

# Zelfhypnose

DE VERANDERING IN JEZELF



ROB VAN DER WILK



# Zelfhypnose De Verandering In Jezelf

**Nicole Vignola**



## **Zelfhypnose De Verandering In Jezelf:**

Zelfhypnose werkt Nicole Ruysschaert, 2024-05-14 In de medische wereld wordt hypnose al vele tientallen jaren succesvol gebruikt om chronische stress burn out en trauma aan te pakken. Helaas doen er nog altijd veel mythes en misverstanden de ronde. Velen denken bij het woord hypnose aan een ietwat mysterieuze praktijk waarbij iemand je in trance brengt. Zelfhypnose is iets helemaal anders; het is een techniek waarbij je zelf aan het stuur blijft staan om via gerichte oefeningen stress te verminderen, negatieve gedachten om te buigen, emoties beter te reguleren en je veerkracht te versterken. In dit baanbrekende boek scheidt hypnose expert Nicole Ruysschaert zin van onzin. Want wat is stress eigenlijk? Wat is de rol van ons brein en ons polyvagaal systeem? En hoe kan zelfhypnose helpen om stressgerelateerde klachten een halt toe te roepen? Of je nu een nieuwgierige beginner bent of al wat ervaring hebt met zelfhypnose, dankzij het praktische 7 stappenplan en de vele concrete oefeningen kun je met dit basisboek meteen aan de slag om zelfhypnose een plek te geven in je dagelijks leven. Een toegankelijke gids voor een breed publiek door de hypnose expert van de Lage Landen wetenschappelijk onderbouwd, helder en praktisch bruikbaar. Dirk De Wachter. Hypnotherapie voor Dummies Mike Bryant, 2007 Inleiding over hypnose en hypnotherapie voor leken en aanwijzingen hoe dit zelf te doen. *Hypnose als Therapie bij mentale en lichamelijke problemen* Sean F. Kelly, Ph.D. & Reid J. Kelly, 1986 Overzicht van psychologische en medische praktijkgevallen op het gebied van hypnose. Brinkman's cumulatieve catalogus van boeken, 2002 Voorts een alfabetische lijst van Nederlandsche boeken in België uitgegeven. **Coach jezelf met NLP** Vincent van der Burg, 2023-08-26 In *Coach jezelf met NLP* laat dr. Vincent van der Burg zien hoe je met neurolinguïstisch programmeren je gedachten kunt beïnvloeden en het maximale uit jezelf kunt halen voor een groter levensgeluk. Neurolinguïstisch programmeren (NLP) is een krachtige manier om je mindset te veranderen en je geluksgevoel te vergroten. Vincent van der Burg laat je met moderne wetenschappelijke inzichten uit psychologie en neurowetenschappen zien hoe het brein werkt, hoe je je gedachten kunt beïnvloeden en de controle over je leven actief kunt terugpakken. *Coach jezelf met NLP* biedt praktische handvatten, ervaringsverhalen, inzichten en oefeningen die je laten ervaren dat je je denken, gedrag en gevoel kunt veranderen. Zo kun je het maximale uit jezelf en je leven halen. Brinkman's Cumulatieve catalogus van boeken de in Nederland en Vlaanderen zijn uitgegeven of herdrukte, 2001. **Relaxatie en zelfhypnose in de praktijk** Wilfried van Craen, 2000. **Verander je brein, verander je leven** Nicole Vignola, 2024-05-14 Hack je brein zo creëer je verandering en een positieve mindset. We zijn onbewust geprogrammeerd om bepaalde gewoontes te herhalen, ook als die niet goed voor ons zijn. Maar de hersenen zijn flexibel en je kunt ze zelf resetten. Neurowetenschapper Nicole Vignola legt uit hoe neuroplasticiteit het vermogen van ons brein om zich aan te passen werkt en hoe je bestaande denk- en gedragspatronen kunt doorbreken. Doorbreek negatieve denk- en gedragspatronen in drie stappen. Met laagdrempelige tips en oefeningen om aan je mentale gezondheid te werken. Op basis van de nieuwste neurowetenschappelijke inzichten. Voor iedereen die blijvend positief wil veranderen. Wil je weten waarom

negatieve overtuigingen steeds bevestigd worden Wil je begrijpen waarom het zo moeilijk is om uit een ongezonde relatie te stappen En waarom we er goed aan doen voldoende tijd in te ruimen voor slaap en meditatie Met aandacht inzet en de kennis en tips van Nicole kan iedereen werken aan een betere mentale gezondheid en bewustere keuzes maken Denk je dat je niet goed genoeg bent Wil je relaties in werk en priv verbeteren Voor elke uitdaging die het leven biedt heeft je brein de oplossing Dit boek laat je zien waarom je doet wat je doet en geeft je de breinhacks om te veranderen Het brein kan op elke leeftijd veranderen Met voldoende aandacht en inzet kun je zijn wie je wilt zijn Kies je eigen pad Nicole Vignola **De kunst van veranderen** Roel Verheul, 2023-10-19 Voor de lezers van Stephen Covey en Ben Tiggelaar een praktische n beproefde methode voor verandering In dit boek deelt psycholoog Roel Verheul een beproefde methode om gewenste veranderingen te bereiken Veranderen is misschien wel de belangrijkste vaardigheid in ons leven en gelukkig kan iedereen zich deze kunst eigen maken Het draait om drie dingen willen kunnen en doen In zijn boek werkt Verheul de drie elementen uit in zeven stappen In elke stap staan inspirerende lessen en oefeningen voor jezelf of voor in teamverband Daarmee is dit inspirerende boek geschikt voor veranderingen bij individuen en in organisaties Over Homo Plasticus Prettig evenwicht tussen toegankelijkheid en diepgang Management Boek *Van ik naar wij* Thomas d' Ansembourg, 2025-03-06 Auteur bekend van Stop met aardig zijn en Vrede kun je leren Geweldig boek over hoe je persoonlijke ontwikkeling kan inzetten voor een betere wereld Dit boek verkent de verbinding tussen persoonlijk welzijn en maatschappelijke harmonie De kernboodschap is dat de innerlijke vrede van het individu bijdraagt aan vrede in de samenleving D Ansembourg baseert zijn boek op inzichten uit de geweldloze communicatie de humanistische psychologie en de kwantummechanica Inclusief praktische oefeningen voor meer zelfbewustzijn en maatschappelijke betrokkenheid

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