

“I was admitted to Hypnae because of my various problems both physically, emotionally and mentally and I was overweight and smoked at a young age. After my couple of sessions with Hypnae therapist, I have shown signs of improvement with myself and other people telling me. I have started to exercise, quit smoking and have more self confidence within myself. I also really liked Hypnae because its effective and calm and does not require a lot of pain. Thanks to my therapist.”

Mr A K - 16 years old (11 Dec 2008)

[Conditions: Self Confidence / Weight Management / Smoking Cessation / Stress Management / Procrastination / Family Relationship]

“Dear therapist, thank you very much in helping me get through the hard times. You have given me confidence and courage to do the things that I have no confidence to do on my own. You have helped me to sleep better and guide me through difficult times. With your advice, I am able to solve the problem at hand and lead a new life. I really thank you for all your support and encouragement.”

Mr H F W - 29 years old (10 Dec 2008)

[Conditions: Recurring nightmares / Smoking Cessations / Relationship]

“Dear therapist, as I started off smoking 50-60 cigarettes a day I’m very proud of only having smoked a few sticks a day. Yet I have to kick the habit completely and believe I can do it. Thank you so much for all your help.”

Ms I T – 56 years old (17 Aug 2008)

[Condition: Smoking Cessation]

“Thank you very much for all your help and support. Although I have not reached my goal yet of being smoke free, I have made progress vastly by cutting down to levels that I did not think were possible three weeks ago. With a final push I will reach there so thank you again.”

Mr T P – 31 years old (14 Aug 2008)

[Condition: Smoking Cessation]

“I came to Hypnae Center to give up smoking and found that the sessions have not only helped me to heavily decrease my intake, but have relieved a lot of my day to day anxiety and worry that used to prevent me from sleeping and put me on edge. I’m confident these sessions have provided me with the mental strength to completely give up smoking- the rest is up to me. More importantly, I’m learning to relax!”

Ms S C – 27 years old (14 Aug 2008)

[Conditions: Smoking Cessation / Anxiety / Insomnia]

“Before I met my therapist, I was on drugs. Drugs make my life difficult. I can’t be with my family, I am always depressed, and I can’t manage my money properly. I also smoked two packets of cigarettes a day and I was overweight. My life was out of track. And then suddenly, I met my therapist through my sister. She introduced him to me. We chatted for awhile and I’ve decided to go for therapy sessions with him. After 14 sessions with him, I feel very good. I quit drugs and cigarettes from day one. At first I was skeptical that I would have a cold turkey or any withdrawal symptoms. To my surprise, I wasn’t having any of those throughout my sessions and up until now. I also managed to lose 4 kg in a week. Thank you Hypnae Center, thank you very much for helping me to solve these problems and put my life back on the road again.”

Mr A B – 27 years old (06 Aug 2008) [English Version]
[Conditions: Drug Addiction / Smoking Cessation / Depression]

“Sebelum saya bertemu Hypnae Center, saya menggunakan Narkoba. Narkoba membuat hidup saya menjadi susah. Saya tidak bisa bersama keluarga saya, saya selalu merasa tertekan, dan saya tidak bisa mengatur keuangan saya dengan baik. Saya juga merokok dua bungkus rokok sehari dan saya juga kelebihan berat badan. Hidup saya keluar jalur. Dan tiba-tiba saya dikenalkan Dr. Chua oleh kakak saya. Saat itu juga kita berbincang-bincang dan memutuskan untuk melakukan terapi dengannya. Setelah ki sesi dengannya saya merasa senang sekali. Saya berhenti Narkoba dan rokok sejak hati pertama. Pertamanya saya pesimis kalau saya nantinya tidak akan mengalamirasa sakit atau sakau karena berhenti menggunakan Narkoka. Tetapi saya terkejut ternyata saya tidak mengalaminyaselama sesi-sesi saya sampai dengan sekarang. Saya juga telah kehilangan 4kg dalam seminggu. Terima kasih Dr. Chua, terima kasih telah menolong saya dengan masalah-masalah saya, dan mengembalikan saya ke jalan yang benar lagi.”

Mr A B – 27 years old (06 Aug 2008) [Indonesian Version]
[Conditions: Drug Addiction / Smoking Cessation / Depression]

“An introduction into the art of relaxation. Intriguingly effective. My therapist’s perspective eye drives to the root of the problem and after the first session I was no longer a smoker. After three sessions, I feel very comfortable that I will remain that way.”

Mr T F – 43 years old (23 Jun 2008)
[Condition: Smoking Cessation]

“From our second meeting, I have not smoked and this has to be the result of our sessions as I have tried every other method known to mankind!
Thank you for making it easy and thank you for helping an addict kick a 25- year habit!”

Mr C M – 45 years old (21 Jun 2008)
[Condition: Smoking Cessation]

“I have been really happy to have 6 hypnosis sessions with Hypnae Center twice a week at lunch time because it was a good occasion for me to have a useful nap. You rest and she does the job. After 45 minutes you feel relax but in addition you do not need to smoke anymore! Since I tried hypnosis I do think that smoking is not addictive but simply a habit.”

Mrs H K - 36 years old (12 Jun 2008)
[Condition: Smoking Cessation]

“To my therapist, thank you for helping me quit smoking and re-affirming I am a non-smoker.
I also learnt recently, to re-learn the power of positive thought and relaxing methods that I have forgotten.
I have also managed to de-stress and manage moments of stress at work and on my personal life. Thank you very, very much.”

Mr N G – 54 years old (06 Jun 2008)
[Conditions: Smoking Cessation / Stress Management]

“Since coming to Hypnae Center, I have managed to stop smoking. I thought this would be very difficult, but with my therapist’s help it has been quite simple. Having achieved this, I now feel that I can achieve anything.”

Mr R A - 32 years old (24 May 2008)
[Condition: Smoking Cessation]

“I sought help from my therapist, to see if hypnosis can help me in term of learning to relax, stop smoking and sleep better. I also have issues with how self esteem and some personal problems that were adding to my stress.

My therapist took me through a series of six sessions which – to simply say that “It has helped” is such an understatement! I would say that it is the best thing I ever did! Even after the first session, I was able to stop smoking and had much better sleep in years! I found my therapist very professional and I really appreciated having been able to see him for all six sessions.”

Mr M M - 38 years old (05 May 2008)
[Conditions: Insomnia / Smoking Cessation]

“I have tried again and again to give up smoking each time was painful and unsuccessful. With hypnotherapy, this time, it seemed so much easier. I’m not sure if it was all the therapy, perhaps mentally I was also in the right place to actually give up. Anyway, it worked, I achieved my goal and I no longer smoke!”

Ms A E - 36 years old (16 Apr 2008)
[Condition: Smoking Cessation]

“I am now a believer in hypnotherapy after having successfully and relatively effortlessly quit smoking. My main aim in going for hypnotherapy was to stop smoking. I succeeded. What surprised me was how easy it was!

Since I started hypnotherapy, I have also been more drive and focused on my work, more even-tempered with my family and more concerned for my health. I firmly believe that this can be a powerful tool to improve many aspects of my life. I’m so glad I came!”

Mr C Y J - 36 years old (08 Apr 2008)
[Conditions: Smoking Cessation / Health & Wellness]

“Since I started hypnosis at the Hypnae Center in order to quit smoking, I must finally say that I have finally been smoke free which is an incredible feeling. I feel like after being able to quit smoking, I have more confidence within myself and feel that there is a new chapter beginning for me in my life with a more positive and healthy outlook.”

Ms E S – 25 years old (19 Feb 2008)
[Condition: Smoking Cessation]

“I think we didn’t quite accomplish what we wanted to but we at least managed to bring the number of sticks down. Perhaps upon reflecting on the sessions down the road I’ll eventually kick the habit.”

Mr K F - 61 years old (18 Feb 2008)
[Condition: Smoking Cessation]

“Dear therapist, although I have not stopped smoking yet completely, I think I am only a short distance away. The hypnosis session have helped me to find peace and a quiet

time for myself to reflect and distress. The understanding of the harmful effects of cigarettes is certainly there, and I really believe through the hypnosis it is manifested even more.

Maybe I haven't stopped yet, because I like come back each time? Who knows! I will start listening to my CD now and will let you know as my progress soon."

Ms B F – 52 years old (16 Feb 2008)

[Condition: Smoking Cessation]