



# **Affect Regulation Toolbox: Practical And Effective Hypnotic Interventions for the Over-Reactive Client**

*Carolyn Daitch*

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**Affect Regulation Toolbox: Practical And Effective Hypnotic Interventions for the Over-Reactive Client** Carolyn Daitch

Winner of the Society for Clinical and Experimental Hypnosis (SCEH) Arthur Shapiro Award for Best Book on Hypnosis

Rational judgment, soothing behavior, and calm observation often go out the window when responding to stress. This book presents hypnotherapeutic skills (including breathing exercises) and other easy-to-learn techniques that help people maintain healthy responses to stress and facilitate effective clinical work and a happier life.

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