



Book Review by Angelena Plummer

A Positive Life

From Erickson – My Voice Will Go With You- the teaching tales of Milton H. Erickson, MD

(Sidney Rosen, MD)

Dying will be the last thing I do.

“If one wants to understand experiences it is best that the examining, reviewing, and analyzing be left to a later time.”

“You’re alive. You’ve got emotions.”

“In any therapy, we know that although we are focusing on one patient, any changes in that patient will affect and change everyone in his ‘world’ or ‘system’.”

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“If a pattern can be changed in some small way, there is the possibility for further change.”

“In a child, the body tries to keep up with the feet. In an adult, the feet try to keep up with body (and head).”

“For the joy of getting drunk you have to pay a bill, and that is a headache-a hangover. And you are at liberty to have as many hangovers as you want.”

“There is something that you know that you don’t know that you know. When you know what it is that you don’t know you know, then you will be able to ...”

“Learning is one of the best forms of entertainment.”

Satori=enlightenment

“Do you want a surefire technique for living a long life? Wake up every morning!”

Review: For anyone studying NLP, therapy, or hypnosis, and for those who enjoy the art of phenomenology (multiple-perspective-taking) and a good laugh, this compilation of talks and tales by the father of Ericksonian Hypnotherapy, Milton Erickson, is a must read. His tales are quick and easy to read and will take you down a path that makes you laugh, gasp, and go, “huh.” as you are surprised by the unexpected outcomes and quick fixes he provides his clients. It is almost like watching improv when you think to yourself, “I don’t know what I would do with that” and then you witness a brilliant performance. The stories offered in this book are like that. In addition to fun and fascinating stories, author Rosen offers commentaries following Erickson’s stories to provide further understanding and therapeutic implementation of the lessons in Erickson’s stories.