

Auto-Suggestion

Affirmations

VS

Autosuggestion is a broader term that encompasses various techniques involving self-suggestion.

Autosuggestion involves the repetition of statements or ideas in a relaxed state, often before sleep or in a meditative state, to influence the subconscious.

Autosuggestion can include a wider range of techniques, including visualization, mental imagery, and relaxation techniques.

The primary purpose of autosuggestion is to replace negative thoughts, behaviors, or beliefs with positive ones through consistent repetition.

Nature

Affirmations specifically refer to positive statements that challenge and replace negative beliefs.

Process

Affirmations are usually consciously repeated multiple times throughout the day to reinforce positive beliefs.

Scope

Affirmations primarily involve the repetition of positive statements.

Purpose

Affirmations are targeted specifically at challenging and changing negative beliefs or attitudes.

Autosuggestive Methods

Charles Baudouin



Autosuggestive Methods:

The Method and Practice of Autosuggestion Emile Coue ,C. Harry Brooks,2011-06 Two Classics in One Self Mastery Through Conscious Autosuggestion by Emile Cou PLUS The Practice of Autosuggestion by C Harry Brooks Self Mastery Through Conscious Autosuggestion Emile Cou was a French psychologist and pharmacist who introduced a new method of healing and self improvement using the influence and power of autosuggestion The application of his mantra like conscious autosuggestion Every day in every way I m getting better and better Cou s method focuses on a routine repetition of this particular expression according to a specified ritual in a given physical state and in the absence of any sort of allied mental imagery at the beginning and at the end of each day Self Mastery fully details his method and explains how the concept of auto suggestion works to bring about a desired circumstance Although stressing that he was not primarily a healer but one who taught others to heal themselves Cou claimed to have effected organic changes through autosuggestion The Practice of Autosuggestion by the Method of Emile Cou by C Harry Brooks From the Foreword The method of M Cou is in no sense opposed to the ordinary practice of medicine It is not intended to supplant it but to supplement it It is a new ally bringing valuable reinforcements to the common crusade against disease and unhappiness Induced Autosuggestion does not involve as several hasty critics have assumed an attack upon the Will It simply teaches that during the actual formulation of suggestions that is for a few minutes daily the Will should be quiescent At other times the exercise of the Will is encouraged indeed we are shown how to use it properly that is without friction or waste of energy **The Practice of autosuggestion by the method of Emile Coué** C. Henry Brooks,1922 **The Practice of Autosuggestion by the Method of Emile Coué** Cyrus Harry Brooks,1922 **Suggestion and Auto-suggestion** William Walker Atkinson,1909 *The Prophylaxis and Treatment of Internal Diseases* Frederick Forchheimer,1907 *The Phrophylaxis and Treatment of Internal Diseases* Forchheimer, F.,1906 [A Study of Psychophysical Methods for Relief of Childbirth Pain](#) Charles Lee Buxton,1962 [The Prophylaxis and treatment of internal disease](#) Frederick Forchheimer,1910 **Self Mastery Through Conscious Autosuggestion** Emile Coué,1922 **Suggestion and Autosuggestion** Charles Baudouin,1921 **Autosuggestion and Its Personal Application** John Herbert Duckworth,1923 **Self-healing by Autosuggestion** Amédée Dolonne,1923 **Health and Self-mastery Through Psycho-analysis and Autosuggestion** William John Fielding,1923 **The Psychoanalytic Review** ,1929 **The Neuropsychology of Developmental Stuttering** Bernard-thomas Hartman,1994 *Autosuggestion and Salesmanship* Frank Lincoln Scott,1923 **Vanity Fair** ,1922 **Discovery** ,1921 [The Personalist](#) Ralph Tyler Flewelling,1924 **The New Republic** Herbert David Croly,1923

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