



## **Core Reading List for Training Alliance Group Diploma Courses**

**Hypnosis for Change** – Josie Hadley & Carol Staudacher

**Hartland's Medical and Dental Hypnosis** – Heap & Aravind

**Trancework** – Michael D Yapko

**Ericksonian Approaches** – Rubin Battino & Thomas L South

**Handbook of Hypnotic Suggestions and Metaphors** – D Corydon Hammond

**Scripts & Strategies in Hypnotherapy** – Roger P Allen

**The Complete Guide to Stress Management** – Dr Chandra Patel

**Why Zebras Don't Get Ulcers** – Robert Sapolsky

**NLP in 21 Days** – Harry Alder, Beryl Heather

**Mind Over Mood** – Dennis Greenberger, Christine Padesky