

## Trances People Live

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### Trances People Live

Rather than seeing trance as some sort of special state that we go into, Wolinsky makes it obviously clear that most of us already live our lives in such states. The challenge, it seems, is more about how to get out of these 'limiting' trances, such as fear, anxiety, depression etc.

### Amazon.com: Trances People Live (9780962618420): Wolinsky ...

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### Trances People Live by Stephen H. Wolinsky

Dr. Wolinsky shows us how we continue to recreate those traumas in our adult lives and how to stop creating them. Every uncomfortable emotional state, and many psychosomatic symptoms, are also states of trance. Trance is the "glue" that holds the problem in the present moment.

### Trances People Live by Stephen Wolinsky | 9780962618420 ...

Trances People Live: Healing Approaches in Quantum Psychology Wolinsky, Stephen with Margaret O. Ryan Published by The Brmble Co., Falls Village CT (1991)

### Trances People Live - AbeBooks

Trances People Live by Stephen Wolinsky, W. Stephen. Stephen Wolinsky, Ph.D. began his clinical practice in 1974 as a Gestalt and Reichian therapist and trainer. Title Trances People Live. It is not enough to understand or even relive our childhood traumas.

### Trances People Live: Healing Approaches in Quantum ...

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### Amazon.com: Customer reviews: Trances People Live

According to Dr. Stephen Wolinsky's book Trances People Live, you are in a trance right now. How do I know this? Because your attention is focused on the text as you are reading this. You are internalizing the symbols of these words and converting them to sound in order to understand what I am trying to convey.

### Review of "Trances People Live: Healing Approaches in ...

Dr. Wolinsky is the author of Trances People Live: Healing Approaches in Quantum Psychology®, Quantum Consciousness: The Guide to Experiencing Quantum Psychology®, The Tao of Chaos: Quantum Consciousness Volume II, The Dark Side of the Inner Child; and Hearts on Fire: The Roots of Quantum Psychology.

### The Beginner's guide to Quantum Psychology

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Trances People Live by Stephen Wolinsky, September 1991, Bramble Books edition, Paperback in English

### Trances People Live (September 1991 edition) | Open Library

'Trances People Live' is filled with tools and techniques for the therapist as well as those interested in working with their own trances. As an Integral Consultant, Speaker, and Trainer and certified clinical hypnotherapist, I can attest to the effectiveness of Wolinsky's model.

### Amazon.com: Customer reviews: Trances People Live

Trances People Live by. Stephen H. Wolinsky, Margaret O. Ryan. 4.25 avg rating — 87 ratings — published 1991 — 2 editions. Want to Read saving... Want to Read; Currently Reading ...

### Stephen H. Wolinsky (Author of Trances People Live)

It may well be that only 30% of the population respond to authoritarian hypnotic commands, but hypnosis itself is a universal human trait. 100% of the population experience it in some form or another on a daily basis.

### Everyday Trance States | About Hypnosis

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