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Michael D. Yapko, PhD., is a clinical psychologist residing in Fallbrook, California. He is internationally recognized for his work in brief psychotherapy, clinical hypnosis, and the strategic treatment of depression, routinely teaching to professional audiences all over the world.

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Yapko makes the excellent point that those who have studied mindfulness can learn from the centuries of research and exploration into the power of suggestion that the hypnosis community can offer. Likewise, he acknowledges that hypnotists can benefit by incorporating techniques of mindfulness into their practice.

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Book Review Mindfulness and Hypnosis The Power of

Mindfulness and Hypnosis The Power of Suggestion to Transform Experience Author: Michael D. Yapko, PhD Published by: W.W.Norton&Company Ltd. In 2011 Dr Yapko has written an intriguing account where he endeavours to bridge the gap between guided

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