

“I am feeling 100% relaxation here. I now can understand how to control my feeling, my anger. I can go to another world, like peaceful world without any annoying. I can control my mind to soar in another sky. I definitely release my stress here. I can forget every unhappy thing before and go straightforward with brave. Thank you very much.”

Mr J Z - (29 Dec 2008)

[Conditions: Anger Management / Stress Management / Anxiety]

“I have been really great as I am more confident in myself and not as afraid of wind, thunder, lightning, and darkness as before. Before all this therapy I would tend to shiver, panic and run to my house’s storeroom to hide whenever the sky turns dark and there is a sound of wind hitting the window, but after all this therapy, I am standing on my foot once again and have more confident in myself and not afraid of these fears anymore. Now my mom and dad are happy so is my therapist and I feel that I gave them the most I can do and recover. ”

Miss C N – 11 years old (27 Dec 2008)

[Conditions: Phobia of thunder, stormy weather / Anger Management / Phobia of height]

“I did 6 sessions of therapy with my therapist to build up my self-confidence and I can see visible (positive) changes on myself. I am able to get rid of negative thoughts better and I am no longer angry with my kids who throw tantrums and fight everyday. I am in control. I am glad that she has helped me understand the power of my subconscious mind and with that I am positive that I will be a happy and successful person.”

Ms V K – 34 years old (12 Dec 2008)

[Conditions: Anger Management / Anxiety / Self Confidence / Self Esteem / Depression]

“Results of the therapy sessions:

- learn several techniques to *keep calm and have* a good piece of mind. I am able to focus better in many aspects too.

- The best thing is that these techniques seem to happen naturally.

- I no longer feeling *guilty/*bad/*self-pitiful about my life all the time.

- started doing many things that I have been wanting to do all these years.

Thank you. Your sessions have certainly changed my life for the better. I’m very glad that I have made the effort in coming to see you. Once again, thank you (super grateful!)”

Mr J A – 29 years old (01 Nov 2008)

[Conditions: Anger Management / Relationships]

“Before I started I was a little apprehensive about hypnosis. I was not sure on whether it would have worked. After 10 sessions, I’m still not sure if it worked. But I realize that I am more tolerant and able to control my anger better. I am more confident and have more self-belief. I thank you for your time invested and I wish you the best.”

Mr G H – 38 years old (21 Oct 2008)

[Condition: Anger Management]

“It helped me because now I can relax easier and longer and I can fall asleep quicker than before hypnotherapy. When I lose, I don’t get as mad as before and I am more confident.”

Mstr B S - 10 years old (14 Aug 2008)

[Conditions: Confidence / Sports Performance / Anger Management]

“I have an anger problem. It arise when my wife who suffered from obsessive compulsive disorder. It affected our family life and my mood changed for the worst as the stress from looking after her and having to put up with her abnormal demands took a toll on me. I can begin hitting her when we had our disagreements. We both went counseling for 2 years. Her condition improves but we still had our disagreements and I still laid hands on her. We met up with our therapist in June this year to address her problems. She improved but he realized that I still had my anger problem so I decided that I undergo hypnotherapy with him to address my anger issues. Within 6 sessions, I had overcome my problem of violence and I have totally stopped hitting her for more than a month. We still do have our disagreements, but the heated arguments are a thing of the past and we amicably solve our problems. I feel so at peace and calm now and focus on building a happy home environment despite our struggles. He stops the problem of me hitting her when 2 years of counseling have failed.

The other problem I had was in premature ejaculation while having sex with my spouse. I had to be on medication to solve the issue. As I wanted to be completely free from having to take medication and to choose to have sex at anytime I like so I decided to undergo hypnotherapy sessions with my therapist to address this PE problem. Within 10 sessions, I have been able to have successful sex sessions with my spouse to more than 10 minutes without ejaculating prematurely. The hypnotherapy sessions has helped calm down and handle the stress in this area. Thank you so much for all your help and I would not hesitate to recommend anyone who has struggles in these areas to undergo hypnotherapy with Hypnae Center.”

Mr P N - 45 years old (25 Jul 2008)
[Conditions: Anger Management / Confidence Building / P E]

“Well I would really say thanks to my therapist for helping me with my family and with my studies and with my emotion of how to control anger and sadness and how I should look at people at the positive rather than the negative. I was also really happy that you have solved a lot of problems between me and my friends and how you can talk to my dad in order for me to have freedom just like how I always wanted it to be. You really help me a lot in order for me to feel happiness in my life. I really enjoy talking to you too. Thanks again!”

Mstr R C - 13 years old (07 Jun 2008)
[Conditions: Study Performance / Anger Management]

“My mother brought me here on 19th March 2008 to see you to help me with my schoolwork and my anger management. In 6 sessions, I have benefited by being more patient and relaxed. I can control my temper and love my siblings better. I can communicate better with my parents and siblings and I know that I will definitely be number 1 (DINO).”

Miss C F - 11 years old (24 May 2008)
[Conditions: Study Performance / Anger Management]

“Since I had treatment here for my problems; bad temper, not so good exam results and the many scolding from my parents, after the 10 sessions here, I feel that my problems have improved. Now my temper is better than before, my exam results have improved and my parents now don't scold me as much as before. Now, when I do something I don't give up easily. Thank you for helping me.”

Mstr T W J - 14 years old (09 May 2008)
[Conditions: Anger Management / Study Performance]

"It had helped me to be more confident, more relaxed and focused. This also helps me to be more patient and I like it a lot."

Mstr T Z X - 11 years old (09 May 2008)
[Conditions: Anger Management / Concentration]

"First I have to thanks everyone here that has helped me. I have changed a lot since this past few months and have not being always getting angry. I can say that I am not an angry person anymore."

Mstr M L - 20 years old (18 Feb 2008)
[Condition: Anger Management]

"Everything is great, but not great enough. We have some nice conversation. It was quite inspiring for most of the time and it leads to many part of uncharted place which I never touch before. My therapist is indeed a thoughtful person that I rarely met in my life. I did learn a lot of stuffs from him, however I believe that was not enough, I desire more. I really hope that I can improve for more beyond than this."

Mstr A Y C - 20 yr old (18 Feb 2008)
[Conditions: Anger Management / Relationship]

"I think I am doing very well with the hypnosis and my therapist is a very nice and kind person. I feel like I have lost my anger and I can talk to my mother and father nicely now. I will learn to change more. Thanks."

Mstr L Y H - 20 years old (25 Jan 2008)
[Condition: Anger Management]

"I am less angry and can concentrate better on my studies and can control myself better. It helps me to feel better."

Mstr H W Q - 14 years old (12 Jan 2008)
[Conditions: Anger Management / Concentration]

"I have benefited a lot from this treatment after six sessions of hypnosis. Nowadays, I noticed that I no longer feeling down or angry over little things easily. I am feeling calm, steady, confident and generally good mood most of the time. My wife has noticed a big change in me too. Thank you. You have helped me to become a better and happier person."

Mr L B H - 38 years old (02 Jan 2008)
[Conditions: Confidence Building / Anger Management]