



Richard Bandler's Guide to Trance-formation: How to Harness the Power of Hypnosis to Ignite Effortless and Lasting Change

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More than thirty years ago, Richard Bandler set out to discover how some therapists effected startling change with their clients, while others argued about theories while their patients waited in vain for help. Now widely regarded as the world's greatest hypnotist and one of the most brilliant minds in the field of personal change, Richard Bandler created patterns that became the bedrock of neuro-linguistic programming (NLP), arguably one of the most profoundly effective approaches for self-improvement. In *Richard Bandler's Guide to Trance-formation*, he returns to his roots: hypnotic phenomena, trancework, and altered states to provide a highly compelling and effective prescription for quick and lasting personal change.

According to Bandler, "trance" is at the very foundation of human experience. People are not simply in or out of trance, but are constantly moving from one trance to another. We have our work trances, our relationship trances, and our parenting trances. Some of these states are useful and appropriate; others are not. With his signature wit and contrarian approach to therapy, Bandler shows how anyone can reset and reprogram their problem behaviors to reach desired alternatives with lasting and life-altering results. With intriguing case studies, client dialogues, and more than thirty exercises, *Richard Bandler's Guide to Trance-formation*, is an engaging, read for anyone, whether they are new to NLP, want to further their NLP training, or simply want to make a positive difference in their own lives.

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