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Sommario/riassunto	This is a comprehensive evidence-based clinical manual for practitioners of cognitive-behavioural hypnotherapy. Cognitive-behavioural hypnotherapy is increasingly becoming the dominant

approach to clinical hypnosis. At a theoretical level, it adopts a research-based cognitive-behavioural model of hypnosis. At a practical level, it closely integrates traditional hypnotherapy and cognitive-behavioural therapy techniques. This is the first major treatment manual to describe a fully integrated cognitive-behavioural approach to hypnotherapy, based on current evidence and best practice in the fields
