



As the Pendulum Swings: If It Isn't Hypnosis, Then What Is It?

Lindsay A. Brady

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AS THE PENDULUM SWINGS is not only about hypnosis, but also a story about how the author's life was transformed from one of fear, low self-esteem, guilt, and self-doubt into one of confidence, joy, and peace of mind with self-hypnosis. It is entertaining, enlightening, and provocative. It explains what you see during stage-show hypnosis can be used to quickly and easily transform a person's disparaging behavior to beneficial behavior with clinical hypnosis. It discloses how consciousness (the human mind) can intentionally instruct its brain to bring about healthy behavior, peace of mind, and a sense of well-being that is independent from past experiences, present conditions, and uncertainty of the future. It describes a unique method that the reader can use to effectively rid themselves of unwanted habits, thoughts, and self-destructive behavior. It investigates the phenomenon of past-life regression. Did we really live them or did we not? In the end, the reader discovers the driving force behind the hypnotic process and gains an insight into why we human beings think, behave, believe and act as they do.

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