

"I am really thankful that fate brings me here to have met my therapist. I feel refreshed and confident each time after my therapy. Love talking about my problems because my therapist seemed to understand me better than myself. The sessions helped me to build my self-esteem and confidence back. And now I have recovered from depression and drug-free. I will recommend anyone to hypnosis because it really helps a lot in many ways."

Miss J X J - 19 years old (19 Dec 2007)
[Condition: Confidence / Drug Addiction]

"Since I did hypnosis at Hypnae Center, I became really in touch with myself and got to know about what my real problem was. Hypnosis has helped me to visualize my happiness and to strive towards it. It has also helped me to reduce feelings of fear, anxiety, regret, guilt and emotional trauma. Hypnosis helped to make me realize that I can reprogram my life to what I want it to be. The visualization process is really powerful. Thank you for helping me with my problem and I will definitely recommend it to people."

Mr M S (15 Dec 2007)
[Condition: Addiction Issues]

"Since I have seen my therapist, I have learned to control my alcoholism - a disease which would have ended up killing me. I now have the responsibility, the control and the choice to govern my actions. This is a very great gift for which I am extremely grateful. Hypnosis has sometimes caused painful emotions to surface but always with the benefit of dealing with them and putting them behind me. My therapist has been very wise, kind and knowledgeable."

Ms A I (25 Oct 2007)
[Condition: Alcohol Addiction]

"I came to see my therapist for a problem with alcohol and since the first session, I already had no desire to drink wine, beer or anything else alcoholic. After six sessions I still had not had a drink, but also I felt better, lost a bit of weight and had more energy. I think hypnosis helped me with this problem."

Ms J K (12 Jun 2007)
[Condition: Alcohol Addiction]

"According to Medical Journal, I have been an alcoholic since 18. Recently, it has completely gotten out of hand and I came to Hypnae Center. A test on the liver enzyme 60ST at Raffles Hospital gave a result of 100 times what the norm should be. On 27th Feb 07 that figure has gone down to 7 times, all due to hypnotherapy. My therapist has taken away all desires to drink and made me focus on the important things in my life."

Mr L S (02 Mar 2007)
[Condition: Alcohol Addiction]