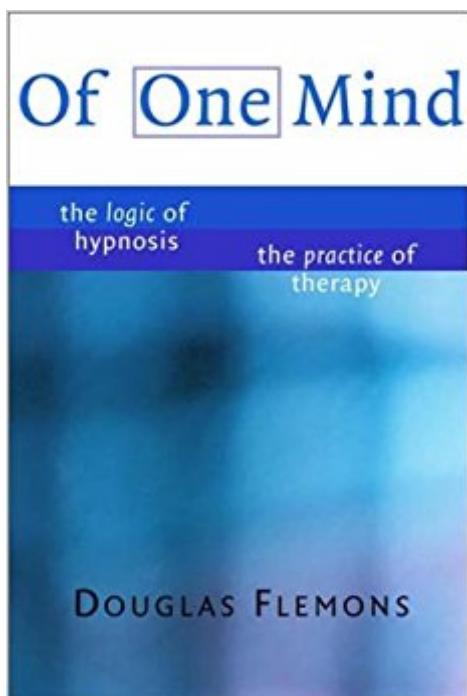


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# Of One Mind: The Logic Of Hypnosis, The Practice Of Therapy



## **Synopsis**

Jay Haley once said, “The only reasonable excuse for adding another theory of hypnosis to the many that have been proposed is an entirely new approach to the problem.” In *Of One Mind*, Douglas Flemons demonstrates that he has an eminently reasonable excuse. With the casual grace of an entrancing storyteller and the dry humor of an experienced therapist and teacher, he recasts the theory of hypnosis within a relational understanding of language, self, and mind. He then transports his ideas to the worlds of hypno-and brief therapies, offering fresh insights about how to connect with clients and help them change.

## **Book Information**

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## **Customer Reviews**

Douglas Flemons, PhD, LMFT, is Professor of Family Therapy and Co-Director of the Office of Suicide and Violence Prevention at Nova Southeastern University in Fort Lauderdale, Florida.

Good read1

The opaque title doesn't do the book justice. This is a seminal piece about consciousness, change, and the possibilities for each individual to reframe and rewrite his place in the world and his experience of happiness and self worth. Are there people who would not be attracted to these opportunities?

Not a new theory of Hypnosis as the author suggests, but a fairly good contribution. Includes theory and examples. Thanks.

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