

St. John's University Bookstore



Welcome to St. John's University's Bookstore.

All of the materials available at the Bookstore were created by Drs. Pamela and E. Arthur Winkler.

The Bookstore is organized into areas of self empowerment books about the healing power of the inner mind, a large selection of self-healing hypnotic and subliminal long playing CDs and self-help kits, and professional hypnotherapy materials available to Certified Hypnotherapy practitioners and trainers.

There is an order form, at the end of these listings, that you can use to order items from the S.J.U. bookstore. If you have questions about these materials, please use the Contact SJU page and your e-mail and your questions will be answered as soon as possible.

CD orders are filled and shipped within two to three weeks after your order is received. If a CD you select is temporarily out of stock, your order may be delayed two or three weeks. Book orders can be filled and mailed within a week of receiving your order.

Shipping and any requested insurance are not included in the prices listed.

Professional Hypnotherapy Materials

The Volume I and Volume II Hypnotherapy script books are available to Certified Hypnotherapists. Documentation of Certification is required to purchase these materials.

Dr. Winkler carefully designed hundreds of hypnotic inductions and therapeutic scripts when working with over 35,000 private clients, and thousands of others in groups.

From 1980 to 1998, Dr. Winkler was a nationally recognized hypnotherapy speaker and trainer at various hypnotherapy conferences across the United States.

Dr. Winkler included these script handbooks as key training materials in S.J.U.'s Certification training programs. For information about these programs, please refer to the S.J.U. catalog.

Hypnotherapy Trainers may purchase the Hypnotherapy Handbooks at a wholesale price when ordering a minimum of 5 copies of either or both volumes.

	<u>Retail</u>	<u>Wholesale</u>
___ Vol. I - Hypnotic Inductions & Prescription Handbook	\$95.00	\$75.00

Consists of 365 pages of hypnotherapy inductions, gentle releasing techniques and therapeutic scripts. Scripts for client sessions include, smoking cessation, weight management, pain, cancer, high blood pressure, arthritis, asthma with adults and children, sugar diabetes, alcoholism, sexual dysfunctions, and dozens of other areas. This handbook was created for and used to help thousands of Dr. Winkler's private clients.

___ Vol. II - Hypnotic Inductions and Prescriptions Handbook	\$95.00	\$75.00
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Consists of 338 pages of effective hypnotherapy inductions, deepening and confusing techniques, gentle releasing techniques, and therapeutic scripts for to assist with challenging client problems, including mental health issues, psychosomatic illnesses, and enhancing abilities. Dr. Winkler created these scripts when he was working with clients but the scripts in Volume I did not provide the special therapy he felt the client needed. Many of these scripts were designed for clients who sought hypnotherapy sessions with Dr. Winkler as a last resort.

Hypnotherapy Trainers may contact St. John's University for additional information regarding the purchase of Dr. Winkler's Hypnotherapy Script Handbooks.

Self-Help Books Written by Dr. Arthur Winkler



Individuals purchase these books to learn how to harness the power of their inner mind and achieve unlimited personal benefits.

Therapists purchase these books to better understand the role of the inner mind in the healing process and to reinforce the benefits from their therapy sessions.

Hypnotherapy Trainers purchase these books to supplement their certification training materials and provide advance hypnotherapy techniques.

Libraries purchase these materials to supplement their current books on the topic of self-help materials.

College and universities purchase these books as supplemental reading material for college courses and for the department of student counseling services.

Support programs for veterans, individuals in recovery from addictions or domestic violence and others, purchase these books to enhance self-empowerment.

A minimum order of 5 copies of the same book is required to purchase at wholesale prices. *Contact S.J.U. for additional discounts given for orders of 25, 50 and 100 copies.*

Prices do not include shipping or insurance.

	<u>Retail</u>	<u>Wholesale</u>
___ Hypnosis: A Key to Health, Happiness & Success helps us understand how God heals through the God-given gift of our powerful inner mind.	\$10.00	\$6.00
___ Overcoming Psychosomatic Illness Through Hypnosis helps us better understand the mind-body-spirit connection and how we can improve our health easily and naturally.	10.00	6.00
___ The Power of Suggestion Through Hypnosis reveals the true power of suggestion in our daily lives and how to identify the cause of our problems, illnesses, and even accidents.	10.00	6.00
___ Hypnotherapy explains what hypnosis is and what it is not; a valuable tool for pastoral counseling.	12.00	7.00
___ God Wants You Healthy reveals why we get sick and what we can do about it! Yes, God truly wants us to be healthy!	10.00	6.00
___ Get Rid of Fat Forever reveals what the underlying causes of over-weight are (and they may not be what you think) how to eliminate them, and finally, how to achieve a slim, trim body.	10.00	6.00
___ Reincarnation and the Interim Between Lives after regressing 8,000 people, Dr. Winkler reveals what the soul experiences at death, and the countless opportunities for the soul to grow toward perfection.	10.00	6.00
___ Hypnosis and God reveals the true nature of miracles in our lives and how to draw more blessings to ourselves.	10.00	6.00
___ The Secret of Success Is, There Is No Secret is an inspiring book that provides simple techniques to achieve a healthier, more successful life. It also includes life-changing stories of true success.	10.00	6.00



[Subliminal Self-Healing CDs](#)

These subliminal CDs are 60 to 90 minutes in length. Thousands of people have been helped by listening to these wonderful CDs. You will consciously hear music, birds and other relaxing nature sounds, as your inner mind benefits from hundreds of therapeutic subliminal suggestions. The script, with the word-for-word suggestions, will be sent with each subliminal CD.

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|--------|--------------------------------|--------|----------------------------|
| ___ 1 | Weight Reduction | ___ 41 | Overcome Insomnia |
| ___ 5 | Self Confidence | ___ 43 | Improve Health |
| ___ 6 | Overcome Psoriasis | ___ 45 | Improve Memory |
| ___ 7 | Weight Reduction | ___ 47 | Stop Smoking |
| ___ 8 | Overcome Baldness | ___ 48 | Spiritual Progress |
| ___ 9 | Self Confidence | ___ 52 | Overcome Cancer |
| ___ 15 | Improve Health | ___ 54 | Sexual Fulfillment (male) |
| ___ 18 | Loving & Kind | ___ 55 | Realigning Spine |
| ___ 19 | Achieve Wealth | ___ 56 | Overcome Constipation |
| ___ 20 | Eliminating Headaches | ___ 57 | Enjoy Exercising |
| ___ 21 | Overcoming Depression | ___ 58 | Healing Injuries |
| ___ 22 | Stop Smoking | ___ 59 | Athletic Abilities |
| ___ 23 | Spiritual Progress | ___ 60 | Overcome Dyslexia |
| ___ 24 | Overcome Pain | ___ 61 | Overcome Sugar Diabetes |
| ___ 25 | Sexual Fulfillment (female) | ___ 73 | Speaking in Public |
| ___ 27 | Slender Body (female) | ___ 74 | Self Fulfillment |
| ___ 31 | Avoid Alcohol | ___ 77 | Overcome Teeth Grinding |
| ___ 33 | Healing Sinuses | ___ 78 | Achieve Prosperity |
| ___ 34 | Overcome Fear | ___ 80 | Healing Past Life Memories |
| ___ 36 | Children's Health & Confidence | ___ 81 | Eliminate Excessive Anger |
| ___ 37 | Enlarge Breasts | ___ 90 | Children's Serenity |
| | | ___ 91 | Super Success |
| | | ___ 92 | Super Learning |

Hypnotic & Subliminal Self – Healing CDs



Dr. Art Winkler was a pioneer during the 1960s in the scripting and recording of hypnotic and subliminal self healing materials. These time tested materials have helped thousands of people overcome many problems and fulfill more of their natural potential.

Many of these materials are included in St. John's University's comprehensive 3 tiered Certification training program in Clinical Hypnotherapy, as well as Master and Doctorate degree programs in Hypnotherapy. More information about these programs is provided in the S.J.U. catalog.

These CDs are also available to anyone interested in self-healing. It is suggested that you listen to a subliminal CD once a day for 30 consecutive days. The hypnotic CDs can be listened to as often as you wish.

Dr. Winkler received hundreds of testimonials from clients and students who received benefits from these CDs. After you experience success with a CD, thank you for sharing your success.

Two personal success stories are included here.

“How C-55 Changed My Life”

by Bonnie Weimer

“I am excited to tell my own story.

For years I suffered from asthma. I was hospitalized three times during one winter. I had been frequently warned by all-knowing physicians that my asthma would get worse as the years passed, and I could eventually die from it.

If my inhalers did not produce eventual heart failure, then the steroids could eventually produce brain cancer. If I didn't die from the asthma, then the medications would deteriorate my body and do the job.

I attended Course One of the Clinical Hypnotherapy program at St. John's University. As I was looking through the CD catalog, I saw a subliminal CD for asthma. That CD was C-55 and it changed my life.

I bought the CD figuring I had nothing to lose. I did have something to lose and that was my dependency on asthma. Within a month, I put away my breathing machine and took myself off steroids. Here I was taking myself off a machine that I had depended on to provide my life and pills that I had depended on to prolong my life. I discontinued my inhalers. I had them everywhere. Occasionally I come across another one and I would throw it away.

I listened to the CD every night for two months. Through that one CD, I am free from a debilitating condition. I was told that I would die from asthma – I almost did! However, a single CD changed my life.

I now have been free from asthma since 1994. Could a CD change your life? Thank you for letting me tell my story.”

“C-82 Healed My Hiatal Henia Within 30 Days”

by Lucy Friemeyer

“I had suffered from a hiatal hernia for years. I hadn't been able to eat anything except soup, and even the soup could not have any vegetables because I was unable to swallow anything solid.

I attended a lecture by Dr. Winkler in St. Louis and saw C-82 for sale on his table at the back of the lecture hall. I bought the CD and in less than a month was completely healed. Eight years have passed and I am still able to eat anything I want to eat.”

Hypnotic & Subliminal Self - Healing CDs



These specially designed CDs are 60 to 90 minutes in length. Each CD has two tracks. If the CD has a private session with Dr. Art Winkler, it is designated with a (H). If the CD has a subliminal segment, it is designated with a (S). If the CD has two private sessions with Dr. Art Winkler, it is designated (H, H). If a CD has two subliminal segments, it is designated (S, S).

The price for Dr. Winkler's CDs are \$20.00 each. But for every set of three CDs you order, you also may select a free 4th CD. For example, if you select 6 CDs, you can select 2 additional free CDs.

- Select 3 CDs and get a 4th CD Free -

- ___ C-1 Weight Reduction/Subliminal Weight Reduction (H,S)
- ___ C-5 Lose Weight/Maintain a Slender Body (H,H)
- ___ C-6 Remove Cellulite/Self Improvement (H,H)
- ___ C-7 Weight & Health/Self Improvement (H,H)
- ___ C-8 Reduce Abdomen & Hips/Subliminal Reduce Abdomen & Hips (H,S)
- ___ C-9 Releasing Excess Fluid/Subliminal Releasing Excess Fluid (H,S)
- ___ C-11 Improve Health/Subliminal both tracks (S,S)

- ___ C-12 Stop Smoking Now/Learn to Relax (H,H)
- ___ C-13 Stop Smoking/Subliminal Stop Smoking (H,S)
- ___ C-14 Achieve Sexual Fulfillment/Subliminal Achieve Sexual Fulfillment (H,S)
- ___ C-15 Understand Sexual Problems/Achieve Sexual Fulfillment (H,H)
- ___ C-16 Improve Learning Ability/Improve Your Memory (H,H)
- ___ C-17 Develop Abilities/Subliminal Develop Abilities (H,S)
- ___ C-18 Learn to Relax/Subliminal Learn to Relax (H,S)
- ___ C-19 Learn Self-Hypnosis/Achieve Self Hypnosis (H,H)
- ___ C-20 Self Acceptance/Subliminal Self Acceptance (H,S)
- ___ C-21 Achieve Prosperity/Subliminal Achieve Prosperity (H,S)
- ___ C-22 Overcome Allergies/Subliminal Overcome Allergies (H,S)
- ___ C-23 Self Improvement/Subliminal Self Improvement (H,S)
- ___ C-24 Achieve Success/Subliminal Achieve Success (H,S)
- ___ C-25 Self Fulfillment/Subliminal Self Fulfillment (H,S)
- ___ C-26 Build Self-Confidence/Subliminal Build Self Confidence (H,S)
- ___ C-27 Build Self Confidence/Subliminal Build Self Confidence (S,S)
- ___ C-28 Learn to Relax/Free From Pain (H,H)
- ___ C-29 Overcome Sinus Problems/Subliminal Overcome Sinus Problems (H,S)
- ___ C-30 Overcome Cancer/Subliminal Overcome Cancer (H,S)
- ___ C-31 Enlarge Breasts/Subliminal Enlarge Breasts (H,S)
- ___ C-32 Overcome Baldness/Subliminal Overcome Baldness (H,S)

- Select 3 CDs and get a 4th CD Free -

- ___ C-33 Spine Alignment/Subliminal Spine Alignment (H,S)
- ___ C-35 Free from Psoriasis/Subliminal Free from Psoriasis (H,S)
- ___ C-36 Relieve Ear Noises/Subliminal Relieve Ear Noises (H,S)
- ___ C-37 Eliminate Cysts/Subliminal Eliminate Cysts (H,S)
- ___ C-39 Align Teeth & Jaws/Subliminal Align Teeth & Jaws (H,S)
- ___ C-40 Improve Hearing/Subliminal Improve Hearing (H,S)
- ___ C-41 Improve Eyesight/Subliminal Improve Eyesight (H,S)
- ___ C-42 Overcome Insomnia/Subliminal Overcome Insomnia (H,S)
- ___ C-43 Good Health/Subliminal Good Health (H,S)
- ___ C-44 Overcome Diabetes/Overcome Diabetes (H,S)
- ___ C-45 Overcome Depression/Subliminal Overcome Depression (H,S)
- ___ C-46 Enjoy Contact Lenses/Subliminal Enjoy Contact Lenses (H,S)
- ___ C-47 Build Self Confidence/Subliminal Build Self Confidence (H,S)
- ___ C-48 Weight Lifting/both tracks are Subliminal (S,S)
- ___ C-49 Overcome Fear Subliminal/both tracks are subliminal (S,S)
- ___ C-50 Confidence in Public Speaking/Subliminal Public Speaking (H,S)
- ___ C-51 Improve Your Golf/Subliminal Improve Your Golf (H,S)
- ___ C-52 Improve Your Bowling/Subliminal Improve Your Bowling (H,S)
- ___ C-53 Improve Your Tennis/Subliminal Improve Your Tennis (H,S)
- ___ C-54 Improve Athletic Abilities/Subliminal Improve Athletic Abilities (H,S)
- ___ C-55 Overcome Asthma/Subliminal Overcome Asthma (H,S)

- Select 3 CDs and get a 4th CD Free -

- _____ C-56 Lower Blood Pressure/ Subliminal Lower Blood Pressure (H,S)
- _____ C-57 Children's Health & Confidence/Subliminal Children's Health (S,S)
- _____ C-58 Stop Bed Wetting/Overcome Bed Wetting (H,H)
- _____ C-59 Eliminate Headaches/Subliminal Eliminate Headaches (H,S)
- _____ C-60 Develop Psychic (Spiritual) Sensitivity/Subliminal (H,S)
- _____ C-61 Develop Psychic (Spiritual) Abilities/Subliminal (H,S)
- _____ C-62 Overcome Arthritis/Subliminal Overcome Arthritis (H,S)
- _____ C-63 Filling an Empty Heart/Steps in Meditation (H,H)
- _____ C-64 What is a Christian?/Subliminal What is a Christian? (H,S)
- _____ C-66 Overcome Stuttering/Subliminal Overcome Stuttering (H,S)
- _____ C-67 Children's Slim & Trim/Both Tracks are Subliminal (S,S)
- _____ C-68 Success in Sales (both tracks are Subliminal) (S,S)
- _____ C-69 Painless Childbirth/Subliminal Painless Childbirth (H,S)
- _____ C-70 Developing Self Realization/Progressing in Self Realization (H,H)
- _____ C-71 Overcome Anxiety/Subliminal Overcome Anxiety (H,S)
- _____ C-72 Freedom from Gambling/Eliminating the Gambling Habit (H,H)
- _____ C-73 Eliminating the Gambling Habit/Subliminal Eliminating Gambling (H,S)
- _____ C-74 Eliminating a Tumor/Subliminal Eliminating a Tumor (H,S)
- _____ C-75 Bladder Control/Subliminal Bladder Control (H,S)
- _____ C-76 Overcome Drug Addiction/Subliminal Overcome Drug Addiction (H,S)
- _____ C-77 Freedom from Several Problems/Subliminal (H,S)

- Select 3 CDs and get a 4th CD Free -

- _____ C-78 Enhance Body Building/Subliminal Enhance Body Building (H,S)
- _____ C-79 Overcome Heart Problems/Subliminal Overcome Heart Problems (H,S)
- _____ C-80 Healing Ulcers/Subliminal Healing Ulcers (H,S)
- _____ C-81 Eliminate Skin Cancer/Subliminal Eliminate Skin Cancer (H,S)
- _____ C-82 Healing Hiatal Hernia/Subliminal Healing Hiatal Hernia (H,S)
- _____ C-83 Overcome Bruxism (Teeth Grinding)/Subliminal (H,S)
- _____ C-84 Loving and Kind/Subliminal both tracks (S,S)
- _____ C-85 Stop Hair Pulling (Trichotillomania)/Subliminal (H,S)
- _____ C-86 Eliminate Nausea & Pain/ Subliminal Eliminate Nausea & Pain (H,S)
- _____ C-87 Reduce Scars/Subliminal Reduce Scars (H,S)
- _____ C-88 Reduce Bags Under Eyes/Subliminal Reduce Bags Under Eyes (H,S)
- _____ C-89 Eliminate Stress/Subliminal Eliminate Stress (H,S)
- _____ C-90 Healing Gingivitis/Subliminal Healing Gingivitis (H,S)
- _____ C-91 Free Flowing Veins & Arteries/Subliminal (H,S)
- _____ C-92 Speaking Clearly After a Stroke/Subliminal (H,S)
- _____ C-93 Healing Past Life Memories/Subliminal Healing Past Life Memories (H,S)
- _____ C-94 You Can Be Wealthy/Subliminal You Can Be Wealthy (H,S)
- _____ C-95 Humor and Health/Subliminal Humor and Health (H,S)
- _____ C-96 Eliminate Excessive Anger/Subliminal Eliminate Excessive Anger (H,S)
- _____ C-98 Release Excess Fluid/Subliminal Release Excess Fluid (H,S)
- _____ C-100 Enlarging Male Genital/Subliminal Enlarging Male Genital (H,S)

- **Select 3 CDs and get a 4th CD Free** -

Hypnotic/Subliminal Kits Created by Dr. Arthur Winkler

Below are three kits that have been designed by Dr. Winkler. The weight reduction kit has been used by hundreds of individuals who reported success in both reducing to their goal as well as maintaining their ideal weight.

The stop smoking kit has been used by both individuals as well as companies that want to offer their employees a time tested program that could be completed in the privacy of their office or at home.

A third kit was designed for stores and retail outlets to reduce shop lifting by customers and pilfering by employees. Many studies reveal that the highest percentage of merchandise loss is the result of employee theft. This kit addressed this issue as the CDs can also be played in the employee lounge or break-room. This kit was initially used in 450 stores, with many stores experiencing an 80% reduction in merchandise theft.

Wholesale orders consist of a minimum order of 5 of the *same* kit. Prices do not include shipping and insurance. Please allow 3 - 4 weeks for shipping.

	<u>retail</u>	<u>wholesale</u>
___ Weight Reduction Kit ___ female ___ male (4 CDs and the book Get Rid of Fat Forever)	\$95.00	\$75.00
___ Stop Smoking Kit (3 CDs)	75.00	50.00
___ Stop Shop Lifting Kit (3 CDs)	75.00	50.00

St. John's University Bookstore Order Form

I wish to order the following CDs:

<u>Cat. #</u>	<u>Quantity</u>	<u>Title of CD</u>	<u>Price</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

(For larger orders, please use additional page.)

I wish to order the following self-help Kits:

<u>Cat. #</u>	<u>Quantity</u>	<u>Name of Kit</u>	<u>Price</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

I wish to order the following self-help books:

<u>Quantity</u>	<u>Title of Book</u>	<u>Price</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I wish to order the Professional Hypnotherapy Script Books:

<u>Quantity</u>	<u>Title of Book</u>	<u>Price</u>
_____	_____	_____
_____	_____	_____

(Available to Certified Hypnotherapists)

Shipping: Add \$2.00 per CD; \$3.00 per book; \$10.00 per Handbook: \$ _____
(For wholesale orders, contact S.J.U. Bookstore for estimated shipping cost.)

My total order comes to: \$ _____

- *This Order Form continues onto the next page* -

How to Place your Order

All orders must include this two page Order Form with your signature and date at the bottom.

If paying with a check or money order: Make your check or money order payable to S.J.U. and mail your two page form, signed and dated, along with your check or money order to: **St. John's University Bookstore, 40945 County Center Drive, Suite H, Temecula, CA 92591.** Your receipt will be mailed with your materials.

If paying with a credit card: Call St. John's University Bookstore at 951-599-7551 to provide your credit card information and e-mail your two page order form, signed and dated, to ***info@sjunow.org***. Your receipt will be e-mailed to you when your credit card is processed.

My Payment Information

___ I am enclosing my check or money order including shipping and handling, for a total of \$ _____. Signature and date are required at the bottom of this form.

___ I wish to purchase my order with a credit card. To insure maximum security of my account information, call the St. John's University's Bookstore at 951-599-7550. You will be advised how to e-mail your order form to the Booksstore to complete your order. You will receive a receipt by e-mail for this credit card payment. Signature and date are required at the bottom of this form.

My Shipping Information

Please mail my order to:

Full Name _____

Street _____ **Apt. #** _____

City _____ **State** _____ **Zip Code** _____

E-Mail Address _____

Home Phone () _____ **Cell Phone** () _____

I have read, understood, and placed this order:

Signature
(Required)

Date
(Required)