Mike Mandel HYPNOSIS

FREE READING ROADMAP

The Hypnotist's Reading Roadmap

Ten hypnosis books worth your time, in the order Mike Mandel would have you read them.

Most reading lists hand you ten titles and leave you to guess where to start. This one is ordered, and it follows the order we teach in. **Erickson comes first, because hypnotic language is the foundation everything else sits on.** The direct model comes after that, then change work, then the history. Read the first section, stop and practise, and come back when those books have changed how you work. It is a map, not an assignment, and nobody is marking it.

Start here

The Ericksonian foundation, which is where we start too

1 My Voice Will Go With You

Edited by Sidney Rosen

One hundred of Erickson's teaching tales with Rosen's commentary. These are not stories to copy. They are teaching vehicles for anyone who wants to become a storyteller who can change lives.

IN PRINT www.amazon.com/dp/B004GXATFI

2 Trance-Formations

Richard Bandler and John Grinder

Hypnosis has a structure, and this is the book that deconstructs it in NLP terms. Reading it feels like attending one of their live trainings, taught through a mix of lecture and demonstration.

OUT OF PRINT. BUY USED www.amazon.com/dp/0911226230

3 Training Trances

John Overdurf and Julie Silverthorn

The evolution of the Ericksonian method, unpacked in a friendly and approachable way. Strong on embedded commands and metaphors. Like Trance-Formations, you are essentially sitting in on a seminar.

LIMITED AVAILABILITY www.amazon.com/dp/1555520693

Then add the direct model

Structure, rapid inductions and testing your work

4 Hypnotherapy

Dave Elman

Direct, clinical, and startlingly practical. Elman teaches hypnotic anaesthesia, the Esdaile state, and how to deal with stuttering and gagging. If you master the contents you will be able to fix all sorts of things.

IN PRINT www.amazon.com/dp/0930298047

5 Reality is Plastic

Anthony Jacquin

Rapid inductions, deepening, and a wealth of hypnotic phenomena, taught without over-simplifying or adding unnecessary complexity. Central to it is testing your work, which many hypnotists are afraid to do.

IN PRINT www.amazon.com/dp/B0CNLCNS66

Then change work with real people

Watching the work, not reading about it

6 Transforming Therapy

Gil Boyne

Transcripts from Boyne's own therapeutic sessions, so you watch the work rather than read a description of it. He combined hypnosis with gestalt therapy, and the trances he created were robust and lasting.

IN PRINT www.amazon.com/dp/0930298136

7 Monsters and Magical Sticks

Steven Heller and Terry Lee Steele

A small book and a quick read. Hypnosis may not exist as a specific thing, yet it is happening everywhere. The right book for a hypnotist stuck in a static model of trance.

IN PRINT www.amazon.com/dp/1935150634

Go deeper into Erickson

The primary source, once you have the groundwork

8 The Collected Works of Milton H. Erickson

Milton H. Erickson

The primary source. Erickson documenting his own experiments and experiences, which is why he remains lightyears ahead of everyone else. Not for the beginner, and excellent for browsing on a rainy afternoon.

CURRENT EDITION FROM THE ERICKSON FOUNDATION www.erickson-foundation.org/the-collected-works

Where it all came from

History worth knowing

9 Mesmerism in India

James Esdaile

A British Army surgeon working in India before anaesthetic existed. It often took him hours to produce a deep enough trance for surgery, but the work was remarkable. The Esdaile state is named for him.

FREE, PUBLIC DOMAIN archive.org/details/mesmerisminindia00esda

10 The Wizard From Vienna

Vincent Buranelli

Mesmer was the first hypnotic rockstar. Animal magnetism, hypnotic seances for the aristocracy, the treatment of hysterics. We should know something of the history that underlies what we practise.

OUT OF PRINT. BUY USED www.amazon.com/dp/0698106970

Availability checked November 2026. Older titles move in and out of the secondhand market, so where a book is marked out of print, expect to buy used.

Books give you the models. They cannot give you the reps.

What a book cannot do is put a person in front of you, give you feedback on your own voice, or tell you what to say when the subject opens their eyes halfway through. That takes structured practice. Inside the Mike Mandel Hypnosis Academy you get the full training path, live practice rooms, and the courses that turn everything above into something you can actually do.

Get started for just $1

Or watch our free induction tutorial

Not ready for the Academy yet? The Hypnotic Power Inductions tutorial is free and takes about twenty minutes.