

"I came to Hypnae Center in the hope of obtaining a better perspective and approach to my school work. Before I came, I found it hard to concentrate and did not enjoy my studies. I tended to go out late and hang out with my friends whilst putting off my homework. However, after the sessions, I have been able to balance my studies and friends. I also can concentrate on my studies. By the way, my grades have been better. Thank you Hypnae!"

Mstr J F - 16 years old (17 Dec 2007)

[Conditions: Study Performance / Concentration]

"After six sessions I feel much more confident and positive in everything I do. I am waking up earlier and my concentration in sports and school works have improved a lot. Thank you to my therapist!"

Mr M W (17 Nov 2007)

[Conditions: Concentration / Sports Performance]

"When I first started hypnosis, I had problems concentrating and would be easily angered. Now, I am much calmer and can concentrate more effectively. Thank you to my therapist for helping me to improve my studies by teaching me how to concentrate over long periods of time."

Mstr P P - 14 years old (09 Nov 2007)

[Conditions: Study Performance / Concentration]

"My son is always looking forward to coming for the therapy. He feels "good" after every session. Most important is when he is happy, I am happy too. I believe to see the "impact" after all these. Thanks you!"

Mdm C T – mum of Miss S Yi who is 10 years old (12 Oct 2007)

[Conditions: Study Performance / Concentration]

"Dear therapist, I came to your Hypnae Center, so I could study better for the examinations. The therapy helped me to concentrate when I am studying and I did not get distracted easily after that and I could sit down for longer hours and study continuously with lesser and lesser breaks in between. I have also become more obedient and have learned to listen to instructions given by people. The therapy here was an overall success and now I am more confident that I will do well in my examinations."

Mstr A R – 13 years old (05 Oct 2007)

[Conditions: Concentration / Study Performance]

"Since I've joined Hypnae Center, I feel an overwhelming sense of confidence and opportunity to focus. Hypnae has really made focus in changes that are visible. I felt less stressed and like a new person and you helped me realize my goals. Thank you."

Mstr A R – 12 years old (01 Oct 2007)

[Conditions: Study Performance / Concentration]

"Dear therapist, ever since I did hypnosis with you, I have been feeling much more happier and cheerful. I had slowly found out that my confidence was building up and also a little bit smarter too! Thank you to my therapist for helping me and if it is not for

you, I would not have improved in all my subjects and also an improvement of 27 marks for my aggregate score! I am much more sensible now. Once again, thank you my therapist for helping me!"

Mstr D C – 12 years old (24 Sep 2007)
[Conditions: Study Performance / Concentration]

"The therapy sessions have just improved my confidence in general and have taught me that being calm and positive is very important. This will not only help me through the near future but probably throughout my entire life. I like hypnosis because it is your own responsibility and the sessions have just guided me. Thanks!"

Mstr M F – 13 years old (24 Sep 2007)
[Conditions: Study Performance / Concentration]

"I am now a much more confident person. I have overcome all my fears. I am also now a better person compared to the day before I came. I am now not afraid of anything that comes in my way. I have followed all the things I must do everyday. I hope I would still follow the tools that I need to do. Thank you very much for making me a better person."

Miss V H – 11 years old (04 Aug 2007)
[Conditions: Concentration / Confidence Building]

"I felt very great and thankful for the hypnotherapy. When I did the visualization exercise before sleeping, I dreamt that I can get 36 out of 50 for my Mathematics test. When the paper came back to me, it is really 36 out of 50. I am very happy and this really works."

Mstr W H Y - 11 years old (03 Aug 2007)
[Conditions: Study Performance / Concentration]

"Since I did hypnosis, I have been really feeling great. Just from the first session, I felt much more confident in myself. From the second, I found the computer to be a bore and played lesser. While from the third, I could remember my work better. I have even not complained when my mother asks me to study. I also do not find it as an activity that I can be forced to do, but as an activity that I like to do. I am sure my studies will improve in time to come. Thank you to my therapist."

Mstr M W - 13 years old (21 Jun 2007)
[Conditions: Concentration / Study Performance]

"Since I did Hypnosis with my therapist, I feel very well. First of all, I took Hypnosis for two issues: a) More concentration in my studies and b) Lose weight

The results:

a) I focus better, organizing myself better so that I can have more time for reading.
b) My anxiety has stopped and I have lost my appetite to eat.
I highly recommend her. She is a good professional and a lovely person."

Mrs T M (22 May 2007)
[Conditions: Concentration / Weight Management]

"I would like to thank my therapist for the 6 sessions that I attended with her. I have benefited a lot and already my parents and I have begun to notice changes in me. I'm less negative and more relaxed and focused in the things I do. I'm looking forward to the future with more hope. I was able to concentrate much better when studying for my exams. My negative thoughts have reduced A LOT. I'm learning how to treasure and focus on my present... and let go of the past. I deal with situations much more positively than before, especially when talking with my parents. I've had talks with my parents and we were discussing my progress. We feel that a lot has been achieved in therapy. I am really grateful for the time and effort you have invested in me. Thank you for your support."

Miss P R - 20 years old (26 Apr 2007)

[Conditions: Confidence / Concentration / Anxiety]

"My daughter did hypnosis at Hypnae Center. Since then, I could see that she is more willing to study hard. She is also trying to focus and concentrate more on her school work. It is great to see such improvements in her.

My son also did hypnosis. I can also see some improvement in him. He is more focus in his school work now and could even concentrate better. It is good to see him having such improvements."

Mdm S L K for both her children - 9 and 12 years old (07 Apr 2007)

[Conditions: Study Performance / Concentration]