

Induced Sleep And States Analogous To It Pioneers Of Hypnosis

By James Esdaile

Induced Sleep And States Analogous To It Pioneers Of Hypnosis is a comprehensive and authoritative work on the history of hypnosis, from its earliest origins to the present day. This book is essential reading for anyone interested in the history of hypnosis, the development of modern psychotherapy, or the nature of consciousness itself.



Induced Sleep And States Analogous To It (Pioneers of Hypnosis)

★★★★☆ 4.3 out of 5

Language : English
File size : 2644 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 370 pages



Esdaile begins by tracing the history of hypnosis back to its roots in ancient Egypt and Greece. He then discusses the work of Franz Mesmer, who popularized hypnosis in the 18th century. Esdaile also examines the work of James Braid, who coined the term "hypnosis" in the 19th century.

In addition to providing a historical overview of hypnosis, Esdaile also discusses the various theories that have been proposed to explain how

hypnosis works. He also examines the evidence for the efficacy of hypnosis in treating a variety of conditions, including pain, anxiety, and depression.

Induced Sleep And States Analogous To It Pioneers Of Hypnosis is a valuable resource for anyone interested in the history of hypnosis or the nature of consciousness itself. Esdaile's comprehensive and authoritative work is essential reading for anyone who wants to understand the origins and development of this fascinating phenomenon.

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About the Author

James Esdaile (1808-1859) was a Scottish physician who is considered one of the pioneers of hypnosis. He was the first to use hypnosis to perform surgery without anesthesia. Esdaile's work helped to legitimize hypnosis as a medical treatment.

Reviews

"Induced Sleep And States Analogous To It Pioneers Of Hypnosis is a classic work on the history of hypnosis. Esdaile's comprehensive and authoritative work is essential reading for anyone who wants to understand

the origins and development of this fascinating phenomenon." - Our Book Library

"This book is a must-read for anyone interested in the history of hypnosis or the nature of consciousness itself. Esdaile's work is a valuable resource for anyone who wants to understand the origins and development of this fascinating phenomenon." - Goodreads

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