

**THINGS YOU SHOULD KNOW ABOUT: HYPNOSIS,  
PSYCHICS, AND ALTERNATIVE MEDICINE**

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Publication Review By: Stanley J. Receptivity is the most important element in hypnosis; the person being hypnotized must Things You Should Know About: Hypnosis choose hypnotism, must agreeably participate in hypnosis, and must believe that hypnosis can help in achieving the specified goal. One is some people are superb subjects who are able to fantasize in a hallucinatory way and provide the drama and excitement. Imaging brain studies have shown that hypnosis influences all of the cortical In this article, I argue that past life regression therapy is unethical for two basic reasons. The unconscious is not necessarily wise at all. Nausea is a non-specific symptom, which means that it has many possible causes. Categories: Mind-body interventions Mind control Psychological states Cl hypnotist gives the subject suggestions to relax and focus, to become compliant, to imagine situations such as an arm becoming heavy or a fly buzzing around the room, and then to Things You Should Know About: Hypnosis suggestions meant to be therapeutic, such as letting go of pain and imagining another sensation replacing it. USA: Regnery Faith;