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military strategists stalked and feared
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written (the ... which bore a striking
resemblance to the movement of
optimistic autosuggestion founded by
the French ...

Self-help yourself

The nation's policy makers and
military strategists stalked and feared
an elusive predator based on
suggestion and autosuggestion ...

"Studies in Social Psychology in World
War II," presented the ...

"Since the year 1910 there has been
in progress at Nancy a psychological

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and medico-pedagogical movement which we are entitled to regard as one of the notable scientific happenings of the present epoch. The terms autosuggestion, the education of the will, the force of thought, self-control, have long been current. But with the rise of the New Nancy School we have for the first time the elements of a really methodical synthesis of the phenomena and the disciplines which these terms connote. The pioneer in this development is a man whose devotion is rivaled by his modesty. During the years 1885 and 1886, Emile Coué witnessed the work and the experiments of Liébault, who was, as everyone knows, the father of the doctrine of suggestion, the founder of the first Nancy school, and the teacher of Bernheim. By the closing years of the nineteenth century, Coué had

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grasped the thought of which he was in search. He discovered in autosuggestion the powerful and widely diffused force of which hypnotic suggestion, the only form of suggestion hitherto studied in medicine, is but one among many applications"--Preface. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

This vintage book contains a detailed exposition of suggestion and autosuggestion by the pioneer of the technique, Émile Coué de la Châtaigneraie. Autosuggestion is a psychological technique developed at the beginning of the 20th century. It is a type of self-induced suggestion whereby one's thoughts, feelings, or behaviour are self-guided. Contents include: "Interview by Emile Coué of

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Each Patient Attending His Clinic", "Examples and Experiments Illustrating the Powers of Suggestion and Autosuggestion", "Suggestions: General", "Suggestions: Special for Each Ailment", "Special Suggestions for Each Ailment", "Advice to Patients", "Lecture Delivered by Emile Coué in Twenty Cities of America", et cetera. Many vintage books such as this are increasingly scarce and expensive. We are republishing this volume now in an affordable, modern, high-quality edition complete with a specially commissioned new biography of Émile Coué de la Châtaigneraie.

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Excerpt from Suggestion and
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Investigations Made by the New Nancy School. The dissociation of hypnotism from mysticism and superstition was efficiently begun by two investigators, Alexandre Bertrand and James Braid. Bertrand (*Traite du somnambulisme*, Paris, 1823; *Du magnetisme animal en France*, Paris, 1826) insisted especially upon the psychological determinants of the phenomena in question. He maintained that what we now call the hypnotic state was brought about through the influence of the imagination of the patients acting upon themselves. Herein we have the germ of Coue's theory of autosuggestion as expounded in the following pages. Braid, on the other hand (various writings, from 1841 to his death in 1860), inclined at the outset rather to the physiological explanation of what

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he was the first to term "hypnotism." It is interesting to note that Braid was a pioneer in the therapeutic use of reflective autosuggestion. He describes his own sufferings, in September, 1844, from a severe attack of muscular rheumatism, which had made it impossible for him to sleep for three successive nights. He then hypnotised himself in the presence of two friends. "At the expiration of nine minutes they aroused me, and, to my agreeable surprise, I was quite free from pain, being able to move in any way with perfect ease... I had seen like results with many patients; but it is one thing to hear of pain, and another to feel it. My suffering was so exquisite that I could not imagine anyone else ever suffered so intensely as myself on that occasion; and therefore I merely

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expected mitigation, so that I was truly and agreeably surprised to find myself quite free from pain. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works."

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