



# The Fertile Body Method: A Practitioner's Manual: The Applications of Hypnosis in Mind-body Approaches to Fertility

*By Sjanie Hugo*

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## **The Fertile Body Method: A Practitioner's Manual: The Applications of Hypnosis in Mind-body Approaches to Fertility** By Sjanie Hugo

The Fertile Body Method is a complete guide to working with fertility and related issues using hypnosis and other mind-body approaches. It offers in-depth information about infertility and possible causes and provides practitioners with a thorough understanding of all related issues, as well as effective techniques for treating them. It will show you how to structure your treatment plans and tailor your approach to each case in a step-by-step way. Useful and simple explanations of assisted fertility treatments and medical terminology make this book accessible to all. It provides an integrative guide for enhancing natural conception as well as powerful hypnotic techniques to support IVF and other assisted reproductive technologies. Included with the book is a CD that contains many practical resources including scripts, questionnaires, self help tools, diagrams, charts and explanations leaflets for clients.

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