



Bioplasticity: Hypnosis Mind Body Healing

Joseph Sansone

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"Bioplasticity is consciousness or the mind's ability to alter or heal the body, including the brain." -

Joseph Sansone

Bioplasticity: Hypnosis Mind Body Healing discards the fluff and presents the evidence in support of the incredible healing art of hypnosis. Bioplasticity brings the lost healing art of hypnosis out into the light of day. Backed up by a couple hundred sources this unique book demonstrates the wide range of issues that hypnosis has successfully treated. From medical issues, to mental health disorders, and self improvement in general, hypnosis has a role to play in people's lives. This adaptable healing modality has been shown to be extremely effective as a stand alone treatment or as an adjunct to other healing modalities.

After presenting the evidence, Joseph Sansone shares a view of hypnosis from a transpersonal perspective as he offers guidelines on how to begin a daily practice of basic self hypnosis. Bioplasticity is unique in that it is a comprehensive study on the scientific validity of hypnosis, yet it is also a book on self improvement and spirituality as well.

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