



# Hipnosis y PNL: Terapia para el cambio (Spanish Edition)

*Horacio Ruiz*

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Los modelos terapeuticos de hipnosis y PNL explorados en este libro te enseñan como aliviar traumas, generar sentimientos y pensamientos mas asertivos, cambiar habitos mantenidos durante anos, resolver conflictos internos y construir nuevas creencias y todo ello con relativa rapidez, la que sea menester para lograr lo mejor para ti y tu proyecto de realizacion personal o profesional. En estado de trance hipnotico, con la mente mas concentrada y con mas actividad de los funcionalismos del cerebro derecho, se tiene una mayor capacidad de percepcion, una vision conceptual mas holistica e intuitiva. Se resuelven los problemas con mas rapidez y eficacia. Este supuesto teorico debe ser comprobado experiencialmente por cada uno de nosotros y asi no caer en debates que solo llevan a perder tiempo. Esto no se discute, se experimenta. Para eso he escrito este libro. Animate a comprobarlo.

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