeur des études sur le tabac au Centre britannique de recherches sur le cancer il est également directeur scientifique au sein de la revue Addiction

Mon programme d'auto-hypnose pour arrêter de fumer Olivia Favre, 2021-11-05 En 1 mois arrêtez définitivement de fumer grâce au programme d'Olivia Favre L'hypnotérapie vous permettra de vous débarrasser en douceur du besoin de fumer alors dites non au tabac dès aujourd'hui et une bonne fois pour toutes Vous voulez arrêter de fumer et mettre toutes les chances de réussite de votre côté Vous avez déjà essayé mais sans succès Olivia Favre hypnotérapeute vous coachera avec son programme en 1 mois Grâce aux instructions jour après jour enrichies de 8 séances audio d'hypnotérapie de 20 minutes chacune sortez en douceur de la dépendance au tabac Alors dès aujourd'hui débarrassez-vous définitivement du besoin de fumer Programme élaboré en concertation avec un pharmacien

Le Grand Livre de l'hypnothérapie Evelyne Josse, 2024-09-25 L'hypnose suscite un engouement toujours plus grand auprès des professionnels de la santé Les troubles anxieux et dépressifs les traumatismes psychiques les deuils les difficultés professionnelles le manque de confiance et d'estime de soi les troubles du comportement alimentaire les troubles du sommeil et les problèmes sexuels sont quelques-unes des indications de l'hypnose en psychothérapie Au niveau somatique l'hypnose apporte un réel soulagement dans les douleurs chroniques et aiguës l'asthme le col irrité les allergies le psoriasis l'eczéma etc Elle est également utilisée comme thérapie adjuvante dans l'accompagnement des maladies graves telles que le cancer Certains dentistes et anesthésistes y recourent lors de soins et d'examen médicaux

douloureux ou lors d'opérations chirurgicales Ce Grand Livre de l'hypnothérapie a pour ambition de couvrir un large ventail de problématiques rencontrées par les hypnothérapeutes tant dans les champs de la santé mentale que physique Il propose également des thèmes peu abordés dans les livres d'hypnose performances sportives aide aux examens TOC accouchements ainsi que les patients dits particuliers dans leur prise en charge spécifique enfants personnes âgées personnes handicapées Les auteurs parmi les plus grands spécialistes actuels de l'hypnose se sont réunis pour offrir au lecteur un recueil riche de scripts techniques et protocoles hypnotiques

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