

"Thanks for helping me to deal with what it seemed as tremendous unsolvable problem. After the sessions, I have learnt the art of self-empowerment and have grown to be more self-confident. I find that I like myself better and can accept myself more. Thanks to my therapist for the change that you have brought about in me! I will really miss your sessions!"

Mrs L (27 Oct 2006)

[Condition: Confidence Building]

This is the first time I've experienced hypnosis. I thought I was going to be part of "sleep", instead you "wake" me up! You have "wakened up" my inner self. Making me realized that I did not lost my skills or potential in achieving my goal. I didn't realize that I've all along kept all this in my "storeroom", and I just say I couldn't "find it" when I need it. I need it to obtain a PASS for my Physical Fitness in the Army! This hypnotherapy session you have given to me, have been most helpful to me not only making me realize what I've in store but also building more confidence to myself to perform the required result and more for my Physical Fitness Test. Thank you for your advice and sharing. I'll always keep this in mind – "I've done it before and I can do it again!"

Mr J O (19 Oct 2006)

[Conditions: Sports Performance / Confidence Building]

"It was a very wise decision that I made by allowing myself to get hypnosis treatment at Hypnae Center as it has completely transformed me into something very wonderful which I had never ever imagine that could be really possible. In fact, I began to feel improvement from the very first treatment and as I continued with the treatment, more and more confident and well being about myself I felt which I had never felt before. It's really wonderful feeling and of course, it's going to increase as the days pass by."

Mr R R (22 Sep 2006)

[Conditions: Confidence / Low Self-esteem]

"I came to give up smoking. Although I am still smoking a few cigarettes a day, I smoke nowhere near as much as I did, and still believe I am on the road to quitting completely. The hypnosis has helped me to gain the confidence and belief in myself to quit, and also has given me a vision of myself as a non smoker that I am striving towards being."

Ms S B (27 Sep 2006)

[Conditions: Smoking Cessation / Confidence]

"Thanks. The sessions at Hypnae Center had really helped me. I'm now a better person and am more confident about my future. Although it was just 4 sessions, but the effect was impactful and lasting. And because you've given me the tools, I can now self-help in the future if I have any problems.

Thank you once again for your patience and guidance."

Ms K N (27 May 2006)

[Condition: Confidence Building]

"Come to think of it, I have not been feeling stressed for quite a while, neither have I been feeling depressed. To an extent, things are working my way and I am clearer about what I want in my life and what my priorities in life are. I see greater

opportunities in my life for myself and have steadily started to become more optimistic. I have become more conscious of positive feedback from people, even if it is just one statement or one sentence. Of course, things are still moving along slowly and I believe they will pick up speed soon.”

Mr J L (17 Dec 2005)

[Conditions: Confidence Building / Stress]

“The sessions have helped me a lot and ever since I started hypnosis, my life has improved and I now know how to make myself feel positive even when things aren’t exactly going my way. I’m feeling really great now and also feel that I can conquer any challenges ahead of me because of the powerful tools I have equipped with me. I am now more confident and seeing a better future ahead of me.”

Ms H G (28 Nov 2005)

[Conditions: Stage Fright / Confidence]