Doctors Dish Out Drugs Like Candy, Says Author of Transformational Hypnotherapy book

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New Psyche Books title 'The Chi of Change' offers better strategies to change forever the way you think about your feelings and emotions.

BIRMINGHAM (10th July 2014) – Doctors hand out antidepressants and tranquillisers like candy because they don't know how else to treat patients, says the author of a ground-breaking new book, arguing the case for hypnotherapy as a preferred treatment.

"The medicalisation of human feelings, and of human behaviour, is becoming even more pervasive. So many difficulties in living, the difficult feelings we experience, are now treated as mental illness or disorders," says leading British hypno-psychotherapist Peter Field.

"Yet our feelings are not the enemy. If we are having difficulty then we need to get to the bottom of that difficulty and do something about it. It simply compounds our problems when we try to drug our feelings into submission, to deny their message just because they're uncomfortable and inconvenient."

Adds Field, author of *The Chi of Change: How Hypnotherapy can help you rapidly heal and turn your life around—regardless of your past*, "When we cease our desperate attempt to deny our uncomfortable feelings, when we end our futile search for a tablet, drink, or distractive behaviour that will anaesthetise or whisk them away, then we become ready to actually do something about them. And it's here that hypnotherapy can be of such enormous help."

Field, whose book has been acclaimed as "ground-breaking," "extraordinary" and "a treasure" by psychiatrists, psychotherapists, and authors across the globe, says that in today's society difficult feelings and behaviours are often seen as mental disorders, mental illness or disease. "Difficulties in living are too often diagnosed as medical problems and mental illness", he says.

Field's 393-page paperback is being hailed as a 'must-read' for anyone suffering from anxiety, panic, depression, overeating, fear, phobias, addiction, insomnia, trauma, and low self-esteem. It reveals how you can overcome such disturbing states and live a balanced, meaningful life in confidence and harmony—without resorting to prescription drugs.

The Chi of Change shows how your subconscious mind has been programmed to make you feel the way you feel; how these programs can be rapidly changed through the right kind of hypnotherapy; and how even your most difficult feelings and emotions can help you transform your life for the better.

Expert reviewers have already called the book "impressive" and "groundbreaking". Dr Walter E. Jacobson, M.D., psychiatrist, and author of the #1 best-seller *Forgive To Win!* said, "If anyone is skeptical about the therapeutic power of hypnosis, this book will remove all doubts! It is an impressive work and I highly recommend it."

William Broom, Chief Executive, U.K. General Hypnotherapy Standards Council, commented, "It's a genuinely groundbreaking book that will change forever the way you think about your feelings and emotions. It is destined to become a classic."

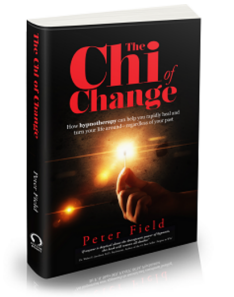
Known as 'The therapists' therapist', over the last 30 years author Peter Field has become a recognised authority on psychotherapy, hypnosis and health. His international roster of clients includes psychiatrists, psychologists, doctors and other hypnotherapists, as well as celebrities from the world of entertainment and sport.

In *The Chi of Change* Peter Field not only draws on his years of hypnosis experience using fascinating real-life case studies, but also brings personal lessons from his own life going back to his days as a lost young man; homeless, alcoholic and drug addicted, sleeping in shop doorways and under bridges.

Adds Peter Field, "I believe this book will resonate with anyone who has ever experienced emotional or mental difficulties—or knows someone who is experiencing these things—anyone looking for a lasting solution to their emotional and psychological problems."

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Field explains that the term ‘chi’ in the title is taken from the Chinese Taoist tradition, where it is seen as the ‘life force’. Chi, he says, is believed to be made up of two things—energy and information.

Says Field, “In my book, I use chi as a metaphor for human feelings. Feelings are energy; they’re information sent from our deeper self, our subconscious mind. Their function is to provoke and initiate change. We change in order to deal with our uncomfortable feelings. Feelings are ‘the chi of change’.”

The Chi of Change is available online from Amazon and Barnes and Noble.

About Peter Field

Peter Field is a recognised authority on psychotherapy, hypnosis and health with 30 years of experience. His hypnotherapy Birmingham and London clinics attract an international roster of clients, and includes psychiatrists, psychologists, doctors and other hypnotherapists, as well as celebrities from the world of entertainment and sport.

He has appeared on TV and radio, is a regular BBC contributor, and his expertise has been featured in *The Times*, the popular press, and prestigious journals on both sides of the Atlantic. A Fellow of the Royal Society of Health, he lives in Birmingham, UK.

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