

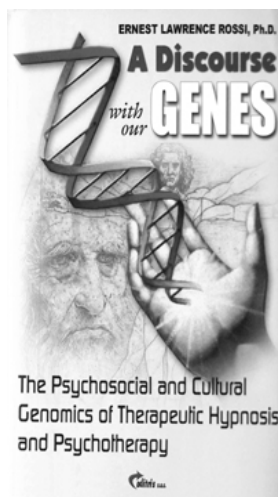
Ernest L. Rossi, Ph.D. is an internationally renowned therapist, teacher and pioneer in the psychobiology of mind-body healing. The author of more than 24 professional books, Dr. Rossi worked with Milton Erickson for eight years and co-authored three classic volumes on therapeutic hypnosis with him. Rossi has also edited four volumes of Erickson's Collected Papers and four volumes of Erickson's Seminars, Workshops and Lectures. He has been conducting research in the psychosocial genomics of ultradian rhythms and their relation to mind-body healing and psychotherapy for over three decades.

A Discourse with our Genes

NEW

The Psychosocial and Cultural Genomics of Therapeutic Hypnosis and Psychotherapy

Ernest L. Rossi



Integrating key concepts from biology, medicine, neuroscience, and psychology, Ernest Rossi has forged a revolutionary new paradigm that encompasses mind, body, and spirit. Rossi's new world view-- Psychosocial and Cultural Genomics -- has profound implications for understanding the human condition. He describes how we can all learn to facilitate our evolving consciousness with numinous experiences of Art, Beauty, Truth, and Happiness in our daily creative work of building a better brain.

Rossi begins by tracing his own recent dramatic journey from stroke victim through rehabilitation to full recovery. On this journey of self-healing, where he was both passenger and guide, Rossi's full psychotherapeutic repertoire was called upon to facilitate activity-dependent gene expression and brain plasticity to optimize his recovery. As he notes in the closing sentence of this opening chapter: "This takes us quite beyond my personal story to a deepening exploration of the co-creation between consciousness and nature in human experience that is the main subject of this book."

As a pioneer in clinical psychobiology, Dr. Rossi shares his latest neuroscience concepts of a unified approach to Mind-Body Medicine and the practical methods self-healing in everyday life.

Published by Editris s.a.s.

Ed. by Salvatore Iannotti, M.D.

ISBN: 1-932462-35-X • 2005 • Hardcover, 347 pages • \$45.00

Dreams, Consciousness, Spirit

The Quantum Experience of Self-Reflection and Co-Creation, Third Edition

Ernest L. Rossi, Ph.D.

This third edition of a modern classic on dreams and the evolution of awareness, identity and spirit in a young woman introduces a new quantum theory of consciousness, self-reflection, and healing based upon university research.

Praise for the first edition:

"An outstanding book. Expanding Jung's technique of active imagination, Rossi demonstrates how conscious involvement with one's dreams can facilitate new levels of awareness. Dreams are shown to be analogous to autonomous states of creative experience.... Rossi elaborates on recent research showing that during dreaming new protein structures are being synthesized in the brain, and changes in emotion, imagery, and awareness result from conscious assimilation of this psychosynthetic experience. In dealing with ways of initiating such experience, Rossi is imaginative and original. His clinical approach is sound. His case illustrations are excellent, and his work will excite professionals and lay readers alike."

--Peter C. Lynn, Library Journal

ISBN: 0-9651985-2-9 • 2000 • Softcover, 285 pages • \$32.95



ZEIG, TUCKER & THEISEN, INC., 3614 North 24th Street, Phoenix, AZ 85016
800-666-2211 • Fax: 800-688-2877 • www.ZeigTucker.com • Marketing@ZeigTucker.com

The 20-Minute Break

Reduce Stress, Maximize Performance, Improve Health and Emotional Well-Being
Using the New Science of Ultradian Rhythms

Ernest L. Rossi, Ph.D.

New discoveries over the past two decades have shown that the body periodically gives us important physiological clues about how to stay energetic, healthy, and productive. In *The 20-Minute Break*, Rossi and his coauthor David Nimmons, translate this research, particularly studies that have led to the new science of ultradian rhythms (those bodily rhythms occurring more than once a day), into practical strategies for recognizing the body's natural signals for optimizing creativity, performance and healing in everyday life.

According to the theory presented here, our mind-body systems need a natural period of healing and rejuvenation for about 20 minutes every 90 to 120 minutes. Often we neglect the signs telling us that rest is needed, recharging instead with caffeine, sugar, nicotine -- short-term fixes that set the stage for fatigue, poor performance and long-term health and emotional problems. *The 20-Minute Break* presents strategies for overcoming such destructive habits, for breaking patterns of stress and tension, and for capitalizing on the body's natural periods of creativity, alertness and healing.



ISBN: 0-87477-585-X • 1991 • Hardcover, 210 pages • \$19.95 • See reverse side for ordering information.

Mind-Body Therapy

Methods of Ideodynamic Healing in Hypnosis

Ernest L. Rossi, Ph.D., and David Cheek, M.D.

Integrating cutting-edge research in psychobiology with innovative techniques of mind-body healing (the ideodynamic approach), this volume will be essential reading for all clinicians who work with clients with psychosomatic disorders, stress-related problems, sleep disorders, and other problems in which mental and physical processes are both involved.

Each of the book's ten major sections is divided into chapters on Theory, Clinical Practice, and Research. Ultimately, *Mind-Body Therapy* guides and empowers readers to find the keys to their own well-being and health. Therapists of all persuasions will be well informed by Rossi and Cheek's many clinical illustrations of converting symptoms into signals, and psychological problems into creative resources.

ISBN: 0-393-31247-X • 1988 • Hardcover, 519 pages • \$29.95

Please return this form to:

Cornell University Press Services
750 Cascadilla Street, P.O. Box 6525
Ithaca, NY 14851-6525

Ordering Options



Call Toll-Free: 1-800-666-2211
International: 1-607-277-2211



Fax Toll-Free: 1-800-688-2877
International: 1-607-277-6292



Visit our website at: www.ZeigTucker.com



E-mail: orderbook@cupserv.org

Orders from **individuals** must be accompanied by a check or money order, or may be charged to MasterCard, VISA, American Express, or Discover.

Institutions and libraries must enclose a signed purchase order.

Title	Price	Quantity	Total
<i>A Discourse with our Genes</i>	\$45.00		
<i>Dreams, Consciousness, Spirit</i>	\$29.95		
<i>The 20-Minute Break</i>	\$19.95		
<i>Mind-Body Therapy</i>	\$32.95		

* CA residents add 8.25%, NY residents add 8% Canadian residents add 7% GST.
** US and Canada \$5.00 first copy, \$1.00 each additional. International \$5.50 first copy, \$2.00 each additional.

*Tax
**Shipping
Total

Name _____
Address 1 _____
Address 2 _____ Apt./Rm. # _____
City _____ State _____ Zip _____
Daytime Phone _____ E-mail _____

METHOD OF PAYMENT

- Check or Money Order enclosed made payable to CUP Services.
 VISA MasterCard AmEx Discover

Account # _____ Signature _____
Exp Date ____ / ____



ZEIG, TUCKER & THEISEN, INC., 3614 North 24th Street, Phoenix, AZ 85016
800-666-2211 • Fax: 800-688-2877 • www.ZeigTucker.com • Marketing@ZeigTucker.com