This is a revised second edition of Dr. Kroger's classic work on hypnosis, which describes successful hypnotherapy techniques for a wide range of medical, psychiatric, and dental conditions.

Dr. Kroger's work in developing the concept of clinical hypnosis, and making it a part of the science of behavior modification, is generally regarded as the foundation of modern hypnotherapy. This revised second edition features an introduction by Michael Yapko, PhD, an internationally recognized expert in short-term psychotherapy, which places Dr. Kroger's work in contemporary context.