

“I feel more and more in control of my daily routine in view of the problems I faced. I have failed again and again in my endeavors. This is an overall obvious trend of improvement in my mood, health and concentration. It seems that my life has become more and more in control and I felt that I had recovered.”

Mr E E - 56 years old (29 Dec 2009)
[Conditions: Anger / Stress]

“My handwriting has improved. I feel more confident talking to people; last but not least I can sleep better.”

Mstr L Z Y - 10 years old (21 Dec 2009)
[Condition: Confidence]

“I like the sessions here because it can do away my fear of ghosts and horror movies. I have never sat on such a comfortable chair before until now.”

Mstr L Z P - 8 years old (21 Dec 2009)
[Condition: Fear]

“I have enjoyed the experiences of hypnosis with T.K. although I am still not one hundred percent sure that I was hypnotized! I feel more relaxed and able to control or deal with stress – easier to let go and not try to be in control all the time.”

Ms N K - 44 years old (18 Dec 2009)
[Conditions: Anger / Stress]

“I really enjoyed him. TK is a really nice person. I had improved a lot since I came a few weeks ago. He cheered me up sometimes but he also scolded me for not doing my homework. Now I stopped my hair pulling and my nail biting. It is all because of you. Thank you TK (Mr Cheng)

Miss S M – 11 years old (24 Nov 2009)
[Conditions: Hair Pulling / Nail Biting]

“Hi TK Thanks for taking the time to walk me through it again. I didn’t think it is really possible, but oh well, look like it is. I really have to tell my girlfriend about it. Thanks again.”

Mr W N - 26 years old (05 Nov 2009)
[Condition: Memory Recall of lost item]

”Dear TK, when I first come to the center, I was confused about the problems I faced in my life. My problems include overweight, drinking, stress, bad sleep. After seeing Dr Casey and now T.K., I enjoyed the sessions tremendously. I feel more positive and more in control of my life. My drinking is much lesser and I have had not a sip in the last week.

Overall, I am more relaxed and do regular exercise. I hope to continue the treatment for a more stable and fulfilled life.”

Mr E E - 56 years old (23 Oct 2009)
[Conditions: Weight Management / Addictions / Stress]

“Dear TK, thank you very much for your patience, sincerity and dedication towards helping me. I came here pretty much daring reached the “bottom of the barrel” and now believe that my notion was incorrect. The session helped me relax and control the physical discomfort I felt whilst thinking about needles/blood tests. The physical comfort assisted in reducing the emotional distress/mental trauma of my phobia. I totally surprised myself when I could not feel the strength of you pinching my arm enough to raise it.

I believe I can do a blood test now, not really sure how but I believe I can do it. This is a far cry from a few weeks ago.

Thank you for your kindness and I will be in touch with positive news soon.

Ms S L - 28 years old (4 Sep 2009)

[Condition: Phobia]

“I am pleasantly surprised by the benefits that my son has gained with Mr. Cheng. My son has displayed a more cheerful life and putting in a lot more effort in his study. This has been the main reason for sending him to your center because he is doing his GCE ‘O’ level this year. Thank you.”

Mrs V K - Mother of Mstr R L K - 16 years old (22 Aug 2009)

[Conditions: Concentration / Confidence Building / Study Performance]

“I feel that the sessions were helpful. It was a bit hard in the beginning to keep my concentration and to my timetables but I managed to stick mostly to it after a while. I can concentrate better in class after sleeping earlier as advised by my therapist. Till now I have to try to maintain the discipline of course. Hypnosis has helped me relax better and I do feel more confident doing certain things. I will continue to apply the techniques he gave me and I will see how my results are in the end. I also appreciate the hypnotherapist in being a nice friend and helpful. I will definitely keep in contact after today’s last session.”

Mstr R L K - 16 years old (22 Aug 2009)

[Conditions: Concentration / Confidence Building / Study Performance]

“Dear TK, thank you very much, I am surprised how much I dislike cigarette since the 4th session. Even though I only felt relax after each session but the change in me is enormous. There is more confidence in pursuing what I want. My friends are surprised and glad for me with the changes. Thank you.”

Ms Y Y Y - 32 years old (18 Aug 2009)

[Conditions: Smoking Cessation / Insomnia / Anger Management / Procrastination]

“I was a little taken aback when TK told me that I needed the session more than my son and that my son is ok! But after the session and his analysis, I realized that he is right. I do need the session as I needed to learn how to deal the stress my son was giving me. Only with that, can it help change my son’s behavior. Thank you TK, and God bless you. ☺”

Mrs J F - 43 years old (17 Aug 2009)

[Conditions: Stress / Anger / Attitude / Anxiety]

“Thanks for the help, I feel better now.☺ Thank you sincerely, Mr. T.K Cheng.”

Mstr J F - 10 years old (13 Aug 2009)

[Condition: Character Management]

“We had a few issues we been working on for over a year for example, hair cut, attire etc. My son was being very stubborn and resisted to the extent we, the family thought we needed help. It was obvious that he knew he looked unattractive and he actually did want to change as well but something was holding him back. After two sessions with TK, he was comfortable and more relaxed with the idea of a new hair style. Followed by this, his views as well took another step forward. He actually opens up much more to people around him.”

Mrs S L - Mother of Mstr C L - 16 years old (20 Jul 2009)
[Conditions: Self-Esteem / Confidence Building]

“Dear TK, what I like about using hypnosis is that it helps me realize what kind of person I am and where I am and how I can change. This developed my happiness, creativity, and relaxation. I myself have many bad habits like being a serious person, not opening up to others, always in smiling, being intense, being a person who is not very confident, having no respect for myself, and not having the right body language. Whenever I use hypnosis, I change gradually step by step. After a few sessions with you, I improved tremendously. Now I am less serious, happier, less of an enclosed person and having more confidence in myself. But I still have some more bad habits which I can change by using this technique. Thanks TK!”

Mr C L - 16 years old (20 Jul 2009)
[Conditions: Self-Esteem / Confidence Building]

“Hi TK Cheng! Thanks for letting me see what was triggering my weight gain problem, such a simple issue but something I was unable to see just for myself. I’m now regaining the confidence I’ve lost over the past 8 years. But I know now that I’m in the right path to get back to my own self (even if I would try to improve that old me ;)) Thanks once again for your help. All the best to you!”

Ms Y B - 42 years old (10 Jul 2009)
[Condition: Weight Management]

“I feel better after the sessions. I have learned a lot of things that when my sister disturb me I will just ignore and I like the stories that they tell me and the session helps me to concentrate better and to be more open and it helped me lie lesser and to be more open. I like all of the six sessions and it really helps me a lot and it even help me stop to be lazier and I can memorize things better than last time.”

Mstr R S - 10 years old (9 Jul 2009)
[Conditions: Study Performance / Stress Management]

“Thanks TK for the sessions with my son, he has shown improvement in doing his homework and has learnt to be a better and responsible boy. I am very glad and happy that Ryan has gone through this program and it has definitely helped him in his growing stage.”

Mrs E S - Mother of Mstr R S - 10 years old (9 Jul 2009)
[Conditions: Study Performance / Stress]

“Hypnosis is actually very helpful and great! This is what I feel after I tried it. I believe hypnosis can help the others also. Feeling great, not so stressful, more confident, cheerful and more understanding.”

Ms H S S - 28 years old (4 Jul 2009)

[Conditions: Anxiety / Self- Esteem]

“有进步。对我有帮助。 All areas tackled have improvement.”

Ms L S H - 40 years old (17 Jun 2009)

[Conditions: Androphobia / Self-Esteem]

“Fantastic experiences, therapist consoling, understanding, professional and invigorating feelings of rejuvenation, serenity and empowerment abound. I have recommended to friends for any challenges. Thank you for making me feel the joy of life.”

Ms N B - 35 years old (8 Jun 2009)

[Condition: Eating Disorder]

“Dear TK, thanks for helping me with myself. I have learnt a lot of good psychological methods, techniques and habits. I'm sure that with these skills I can improve myself and eventually reach my full potential and be able to pursue my goals more easily in life. What I liked about hypnosis is that I can relax better during it and I respect its ability to influence the mind in subtle ways that last forever. My anger control has improved and my ability to remember is much better now. I feel less of unnecessary anxiety and I have more will to finish what I started now. I'm also focusing better. Thanks friend. You've been a fantastic help and I wish you all the best.”

Mstr A N - 14 years old (5 May 2009)

[Conditions: Anger / Concentration / Study Performance]

“It is very effective. Somehow after using hypnosis, I can manage to wake up on my own to go to the toilet. Before that, I used to sleep all the way to the morning and wet the bed unknowingly. But after using hypnosis, I wake up almost every time I feel the urge.”

Mstr K M H – 15 years old (25 Apr 2009)

[Condition: Bedwetting]

“集中精神。耐心。”

Mrs L - Mother of Miss L L Y - 8 years old (25 Apr 2009)

[Conditions: Anxiety / Negative Emotions]

“TK helped me to change my mind and control my anger, helped me to write faster. He also told jokes for me to listen. I liked him as my therapist and I would also remember this name, Hypnae Center and TK. I would like to thank him a lot. I wish to see him again. I wish TK would remember me too.”

Miss T Y X – 11 years old (18 Apr 2009)

[Conditions: Bedwetting / Concentration / Study Performance / Anger Management]

“Since coming here, I have been less stressed and learnt to talk more with friends, and feel that I can talk more to my parents about things that are non study related, and feel that I can do more things.”

Mr G J K - 16 years old (6 Apr 2009)

[Conditions: Concentration / Study Performance]

“It has helped me in my homework. I can do better and more focus. Now I’m not so stressful.”

Mstr J T - 11 years old (24 Mar 2009)

[Conditions: Stress Management / Study Performance / Concentration]

“Dear TK, thank you for your enlightenment. I never saw the need of my son’s craving for my time as I am with him at most times. I will now spend more quality time with him. I will also look forward to many more joyful times with him. Thank you!”

Mrs J F - Mother of Mstr J F - 9 years old (20 Mar 2009)

[Conditions: Concentration / Academic Performance / Sports Performance]

“I find it interesting and helpful that my anger has gone down and that I can ignore my mum when she scolds me. Thank you TK.”

Mstr J F - 9 years old (20 Mar 2009)

[Conditions: Anger Management / Study Performance / Confidence Building]

“Very happy and strong again. It helped me to improve my subject and improved my writing skill.”

Mstr W C S - 11 years old (12 Feb 2009)

[Conditions: Study Performance / Concentration / Confidence Building]

“I really enjoyed the sessions with TK. After each time, I feel more confident and energized. He helped me place things in perspective and encouraged me to keep pushing forward with new challenges while keeping my fears at bay.”

Ms J E - 36 years old (24 Jan 2009)

[Conditions: Confidence Building / Stage Fright / Stress Management]